



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:

When:

Contact details:



The Centre for Emotional Health

familylinks.org.uk

Registered charity 1062514

What is the Nurturing Programme?

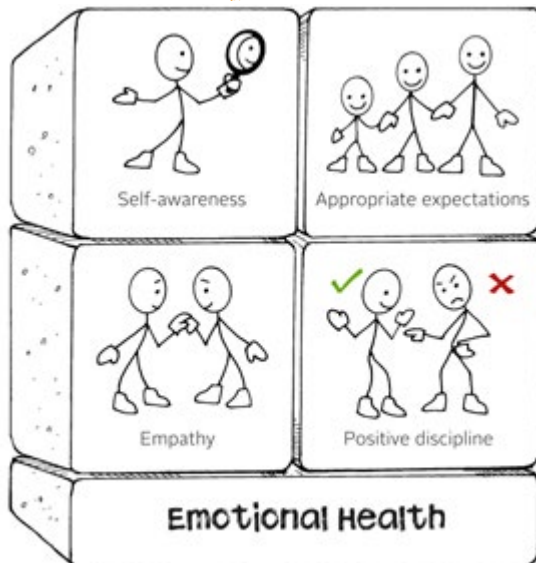
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

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
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

the
best
chance
in life