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:

Market Weighton Children Centre
Princess Road
Market Weighton
YO43 3BY

When:

Starting Wednesday 18th September 2024, running for 11 weeks with a break for half term. 10am-12pm.

Contact details:

Emily Travers and Sami Sayers

01759 307154

FAMILY LINKS
The Centre for Emotional Health

familylinks.org.uk
Registered charity 1062514

FAMILY LINKS
The Centre for Emotional Health

The Nurturing Programme

Information for parents and carers

How to get the best out of family life



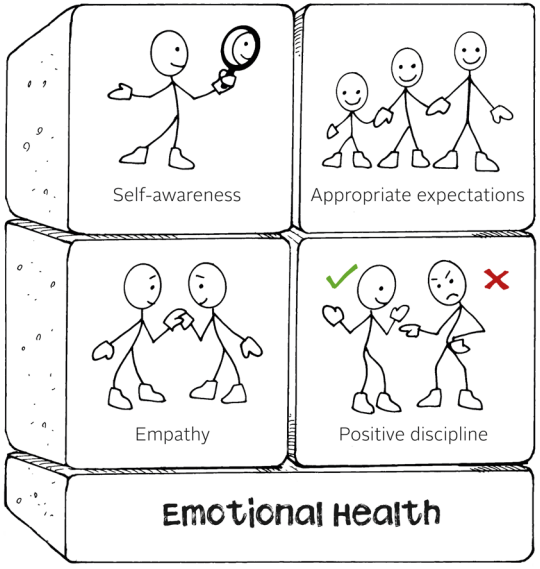
What is the Nurturing Programme?

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

the best chance in life