







THE NATIONAL EXTENSION PARENT EDUCATION MODEL

ICON & CATEGORY	PRIORITY PRACTICE
 CARE FOR SELF	<ul style="list-style-type: none"> ■ Manage personal stress. ■ Manage family resources. ■ Offer support to other parents. ■ Ask for and accept support from others when needed. ■ Recognize one's own personal and parenting strengths. ■ Have a sense of purpose in setting child-rearing goals. ■ Cooperate with one's child-rearing partners.
 UNDERSTAND	<ul style="list-style-type: none"> ■ Observe and understand one's children and their development. ■ Recognize how children influence and respond to what happens around them.
 GUIDE	<ul style="list-style-type: none"> ■ Model appropriate desired behavior. ■ Establish and maintain reasonable limits. ■ Provide children with developmentally appropriate opportunities to learn responsibility. ■ Convey fundamental values underlying basic human decency. ■ Teach problem-solving skills. ■ Monitor children's activities and facilitate their contact with peers and adults.
 NURTURE	<ul style="list-style-type: none"> ■ Express affection and compassion. ■ Foster children's self-respect and hope. ■ Listen and attend to children's feelings and ideas. ■ Teach kindness. ■ Provide for the nutrition, shelter, clothing, health, and safety needs of one's children. ■ Celebrate life with one's children. ■ Help children feel connected to family history and cultural heritage.
 MOTIVATE	<ul style="list-style-type: none"> ■ Teach children about themselves, others, and the world around them. ■ Stimulate curiosity, imagination, and the search for knowledge. ■ Create beneficial learning conditions. ■ Help children process and manage information.
 ADVOCATE	<ul style="list-style-type: none"> ■ Find, use, and create community resources when needed to benefit one's children and the community of children. ■ Stimulate social change to create supportive environments for children and families. ■ Build relationships with family, neighborhood, and community groups.