More Places to get information about nurturing your children:

The Parenting Project: (702)455-5295

Offers classes for parents birth to 5-years-old, 5-10-years-old, and 11-17-years-old. Classes focus on practical ways of nurturing and developing healthy relationships with your children. This program is offered in Las Vegas.

Family Resource Centers of Nevada: (702)486-3530

These centers offer Parenting classes, parent support groups, and a place to find a variety of resources and information for your family. There are 41 Family Resource Centers available throughout Nevada. For the one nearest to you call (702)486-3530.

Family to Family Connection: (800)472-4545

These centers serve parents of children from birth to one year. They offer Parenting classes, child safety tips, parent support groups, a place to find a variety of resources and information for your family and are way to connect with other new parents. There are 21 Family to Family Connection Centers available throughout Nevada. For the one nearest to you call (800)472-4545.

Nevada Children’s Center: (702)221-4900

This center offers resources and programs for families of children with special needs and challenges. They offer Parenting classes, adoption support, and after school and home based programs. The center is located in Las Vegas.

Keys of Successful Parenting: Nurture

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Being a parent is not an easy job in today’s world. Sometimes parents need support or ideas to help them be better parents. While all families do things differently, research has suggested that there are common characteristics that make families successful. Successful families have a healthy and happy home environment in which all members feel safe. These characteristics have been studied by nationally recognized parenting experts and put into six categories or keys. These keys are: Care for Self, Understand, Guide, Nurture, Motivate, and Advocate.

Each family is different. Parents use a variety of actions and activities to nurture and encourage children. So, there is no one correct way to be a parent. While this fact sheet does not teach the “how to’s” of parenting, it does explain one of the six keys of successful parenting. These keys are important to parents, although different styles and customs may influence how these keys are used in families. It is important for all parents to: Care for Self, Understand, Guide, Nurture, Motivate, and Advocate. How a parent practices these principles is up to each family and its way of doing things. If parents can practice these keys, they can unlock the door to a happy and healthy family.

This fact sheet focuses on one of the keys, Nurture. Look for additional fact sheets with Parenting Keys: Care for Self, Understand, Guide, Motivate, and Advocate.

Nurturing means providing love, support, and encouragement to a child. As children grow, it is very important for them to feel loved by the most important people in their lives, their parent(s) or guardian(s). This sense of being loved and supported allows them the security and confidence to take on the world. Even though a child may fail or have difficulties, if he/she is nurtured then an inner voice says, “Well at least I have my family, they love me, and they think I am great!”

For example, when a child is trying a new skill at school like giving a speech to the class. A child that has the knowledge that he/she has the love of his/her parents and family behind them, can feel ok whether the speech turns out good or bad. A child’s understanding of being loved comes from being nurtured by his or her parents.

The self-esteem of children is dependent upon the amount of nurturing they receive from their parent(s). When a parent(s) tells the child he/she is wonderful and loved, a child lives life with this understanding.

Researchers have found that children who are nurtured relate better with other children, are less likely to have behavior problems, and have greater success in school.

Here are some practical examples:

- Give positive feedback to a child; emphasize the child’s efforts. (For example, “That is great that you worked so hard on that project and you got an A. You are fantastic”).
- Provide support to a child when they are struggling (For example, when your child receives a low grade, a parent can express their love for the child first and then plan how they can work together to help get a better grade next time).
- Provide sincere praise. (For example, “Thanks for helping me set the table. You’re a great help to our family”).
- Express feelings of affection both with words and actions (For example, a smile, a hug, a pat on the back).
- Take time to talk with children to help them. Always recognize their importance.
- Really listen to children when they want to talk.

While trying to raise children, it is challenging to devote time and energy towards nurturing each child. Time spent on nurturing, however, is time well spent. It is this nurturing that will help prepare a child to positively negotiate life’s many challenges with confidence.