



Nurturing
Parenting
Programs

Nurturing Parenting

NOVEMBER 2020

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!

RULES CAN BE FUN

People don't just stumble upon good parenting. Parenting well, like any other skill in life, is something we learn not just through what we were taught when we were growing up, but by expanding our strengths and skills when we become parents ourselves.

Instilling a sense of discipline in children is something few parents feel very comfortable doing. "I just want them to have fun and be kids!" the guilty parent says. But discipline, whether you like it or not, is the cornerstone for understanding values and responsibility things all kids will need to learn sooner or later.

HERE ARE SOME TIPS TO REMEMBER ON RULE MAKING

- HAVE positive AND negative RULES
- GET THE KIDS INVOLVED IN WRITING THEIR OWN RULES
 - DISPLAY THEM IN A VISIBLE PLACE
- DESIGNATE PUNISHMENTS AND REWARDS
 - REPEAT AND REVIEW

BENEFITS

- FAMILY RULES HELP CHILDREN UNDERSTAND BOUNDARIES, AS CHILDREN GROW, THEY WILL BE IN PLACES WHERE THEY HAVE TO FOLLOW RULES
- CHILDREN GAIN AUTONOMY AND LIMITS BY HAVING STRUCTURE IN THEIR LIVES
 - FAMILY RULES TEACH YOUR CHILDREN PROPER BEHAVIOR, AS WELL AS THE NECESSARY SKILLS AND CHARACTER TRAITS THEY NEED TO DEVELOP HEALTHY SELF ESTEEM AND INDEPENDENCE
- RULES GIVE YOUR CHILDREN A SENSE OF SECURITY AND THEY ALSO PROVIDE ORDER AND PEACE FOR YOUR FAMILY

