



Nurturing  
Parenting  
Programs

# Nurturing Parenting Programs

## MAY 2021

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long-term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors. Follow this newsletter on our Prairie Family Center website [www.prairiefamilycenter.com](http://www.prairiefamilycenter.com) for updates on classes, parenting advice and activities for the kiddos at home!

### BUILDING CONFIDENT KIDS

Right from birth, kids learn new skills at a dizzying rate. And along with those new abilities, they also acquire the confidence to use them. As children get older, that confidence can be as important as the skills themselves. To thrive, kids need to trust in their own capabilities while, at the same time, knowing that they can handle it if they aren't successful at something. It's by experiencing mastery and rebounding from failure that they develop healthy self-confidence.

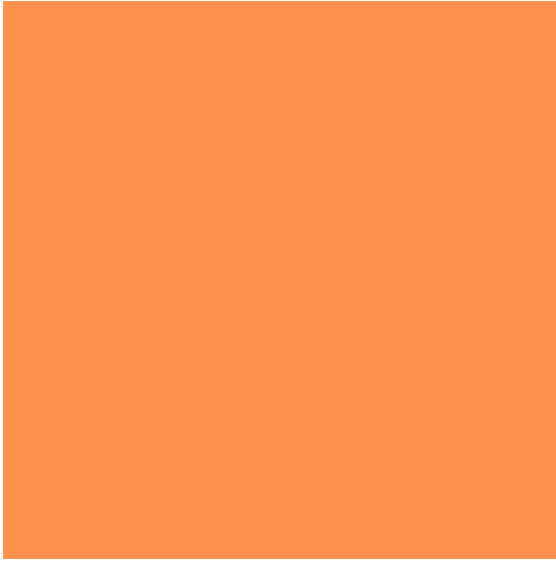
### REAL BENEFITS

- HELPS CHILDREN TO FEEL RESPECTED
  - ARE RESILIENT AND FEEL PROUD
  - DEVELOP A SECURE SENSE OF SELF
    - ACT INDEPENDENTLY
- HAVE BETTER RELATIONSHIPS IN ADULTHOOD
- TAKE RESPONSIBILITY FOR THEIR ACTIONS

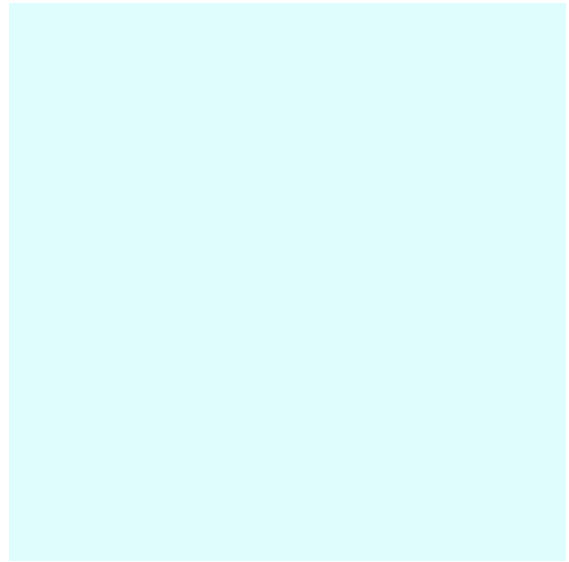
### HOW DO I START USING VALIDATION?

1. MODEL CONFIDENCE YOURSELF
2. DON'T GET UPSET ABOUT MISTAKES
3. ENCOURAGE THEM TO TRY NEW THINGS
  - 4. ALLOW KIDS TO FAIL
  - 5. CELEBRATE EFFORT
  - 6. SHOW YOUR LOVE
7. SET THEM UP FOR SUCCESS
8. HELPS THEM EMBRACE PERFECTION

talent 1



talent 2



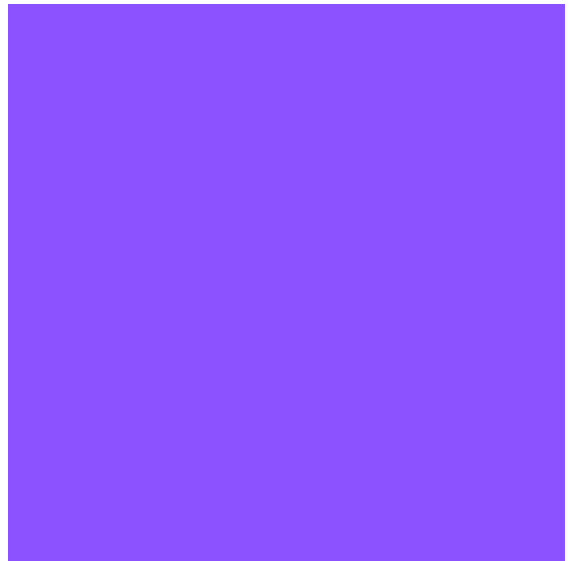
# my gifts & talents

if you are not sure of your talents, ask your close friends or family members for ideas. Maybe you are a good listener, a helpful student, a good dancer or great at Math. The possibilities are endless!

talent 3



talent 4



# my compliments

Write 4 of the most memorable compliments you have received, below.

You will get a boost of self-esteem instantly!

compliment 1 From:

how does it make you feel?

compliment 2 From:

how does it make you feel?

compliment 3 From:

how does it make you feel?

compliment 4 From:

how does it make you feel?