NURTURING CHILDREN

LOVE AND CARE FOR YOUR CHILDREN

NURTURING CHILDREN

TRUST AND RESPECT
• Acknowledge children's right to have own feelings, friends activities and opinions • Promote independence • Allow for privacy • Respect feelings for other parent • Believe your children

PROMOTE EMOTIONAL SECURITY
• Talk and act so that children feel safe and comfortable expressing themselves • Be gentle • Be dependable

PROVIDE PHYSICAL SECURITY
• Provide food, shelter, clothing • Teach personal hygiene and nutrition • Monitor safety • Maintain a family routine • Attend to wounds

PROVIDE DISCIPLINE
• Be consistent • Ensure rules are appropriate to age and development of child • Be clear about limits and expectations • Use discipline to give instructions, not punish

GIVE TIME
• Participate in your children's lives; activities, school, sports, special events and days, celebrations, friends • Include your children in your activities • Reveal who you are to your children

ENCOURAGE AND SUPPORT
• Be affirming • Encourage children to follow their interests • Let children disagree with you • Recognise improvement • Teach new skills • Let them make mistakes

GIVE AFFECTION
• Express verbal and physical affection • Be affectionate when your children are physically or emotionally hurt

CARE FOR YOURSELF
• Give yourself personal time • Keep yourself healthy • Maintain friendships • Accept love

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