



Nurturing
Parenting
Programs

Nurturing Parenting Programs

March 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!

HOW TO ENCOURAGE GOOD SIBLING RELATIONSHIPS

Parents can play a key role in helping nurture a good sibling relationship and reduce sibling rivalry and conflict. By encouraging activities that foster teamwork, setting kids up to have fun together, and giving kids the tools to work out conflicts in a constructive and respectful manner, parents can help siblings develop a good relationship that will carry them through the rest of their lives. Research has shown that sibling relationships often play a major role in how we will interact in other relationships with friends, romantic partners, and others later in life. If your kids don't seem to be bonding, it's not usually a problem. But, if they really seem at odds and it's creating problems for your family, talk to your pediatrician. A physician may be able to offer some ideas about how to get them to develop a closer bond.

TIPS TO ENCOURAGE GOOD BONDS

1. DO NOT COMPARE YOUR KIDS
2. FIGURE OUT WHAT'S BEHIND SIBLING CONFLICTS
3. TEACH SIBLINGS TO APPRECIATE EACH OTHER'S DIFFERENCES
4. HAVE THEM TEAM UP FOR CHORES
5. BUILD THEIR LISTENING SKILLS
6. TEACH THE IMPORTANCE OF RESPECT
7. EMPHASIZE FAMILY BONDING