



Nurturing Parenting Programs

FEBRUARY 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 for updates on classes, parenting advice and activities for the kiddos at home!

THE BENEFITS OF SIBLING RELATIONSHIPS vs. SIBLING RIVALRY

The majority of children around the world have at least one sibling. Sibling relationship is more likely to last longer than any other relationship in one's lifetime and as such, it plays a major role in their overall development.

TIPS TO HELP SOLVE SIBLING RIVALRY

- Avoid using labels
- Keep an open mind and judge each situation on its merits to avoid reinforcing "victim" and "aggressor" roles
 - Keep things in proportion- all children argue at times
 - Stay out of the argument as long as you can
 - Remain calm and help your children do the same
 - Try not to take sides
 - Focus on the relationship, not the wrong doing

TIPS FOR NICE PLAY BETWEEN SIBLINGS

1. Let the older child know your expectations
2. Make sure you give the older child enough one-on-one attention
3. Tell the older children how much their younger siblings look up to them
4. Provide them with time for unstructured play
5. Don't force too much togetherness with siblings
6. Notice and promote the activities that get your children playing together
7. Resist the temptation to interrupt happy play - leave them as long as possible if they're playing well together
8. Compliment them on happy/nice playing