



Nurturing  
Parenting  
Programs

# Nurturing Parenting Programs

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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!

## Helping Kids Identify and Express Feelings

Kids experience complex feelings just like adults. They get frustrated, excited, nervous, sad, jealous, frightened, worried, angry and embarrassed. However young kids usually don't have the vocabulary to talk about how they are feeling. Instead, they communicate their feelings in other ways. Being a parent means you've got a really important role to play in helping kids understand their feelings and behaviors. Kids need to be shown how to manage their feelings in positive and constructive ways. When kids learn to manage their emotions in childhood it leads to positive attitudes and behaviors later in life.

### Kids who learn healthy ways to express and cope with their feelings are more likely to:

- Be empathic and supportive of others
- Perform better in school and their career
- Have more positive and stable relationships
- Have good mental health and wellbeing
  - Display fewer behavioral problems
- Feel more competent, capable and confident
  - Have a positive sense of self

### Here are some ways to help your child learn how to express their feelings

- **Name the feeling:** Help your child name their feelings by giving them a label.
- **Identify the feeling in others:** Cartoons or picture books are a great way to discuss feeling and help kids recognize facial expressions.
- **Be a role model:** Show your child how you're feeling about different situations and how you deal with those feelings.
- **Listen to your child's feelings:** Stay present and resist the urge to make your child's bad feelings go away. Support your child to identify and express their feelings so they are heard. When feelings are minimized or dismissed, they will be expressed in unhealthy ways.