

## How Nurturing Programme Parent Groups have 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."

"The group was fun. It's the only two hours I have for myself each week."

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



Check out [familylinks.org.uk](http://familylinks.org.uk) for more information on *The Parenting Puzzle* book and the Nurturing Programme

## The 10-week Nurturing Programme for parents and carers

where:

when:

contact details:



The Centre for Emotional Health

[familylinks.org.uk](http://familylinks.org.uk)

Registered charity 1062514



The Centre for Emotional Health

## The Nurturing Programme

Information for parents and carers

How to get the best out of family life



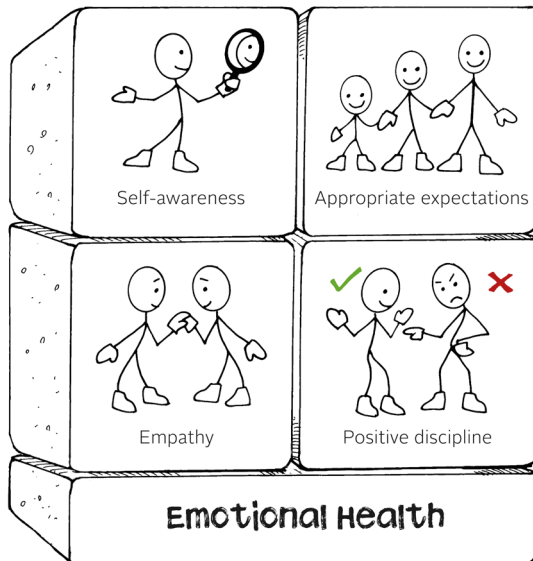
# What is the Nurturing Programme?

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

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier 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

**Learning** the importance of looking after ourselves

## Practical information

Partners are welcome and it's also fine to come on your own or with a relative or friend

There are ten 2-hour sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

Some groups provide a creche; check with group leaders beforehand

you need to come to all ten sessions as they fit together like a puzzle

