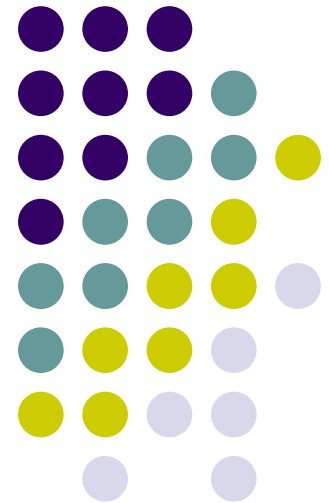


# The Philosophy and Practices of Nurturing Parenting





# 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.





# Nurturing Parenting

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





# Nurturing Parenting

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



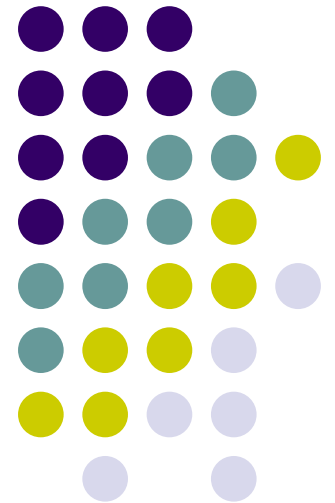
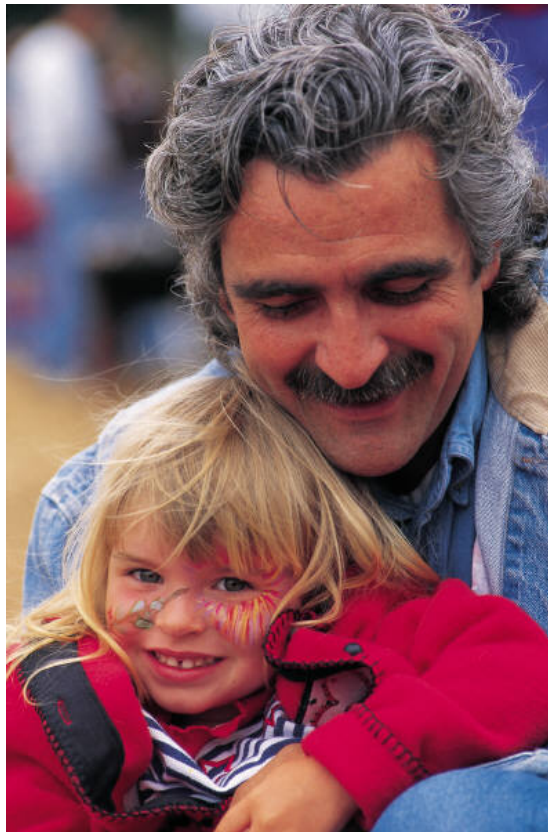
# Nurturing Parenting



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



# The Philosophy of Nurturing Parenting





# 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.

# 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.



# Empathy



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



# Empathy



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

# 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.





# 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.



# 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.







# 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.





# Discipline

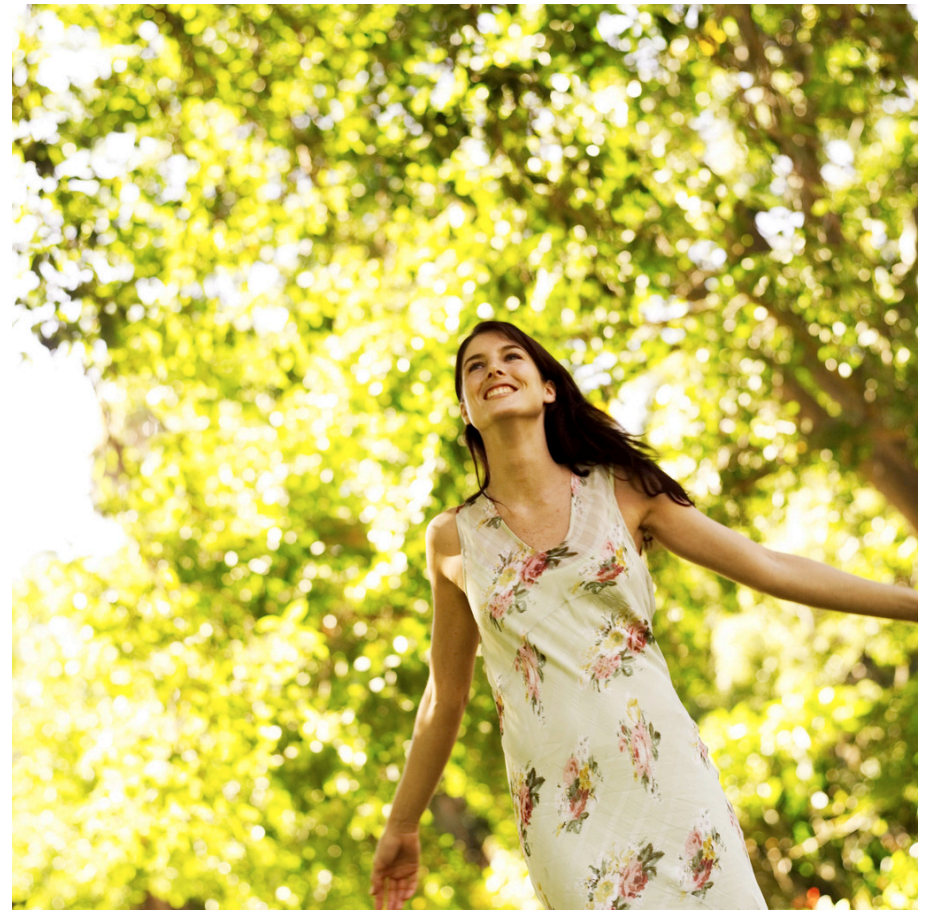


- Discipline cannot be imposed, beaten into, or forced on children.
- Discipline develops best by children modeling parents whose example they admire.

# Discipline



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





# Expressing Feelings

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





# 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.

# 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.



# 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.



# Gentle Touch



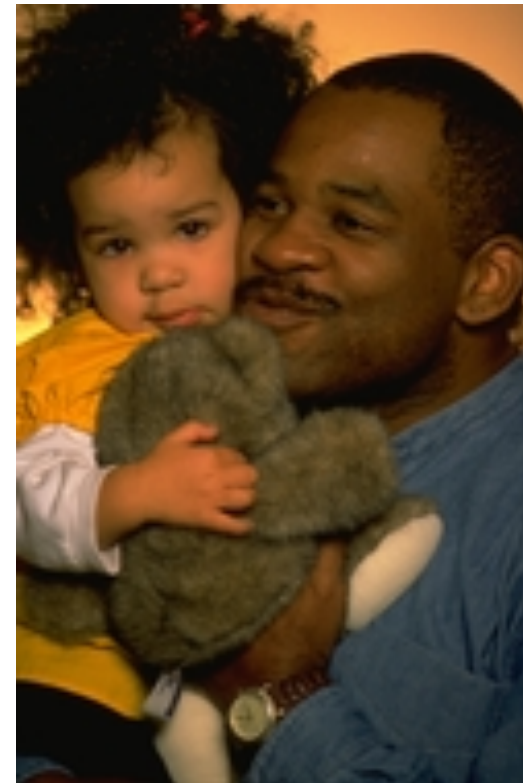
- The use of gentle touch contributes to:
  - Positive brain development.
  - The ability to form trusting relationships throughout life.
  - A healthy perception of body image.



# 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.





# 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.



# 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.

# 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.

# 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.







# The Nurtured

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



# 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.



# 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.



# 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

# 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.





# 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.





# 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.





# 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.

# 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!

