

How to be a Nurturing Parent



❖ **How do I nurture my child?**

- Tell your child you love him/her everyday.
- Provide structure in your home.
- Have age appropriate expectations of your child.
- Display affection towards your child and family members.
- Model healthy stress and anger management skills.
- Empathize with your child and teach them how to empathize with others.
- Be the adult.
- Practice *positive discipline techniques*.
- Develop open *communication* within your family.

❖ **Positive discipline techniques**

- Set a good example.
- Control the situation – not your child
- Be Consistent
- Show affection towards your child and say I *love* you

❖ **Communication tips**

- Keep it simple.
- Look your child in the eyes.
- LISTEN.

Families are Magic

[**FAM** RICHMOND.ORG]