



Nurturing
Parenting
Programs

Nurturing Parenting Programs

June 2024

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!

Schools Out! Tips For Taking Advantage of Summer Break to De-Stress from the Hustle and Bustle of the School Year

Summer is both an exciting time and an anxiety-inducing transition, as the end of the school year can mean a loss of contact with close friends. In truth, we have seen a significant rise in young people's mental health struggles, and parents and caretakers feel more pressure than ever to try and tackle them. While kids enjoy unwinding, it can be unsettling as well. Finding a balance between structure and freedom can be challenging. Below are tips to consider:

- **Soak up the sunshine** - Being outdoors and feeling the sunshine helps children relax and grow. In fact, studies show that a healthy amount of vitamin D from sun exposure is good for children's immune systems and moods. Developmentally, playing outdoors cultivates children's imagination and creativity, and releases endorphins to boost mood.
- **Unplug and play** - Electronics, in excessive amounts, can have a negative effect on children's mood and self-esteem. We suggest a "digital detox" for the whole family. Digital detox involves setting certain times of the day, that are agreed upon by family members, when everyone switches off their devices and enjoys good old-fashioned fun and family time. Unstructured downtime can be one of the most important times, as kids can discover new passions and talents, and learn to structure themselves.
- **Cultivate quality time** - Quality time with your kids can have a big impact on their growth and development, and though we all get caught up in the normal bustle of our daily lives it's important to take a pause and reconnect. Plan at least 5-10 minutes focused time with your children every day, maybe call it your "special time". Family activities can include meals together, bedtime stories, making a summer bucket list together, etc.