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** for more information on *The Parenting Puzzle* book and the Nurturing Programme

The 10-week Nurturing Programme for parents and carers

Where:

Brough Children's Centre

When:

Contact the Children Centre for Course Dates and Times.
Both Day and Evening courses are available free of charge subject to availability.

Contact details:

Brough Children's Centre
Springfield Avenue
Brough
HU15 1AE
Telephone: 01482 667474

Family Links

familylinks.org.uk
Registered charity 1062514

Family Links

The Nurturing Programme

Information for parents and carers

## How to get the best out of family life

What is the Nurturing Progamme?

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

Self-awareness and self-esteem

Appropriate expectations

Empathy

Positive discipline
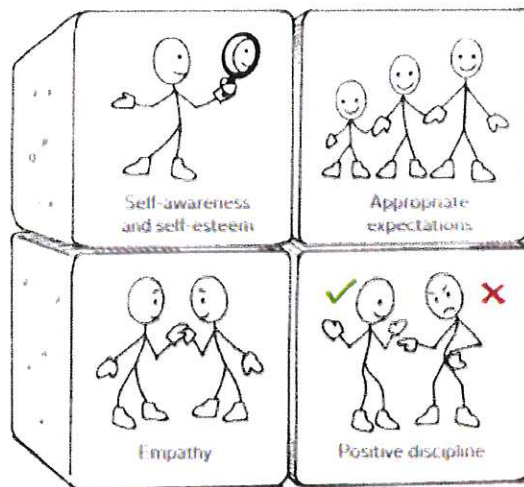
What does it cover?

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

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

the best chance in life