



PREVENT CHILD ABUSE  
**KENTUCKY**

# Being a Nurturing Parent

A healthy, nurturing relationship with your child requires a lot of energy and work, but the rewards are well worth it and will last a lifetime! Below are some easy tips.

## Help Your Child Feel Loved and Secure

- Make sure your children know you love them, even when they do something wrong.
- Encourage your children. Praise their achievements and talents. Recognize the skills they are developing.
- Spend time with your children. Do things together you both enjoy. Listen to them. Share your opinions and ask for theirs.
- Learn how to use nonphysical discipline. Depending on your child's age and level of development, alternatives may include simply redirecting your child's attention, offering choices, using "time-out," or withdrawal of privileges.

## Make Sure Your Children Are Well Cared For

- Provide nutritious foods. Try to make mealtime a fun, learning experience. Regular meal times help you ensure your children are getting the right amount of nutrition.
- Health care begins before babies are born. Get prenatal care for yourself and your unborn child. After birth, regular medical visits allow the doctor to monitor the baby's development,

immunize against various diseases and address any questions, concerns, or frustrations you have about your child's health or behavior.

- Healthy, happy children need regular sleep. As babies grow, they need less sleep. Soon, their routines include regular awake and nap times. Children feel best if they have a regular bedtime and a consistent bedtime routine.
- Keep children safe. Infants should never be out of a parent or caregiver's sight unless they are in a crib or another safe place. As soon as children begin to crawl, it is important to childproof your home. Toddlers need constant supervision and frequent reminders about behaviors that are a danger to them.
- Choose caregivers carefully. This will help keep children safe, even when you cannot be with them. When possible, use licensed or certified child care providers. Never leave your children with friends or relatives unless you are confident they have the skills and experience necessary to provide safe care.

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