

HOW TO BE A NURTURING PARENT DURING STRESSFUL TIMES

Display Warmth and Love

Attached parents convey a deep love to their children that is unconditional. When children feel loved unconditionally, communication, trust, and respect naturally follow. Nurturing parenting is acting in a loving, nurturing, and warm way which begins when children are very young. Parents, this applies to young children and older children. Please don't wait until they're older to let them know that they are loved. You can do it as soon as they're born. Respond to your newborn's cries with loving attention and continue to respond to their needs in a caring way. Tell them that you love them even before they can talk. ***Always let them know that you love them no matter what.***

Spend Quality/Family Time with Your Child or Family

Take time each day to spend one-on-one time with each of your children individually. Do things together that you both enjoy, such as playing with toys or taking a walk. It's so important to enter the world of play with your child. Kids build trust that way. Reading books is another great bonding tool, especially if you ask open-ended questions about the story once you've finished reading. Also establish a time so the family can be together "Family Time".

The family that learns together, plays together, stays together.

Develop a Daily Routine

Routines help relieve your child from worrying about the "whens and ifs" of daily life and lets him or her focus on being a kid and discovering himself or herself. Once your children have a routine, they know what to expect. Keep routines as much as possible even when schools are closed. Posting a daily schedule is a good way to establish routines and remind your children of what they are supposed to be doing. Examples include: bedtime and waking up time, morning/breakfast routine, bath/shower time, and work times or play times while at home.



Invest in Self-Care

Nurturing adults make nurturing parents. There is no denying that when men and women value themselves as human beings and take care of themselves, they are likely to value and take good care of others. It is the natural law of caring. When caring is present, abuse and dysfunction are not. ***True caring is the absence of all that makes life miserable for others.***



Ways to Nurture One's Self:

1. Take a warm relaxing bath.
2. Have a cup of tea.
3. Read a good book or listen to music.
4. Take 30 minutes to just be by yourself.
5. Take a walk.

Remember: When you take the time to recharge your own batteries, you're more patient and responsive to your children.