



Nurturing Parenting Programs

May 2023

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!

Helping Your Children Get Along:

If you have children, you know that maintaining peace in your household can be difficult. One minute your children are getting along and the next minute they're at each other's throats. Knowing when and how to intervene can make a difference in how your children relate to each other. Find out what you can do to manage sibling rivalry. Sibling rivalry typically develops as siblings compete for their parents' love and respect. Signs of sibling rivalry might include hitting, name-calling, bickering and immature behavior. Moderate levels of sibling rivalry are a healthy sign that each child can express his or her needs or wants.

What Steps Can Parents Take to Improve Sibling Relationships?

- Respect each child's unique needs.
 - Avoid comparisons.
- Set ground rules. • Don't get involved in battles.
 - Listen to your children.
 - Encourage good behavior.
 - Show your love.

Healthy Sibling Relationships Benefits:

- Promote Empathy
- Prosocial Behavior
- Academic Achievements
- Positive Social Interactions

- Language Development
- Conflict Resolution Skills