



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!

## Discover Your Child's Love Language

Children express and receive love in different ways some through acts of service, others through affirming words, still others through gifts, quality time or physical touch. Each of these expressions of love represents a different language. It's common to have different love languages within a family and it can be tricky to navigate. However, once you do learn your child's love language, it can make all the difference in your relationship and their happiness.

## Benefits of Learning your Child's Love Language

The purpose of learning to speak your child's love language is for you to connect more deeply with your child. This can build their self-worth, which is key for lifelong self-love and confidence and applies to all ages and stages of development, too. Building an understanding of your own love language and recognizing it may be different to not only that of your child but also your partner is a powerful tool for building beautiful strong bonds and relationships based on unconditional love and understanding that will last a lifetime.

## The Five Love Languages

**Affirming words:** words of affection and endearment, praise and encouragement.

**Acts of service:** services for your child that they see as valuable.

**Quality time:** focused, undivided attention, being together.

**Gifts:** giving and receiving of undeserved gifts. **Physical**

**touch:** hugs, cuddles, kisses and pats on the back.