

# 6 Ways to Practice Nurturing Parenting

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Nurturing parenting is about trying to understand, empathize with, encourage, and respect children, while guiding them in a positive way. It can also build confidence and self-esteem in children, and lead to overall well-being and peace within the family. Consider these tips:

**Meet your child where they are.** Sometimes the behaviors that frustrate us mean that children are developing a new skill or beginning to express their independence. Ask your pediatrician if your child's behavior "makes sense" for their age!

**Always be communicating.** Talk with your child about the plans for the day—it helps prepare children and let them know what to expect. When you're about to change places or activities, say so out loud. This may make meltdowns less likely.

**Keep your cool during meltdowns.** Parenting is like a choose-your-own-adventure book: There are many ways a situation may unfold; what matters is how you choose to handle it! Try to keep calm and name the feelings you're noticing ("I can see you're angry"; then add something like, "I understand how you're feeling"). When your child's body is calmer/feeling a little better, try moving along to another activity.



**Reinforce good behavior in the moment.** Positive feedback is powerful! Find moments to offer praise. Just as you might correct your child doing something wrong, try to spot good behavior too, and recognize them for it!

**Give yourself grace!** To help you stay present and patient in any given moment, do a bit of self-care. For example, before a hectic school pickup, listen to something soothing on the way, or take deep breaths. Creating little calming rituals and mindfully meeting your own needs can help you be more present for others.

Check out these  
Sesame Street  
parenting moments.

