

## **Highlights from the National Extension Parent Education Model (NEPEM)**

The full version of NEPEM can be found at  
[http://www.cyfernet.org/parenting\\_practices/model.html](http://www.cyfernet.org/parenting_practices/model.html)

### **Category: Care for Self**

#### **Practices:**

- 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.

Quote: *Knowing and understanding oneself, managing life's demands, establishing clear directions.*

### **Category: Understand**

#### **Practices:**

- Observe and understand one's children and their development.
- Recognize how children influence and respond to what happens around them.

Quote: *Each child is different, not only in abilities, but also in the extraordinary way that he or she sees the world.*

### **Category: Guide**

#### **Practices:**

- 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.

Quote: *Laying the foundation for establishing self-responsibility in children.*

**Category: Nurture**

**Practices:**

- 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.

Quote: *Learning to attend to children's needs, building a positive relationship, sending consistent messages of love and support.*

**Category: Motivate**

**Practices:**

- 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.

Quote: *Parents who are the most successful motivators lovingly nurture and guide children*

**Category: Advocate**

**Practices:**

- 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.

Quote: *We need parents to be the voices of the 'voteless' and to strengthen community resources.*

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