

Raising Great Kids

UF UNIVERSITY of FLORIDA
IFAS Extension



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Nurturing Your Child

A nurturing and loving relationship with your child is the foundation of good discipline. All children need to be cared for, touched and given positive, loving attention. They need to feel important to others, loved, connected, and attached. When children grow up with good discipline and enough nurture, they function well, have self-confidence, and find it easier to get along with and close to others.

Good nurturing parenting involves loving eye contact, friendly conversation in a warm, caring voice, smiles, sharing feelings, holding, encouragement, and unconditional acceptance. Nurturing parents provide protection for their children, and they give them the gift of time and attention. Here are a few ideas for you to practice nurturing your child.

- ♥ Let your child know you love him unconditionally.
- ♥ Play with your child.
- ♥ Read to and with your child.
- ♥ Respect your child.
- ♥ Be patient with your child.
- ♥ Show interest in your child's school and whatever he's doing.
- ♥ Teach your child to do new things.
- ♥ Listen to and talk with your child. 🦋



Source: Nurturing & Loving Our Children: An Essential Part of Parenting, Nancy Kristensen, Family Information Services.



Safety Scoop

Look-Alikes Don't Be Fooled

Many medicines and household cleaners resemble candy or food. Since children are easily fooled, never store medicines or cleaners in food cupboards or where children can reach them.

Foods and Their Look-Alikes:

Lemon-Lime Gatorade & Mr. Clean
Grape Juice & Dimatapp
Red Hot Candies & Vitamin Tablets
Chocolate & Ex-Lax 🦋

Did You Know?

Did you know that communicating with children is an art?

Good communication helps parents and children develop confidence, feelings of self-worth, and good relationships with each other. Here are few tips.

- 🔊 Teach your child to listen by gently touching him before you speak – say his name.
- 🔊 Speak in a quiet voice – whisper sometimes so he'll have to listen.
- 🔊 Look your child in the eyes so you can tell if he does or doesn't understand – bend or sit down to get to his level.
- 🔊 Catch him being good – let him know you appreciate him doing those little things often taken for granted, e.g., wiping his feet on the mat. 🦋

Source: Parental Stress Center Publication.



Turkey Rice Soup

- 3 cans (14½ oz) chicken broth
- 2-4 cups leftover cooked turkey
- 1 onion, chopped
- 3 celery sticks, diced
- ½ cup peas
- ½ cup diced carrots
- 1 cup cooked rice
- 2 potatoes, cubed
- 1 sprig parsley
- salt and pepper

Bring chicken broth to a boil in a large pot. Add turkey, onion, celery, peas, carrots, rice, potatoes and parsley. Simmer for 30 minutes. Add salt and pepper to taste. 🦋

Kids Can Help

Children can bring, measure ingredients. An adult needs to operate the stovetop.



All children must be supervised when they are in the kitchen.

Can children understand how others feel? My daughter is four years old. How can I help her learn about feelings?



Most preschoolers have trouble understanding how others feel. This does not mean that we should not teach them about feelings and how to handle them. Talk openly and honestly with children about their's and other people's feelings. Don't be afraid to use words such as angry and frustrated. Children have these feelings, too. Here are two suggestions.

Help your daughter put her feelings into words. You may say, *"You're angry because I won't give you a cookie before dinner,"* or *"You're excited that you were able to swim all by yourself."*

Help her learn that she can do things that allow someone else to feel good or bad. *"Your brother is angry. You knocked down the truck he was building,"* or *"It made me happy when you helped me put away the toys."*

Remember that children learn best about feelings when they are talking about real things. 🦋

Source: A Time to Learn About Feelings, Family Time, Work Time, Penn State Cooperative tension Service.

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