



The Centre for Emotional Health

# The Nurturing Programme

Information  
for parents  
and carers

How to get the best  
out of family life



The 10-week  
Nurturing Programme  
for parents and carers

Where:

## Family Room

Go to the office and ask for the family room

When:

Session 1: Friday 12th Jan @ 9am

All other sessions on Wednesday @ 9am  
from Wednesday 17th Jan

Contact details:

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The Centre for Emotional Health

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

Registered charity 1062514

# What is the Nurturing Programme?

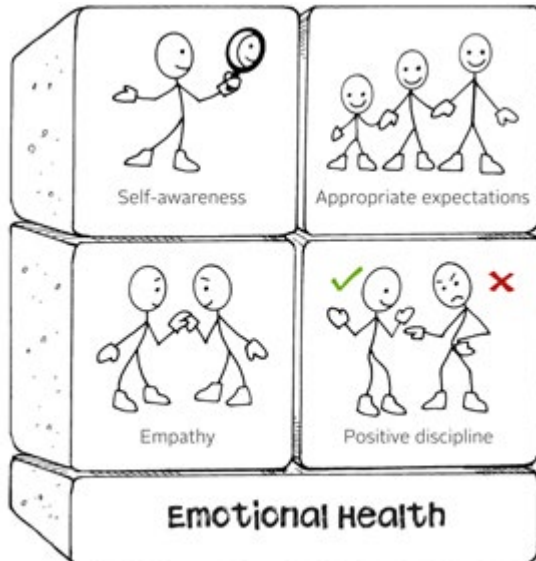
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so 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

## 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

## 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

