

## Seven Concepts and Practices of Nurturing Parenting

1. **ATTACHMENT** - Having unconditional love for your children
2. **EMPATHY**- Helping your children meet their physical as well as their emotional needs
3. **NURTURING ONESELF** – Finding time for oneself as an individual and as couple if you're in a relationship
4. **GENTLE TOUCH** – Massaging children, holding them and rocking them
5. **DISCIPLINE** – Using techniques other than spanking and yelling at kids
6. **EXPRESS FEELINGS** - Being able to express your feelings in appropriate ways
7. **EXPECTATIONS OF SELF & CHILDREN** – Having appropriate expectations of oneself and children

Rate yourself in each area

1. I need a lot of improvement
2. I need some improvement
3. I seem to have adequate skills
4. I seem to have good skills in this area.
5. I seem to have really good skills in this area

Home Practice Assignment:

1. Hold a family meeting and discuss the word “nurturing” with your children. Help them acquire a meaningful, working definition of the word, and use the word frequently to describe caring situations and actions. Examples: “What can we do to nurture our kitty?” “What can you do to nurture someone in our family?” “What can you do to nurture yourself today?”
2. Review your ratings of each skill and with your partner or with a close friend discuss where are your strengths. Where are your partner or friends strengths?
3. List three ways you can work on improving your nurturing skills.
4. Do something to nurture yourself.
5. Spend a minimum of 30-40 minutes each day playing, reading and or massaging your child(ren).