

How the Nurturing Programme has helped other parents

“I am a much more confident, positive and understanding parent. I feel much more able to cope now.”

“We are having less family arguments and the household is a lot calmer.”

“I feel I am calmer in difficult situations.”

“The group was fun. It’s the only two hours I have for myself each week.”

“It has made me more self-aware.”

“The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected.”



The Nurturing Programme Information for Parents and Carers

Where

When

Contact Details

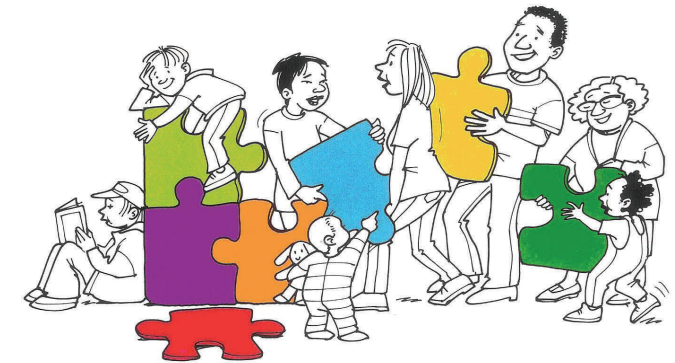


Family Links

Transforming Schools and Families

The Nurturing Programme

Information for Parents and Carers



How To Get the Best out of Family Life



Family Links

www.familylinks.org.uk

Family Links is a
registered charity no 1062514

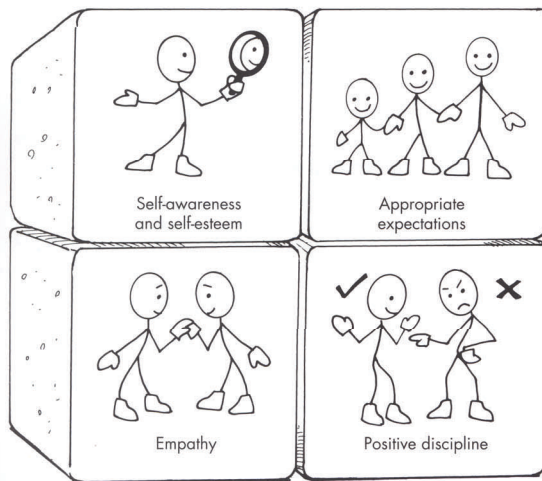
What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so you have a calmer, happier family life.






A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

The Building Blocks of the Nurturing Programme









What does it cover?

Over the 10-week Programme, you will look at lots of different topics including:

-  Understanding why children behave as they do
-  Recognising the feelings behind behaviour (ours and theirs)
-  Exploring different approaches to discipline
-  Finding ways to develop co-operation and self-discipline in children
-  The importance of looking after ourselves

Practical Information

-  There are 10x2 hour sessions with tea/ coffee break.
-  8-10 parents are invited and there are two group leaders.
-  Check with your group leader about the cost.
-  Some groups provide a crèche. Check with group leaders beforehand.
-  You need to come for all ten sessions as the programme fits together like a puzzle.
-  Partners are welcome and it's also fine to come on your own or with another relative or friend.

