

“The health, productivity, and creativity of any society are the direct result of how the children of that society were treated.”

—Dr. Bruce Perry, M.D., Ph. D



the
Nurturing Center

STRENGTHENING FAMILIES, SUSTAINING COMMUNITIES

STRONG FAMILIES BUILD STRONG COMMUNITIES

10 SURVIVAL TIPS FOR PARENTS

By Susan Christofferson

The Nurturing Center's goal is to ensure that each child has the right to be treated with respect and live in safety with secure, healthy, nurturing relationships.

1. AVOID CONFRONTATION

Ask a question that can't be answered logically with a 'no'

2. GIVE THE CHILD APPROPRIATE CHOICES

Acknowledge their frustrations with powerlessness

3. OFFER POSITIVE DIRECTION

Tell your child what they CAN do

4. USE DISTRACTION

Exchange the dangerous for the acceptable

5. GIVE POSITIVE REINFORCEMENT

Catch them being good

6. SET PRIORITIES

Let go of the small stuff

7. BUY A TIMER

Don't expect a toddler to share

8. GIVE INFORMATION

Positive commands

9. USE A STRUCTURED TIME-LINE

Prepare them for transitions

10. ACKNOWLEDGE THEIR FEELINGS

You "wish" you could.....