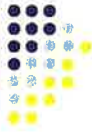


## The Philosophy and Practices of Nurturing Parenting



Family Development Resources, Inc.

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## Nurturing Parenting

- Nurturing is a critical skill for all life forms on the planet.
- It is important for all of us to treat others and *ourselves* with respect, compassion, caring and dignity.



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## Nurturing Parenting

- Nurturing comes from the Latin word *Nu tritura* that means to nurse, to nourish and to promote growth.



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### Nurturing Parenting

- Nurturing Parenting emphasizes:
  - › Raising children in a warm, caring and trusting home.
  - › Helping children be respectful, caring and cooperative.



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### Nurturing Parenting

- Children who are cared for and treated respectfully will treat themselves, others and the environment in the same manner.



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### The Philosophy of Nurturing Parenting



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## Feelings of Attachment



- Attached parents:
  - › Express joy in being with their children.
  - › Create a safe home to explore.
  - › Promote a sense of safety and security.

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## Feelings of Attachment



- Nurturing lessons focus on teaching parents how to:
  - › Really listen to the thoughts and feelings of children.
  - › Use praise to promote cooperation.
  - › Have fun as a family.

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## Empathy

- Parental empathy is the ability to:
  - › Recognize children's emotions
  - › Understand the motives of their behavior.



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## Empathy



- Research clearly shows that children whose parents have empathy:
  - › Do better in school.
  - › Are socially well adjusted.
  - › Are more emotionally stable.

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## Empathy



- Nurturing lessons focus on:
  - › Teaching parents and children to care for themselves, others, and their environment.
  - › Avoiding the dangers of drugs, alcohol and other self-injurious activities.



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## Nurturing Oneself



- Parents who take time each day getting their own needs met are more capable of understanding and helping children get their needs met.



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## Nurturing Oneself

- Nurturing lessons focus on:
  - › Helping parents recognize the basic needs of adults and children.
  - › Understanding the importance of meeting basic needs.
  - › Helping children make good choices to enhance their own personal self worth.



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## Discipline

- Critical aspects of Nurturing Parenting include:
  - › Setting limits through family rules.
  - › Teaching right from wrong through family morals.
  - › Teaching respect and self-worth through family values.



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## Discipline



- Discipline cannot be imposed, beaten into, or forced on children.
- Discipline develops best by children modeling parents whose example they admire.



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## Discipline

- Nurturing lessons help parents learn:
  - Alternatives to hitting, spanking, and yelling.
  - Positive, nurturing disciplinary strategies and techniques.



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## Expressing Feelings

- *Emotional competence* is the ability to:
  - Identify and appropriately express personal feelings.
  - Recognize and appropriately respond to the feelings of others.



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## Expressing Feelings

- Nurturing lessons teach parents and children:
  - The difference between feelings of comfort and discomfort.
  - Healthy ways to express emotional energy.
  - Ways to manage and reduce feelings of stress and anger.



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### Expectations and Self-Worth

- Children's overall feelings of worth are lowered when parents:
  - › Make demands on children that they are unable to meet.
  - › Have no expectations.



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### Expectations and Self-Worth

- Nurturing lessons help parents learn:
  - › Appropriate stages of development.
  - › Ways to build self-worth in children.
  - › The importance of understanding neurological development in children.



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### Gentle Touch

- The use of gentle touch contributes to:
  - › Positive brain development.
  - › The ability to form trusting relationships throughout life.
  - › A healthy perception of body image.



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## Gentle Touch



- Nurturing lessons teach parents:
  - The positive impact gentle touch has on children's overall development.
  - Ways to use gentle touch to enhance parent-child relationships.



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## Nurturing as a Lifestyle



- Nurturing is the ability to care.
- To nurture is to promote the growth and development of all positive traits, qualities and characteristics.



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## Nurturing as a Lifestyle



- To nurture is to :
  - Treat oneself with caring, kindness, and respect.
  - To keep ourselves physically and emotionally healthy.
  - To make good choices.
  - To be our own best friend.

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### Why Don't We Nurture Ourselves?

- Within everyone is the potential to care or to hurt.
- This potential is fueled by the experiences we've had during our lifetime.
- Inside everyone are four distinct traits of our personality that define the way we're capable of treating ourselves and others.



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### The Nurturer

- The part of our personality that is capable of giving care, concern and compassion.
- The caregiver we are with our children is our Nurturer.



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### The Nurtured

- The part of our personality that is capable of:
  - Receiving care.
  - Seeking closeness and attachments.
  - Accepting praise and positive touch.



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## The Perpetrator



- The part of our personality that can be:
  - Cruel, and abusive to self and others.
  - Capable of hurting others.
  - Disregards the respect of other living things and objects.

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## The Victim

- The part of our personality that believes the hurt and pain given by others is justified and valid.
- The victim believes the hurt received is for his or her own good.



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## Nurturing Parenting

***Nurturing Parenting***

Never	Infrequent	Sometimes	Often	All the Time
0	1 2 3	4 5 6	7 8 9	10

***Hurting Parenting***

All the Time	Often	Sometimes	Infrequent	Never
10	9 8 7	6 5 4	3 2 1	0

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### Reasons to be Nurturing



- If parents practiced nurturing most of the time:
  - › Children would develop a very "nurtured" part of their personality.
  - › Children would develop very "nurturing" ways of treating others.



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### Reasons to be Nurturing

- If hurting parenting is practiced often:
  - › Children develop the "victim" part of their personality
  - › Come to believe that being "victimized" is a natural and frequent part of life.



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### Reasons to be Nurturing

- Life as a victim gives birth to life as a perpetrator.
- The training to be a perpetrator comes from experiences as a victim.



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### Inability to Nurture Ourselves



- The inability of adults to nurture themselves is based on the belief that we don't deserve to be treated with respect.

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### Why Nurturing is Important



- When you do not nurture yourself, it is impossible to nurture others.
- Take time each day for a nurturing activity and everyone benefits!



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