



Family Nurture Groups

ONE BIG HAPPY HOME

WHY NURTURE?

Often we increase our structure when things get out of control, but we forget to also increase our nurture.

Nurture is the 'secret sauce' of parenting. Kids need **structure** to feel safe, and they need **nurture** to feel loved.



NURTURE GROUP FLOW

1. Gather your supplies
2. Review the rules
3. Family Check-In
4. Nurture / Band-aids
5. Fun with teaching
6. Nurture / Feeding
7. Wrap-up

SUPPLIES

- Suckers, gum, fidgets, and weighted items for help with regulation
- Band-aids, self stick bandage, or temporary tatoos
- Yummy snack for feeding such as alphabet cookies, twizzlers, fruit snacks, or mini donuts
- Tools for teaching skills such as: feelings flashcards, emoji dice, pinwheel, silly string, puppets

IDEAS FOR:

FAMILY CHECK IN

- Have each person share a high and a low for the day/week
- Share if you could be an animal what would you be and why.
- Share something that makes you feel (parents pick an emotion or use emoji dice to pick)
- When I grow up I want to be...(parents share what they wanted to be when they were kids)

NURTURE

- Give and receive care with bandages
 - Use fun character/colorful bandaids
 - Use self stick bandages
- Feed one another a fun snack
 - Use alphabet cookies and guess the letter (mindfulness)
 - Use bold flavored fruit snacks and guess the flavor (mindfulness)
- Put temporary tattoos on each other
- Put make up on each other
- Give a hand or foot massage
- Do the weather report on each others back

Nurture is the Secret Sauce of Parenting

TEACHING SKILLS

- Role play using the 'Right Way/Wrong Way' game
 - Good for teaching respect, accepting no, and compromises
- Play the 'accepting no' game by having a child ask for and accept no (use something fun and be sure to say YES to at least one thing they ask for)
- Have a silly string war
 - Great for teaching personal space, accepting no, and asking permission
- Play 'Mother May I' to teach asking permission and accepting no
- Play 'Simon Says' to teach following directions
- Use feelings dice to build emotional vocabulary
- Do a mirroring activity where kids and parents mirror each others motions
- Practice using sensory regulating activities. Teach the regulation skill, then do a dysregulating activity and practice using the skill to regulate.

CLOSING RITUAL

- Pass a goodbye
- Circle up and pass a hand squeeze
- Secret handshake
- Family scripture
- Prayer

