



Nurturing Ourselves and Our Children

Page 1 of 2

Nurturing is an important part of parenting and helps children feel loved, respected and secure. Parents are people who need to take care of themselves, too. Nurturing means taking care of and helping yourself and your families grow and develop. Parents and children alike need to be nurtured in order to create a happy family. Creating a nurturing home for your family helps everyone feel better about themselves. Some ways to nurture your children are:

- Make them feel special
- Pay attention to your children when they make an effort to do it right
- Teach and model your values
- Help them face challenges positively
- Let them express healthy emotions
- Build on their strengths
- Dream together
- Help you children experience acceptance and appreciation
- See things from your child's world
- Give children the benefit of the doubt
- Encourage, encouraged, encourage
- Convey unconditional love – give lots of hugs
- Say “I love you” once a day – every day
- Model and encourage social responsibility and empathy
- Spend “special time” regularly with each child
- Maintain clear, fair and consistent boundaries
- Real change takes time – be patient

Learning is special. Help you children learn better in school. Some ideas to include are:

- Read to your child everyday
- Help with homework
- Know your child's skill level
- Reward effort
- Talk to your children's teachers regularly
- Make learning a positive and fun experience
- Talk to your child about what goes on in school
- Ask your child what subjects he or she likes best
- Ask for the teacher's help
- Let you child teach you something new
- Let older children teach their younger siblings
- Make learning important
- Model and share problem – solving skills
- See mistakes as opportunities for learn
- Be patient when children need to learn the same thing over and over



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Alaska Children's Trust 1-800-643-KIDS

Alaska Child Abuse Prevention Network. akchildabuseprevention.org



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Page 2 of 2

Taking care of ourselves is as important as taking care of our children. Here are a few things you can do for YOU : Celebrate your successes

- Be gentle on yourself
- Give yourself hugs
- Take a hot bath
- Lie down, or just put your feet up
- Put on music you love
- Light a candle
- Set personal goals
- Find time to get out with your friends
- Make a "date" with your partner
- Learn something new
- Start to exercise and eat better
- Take a nature walk
- Enjoy the "little" things
- Focus on your strengths
- Believe in yourself
- Be patient with yourself - change happens slowly

In the most nurturing homes, we still have stress in parenting our children. Here are a few tips to help you reduce your stress or frustration. Remember that you are not alone when frustration turns to anger because all parents experience these strong feelings. A rule of thumb when your anger flares is to remove yourself from your children until you feel in control. If your children are too young to be left alone, call a friend, neighbor, or family member to help you. Reaching out for help is a sign of strength.

What follows are a few things that will help you when stress builds up:

- STOP in your tracks. Step back. Sit down. Take a time out yourself.
- Take 5 deep breaths. Inhale. Exhale... slowly.
- Count to 10 (or 50!) Say the alphabet out loud or sing it!
- Phone a parent help line or even the weather.
- Make sure you stand at least 6 feet away from your child when you are angry, unless their safety requires you to be nearer.
- Still mad? Run in place very quickly
- Thumb through a magazine, newspaper, photo album.
- Try to tap into your sense of humor.
- Pick up a pencil and write down your thoughts/feelings. Or keep a journal.
- Remember times when you have been this angry and handled it well.
- Look at your face in the mirror.
- Have a hot cup of tea.
- Do something physical like sit-ups.
- Close your eyes and visualize a place where everything is calm and perfect.

.Reproduced from the Parents Anonymous® booklet, I Am A Parents Anonymous® Parent



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