



Parenting and Coping Skills Can Grow

Sharing ideas is a painless source of growth and development. The following information is a condensed version of Keeping Your Family Strong (tip sheet) obtained from the childwelfare.gov website combined with tribally sourced information. *We recommend participating in these activities only after the COVID-19 pandemic has passed and it is safe for you and your children. Please practice recommended social-distancing guidelines.

Nurturing and Attachment: *Show how much families can love each other.*

- Make time every day to connect with your children with a hug, a smile and/or a song.
- Take interest in what each family member is doing - ask questions and answer questions.

Knowledge of Parenting and Child Development: *Parenting is part natural and part learned.*

- Subscribe to a magazine, website, or online newsletter about child development.
- Take an online parenting class.
- Sit and observe what your child can and cannot do and discuss concerns with the family doctor, the child's teacher and/or friends.
- Attend tribally sponsored seminars and training.*
- Participate in educational teachings offered at tribal events.*

Parental Resilience: *It takes courage to endure stress and to bounce back from challenges.*

- Make time for quiet time: take a bath, write, meditate, practice your medicines.
- Exercise: walk, do yoga, lift weights and/or dance.
- Surround yourself with people who support you and make you feel good about yourself.

Social Connections: *Friends, relatives, and neighbors can help out and provide emotional support.*

- Set aside a regular time each week for your children to video chat with friends and relatives.
- Participate in neighborhood activities, picnics, or block parties.*
- Join an online support group of parents with children of similar ages.
- Attend ceremonial dance gatherings or Talking Circles.*
- Identify relatives your child trusts, and utilize their support in your children's lives.

Concrete Supports for Parents: *Know where to find help if and when needed.*

- Make a list of people or places to call for support.
- Dial 2-1-1 to find out about organizations that support families in your area.
- Identify extended family members you can lean on and who can lean on you.
- Consult with tribal elders.

Social and Emotional Competence of Children: *Let children know they are loved, make them feel like they belong, and are able to get along with others.*

- Provide regular routines, especially for young children and inform caretakers about routine mealtimes, naps, and bedtime.
- Model healthy relationships for them and nurture healthy relationships in their life.
- Let them help with picking their regalia and when they dance, praise them for practicing traditional values.