



Rating Your Nurturing Parenting Skills

| Nurturing Parenting Areas | Rating |
|--|--------|
| Attachment: having unconditional love for your child(ren). | |
| Empathy: helping children meet their basic needs. | |
| Nurturing Oneself: finding time for yourself and taking care of yourself. | |
| Gentle Touch: holding, rocking, touching and massaging your child(ren). | |
| Discipline: using techniques other than spanking to teach and guide children. | |
| Express Feelings: recognizing and expressing feelings in positive ways. | |
| Expectations: having appropriate expectations for yourself and your child(ren). | |

Rating Scale

- 1 I need a lot of improvement.
- 2 I need some improvement.
- 3 My skills are **okay** in this area.
- 4 My skills are **good** in this area.
- 5 I have **really good** skills in this area.

Review your ratings with the group. What are your strengths? What are the group's strengths?

List 3 ways you can work on improving your nurturing skills.

1. _____
2. _____
3. _____