



Nurturing  
Parenting  
Programs

# Nurturing Parenting

## October 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](http://www.prairiefamilycenter.com) for updates on classes, parenting advice and activities for the kiddos at home!

### Spending time with your children

Investing in regular quality time with your child, especially when your child gets to lead the activities, can result in them generally feeling so much more settled, less stressed, more secure, confident and more cooperative. Creating quality time with each child also tends to greatly minimize sibling rivalry. Children crave quality time with their parents because they have such a deep innate and healthy drive for that attention.

### How to spend time with our child

- Make and eat meals with your children whenever possible.
- Schedule time for doing an activity of your child's choosing.
- Tell your child you love her every day, and how important she is to you.
- Reinforce positive behavior.

### Benefits from quality time with our child

- Quality time deepens our empathy for our child.
- Deeper fears or wounds can heal when a child feels our closeness.
  - It builds your child's self esteem
  - Develops positive behaviors
- It can help your child's academic performance

