



## Parenting Partnerships

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#### Promoting Supportive Partnerships

- 1. Keep the child at the center of the partnership.** Share two or three ways you and your parenting partner(s) keep your child at the center of your partnership:
- 2. Remember everyone has strengths.** Share two or three of your parenting partner(s) strengths:
- 3. Be a flexible and supportive partner.** Share two or three ways you're a supportive parenting partner:
- 4. Practice positive communication.** Share two or three ways you express your gratitude to your parenting partner(s):



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## We're Thankful for Nature

*What my child/I liked best about this activity:*

*This activity can support my child's development and strengthen our relationship by:*

*I used The 4 Me's™ when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to focus on the skill you're most interested in exploring with your child. For example, you can practice **Nurture Me** by encouraging your child to use their words and learn new things about their environment as you describe their world to them.
2. Practice sharing gratitude by taking a **We're Thankful for Nature** walk around your environment. You can also look out a window or use your phone to look at pictures of nature in your area. As you or you and your child walk around, notice the objects you're thankful for in your environment. Say the object's name out loud and why you're grateful for it. Use your senses by asking yourself and your child:

What do you see?    What do you hear?    How does that feel?    What do you smell?

As you and your child are learning more about your surroundings, you **MIGHT**:

- » Notice how your growing baby responds or imagine how they might respond once they're able to experience the items in nature,
- » Enjoy back-and-forth interactions with your infant as you look at or point to items in your environment and describe them using your senses,
- » Connect With your toddler by following their lead on the walk. Encourage them to point out, name, and describe the objects in their environment they are grateful for,
- » Use descriptive words and have your child try to find objects. For example, you might say, "Can you find something that feels hard or soft, that smells good, that is green, red, or blue, etc.," or
- » Collect objects from nature or draw pictures of things outside with your child and place them in a **We're Thankful for Nature** book or journal.