

How the Nurturing Programme has 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 Nurturing Programme information for Parents and carers

Where:

Kingston Town Children's Centre

When:

Tuesday 14th Jan 2014
12.45pm - 2.45pm for 10 weeks

Contact details:

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Tel. 0208 547 6965



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 family life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

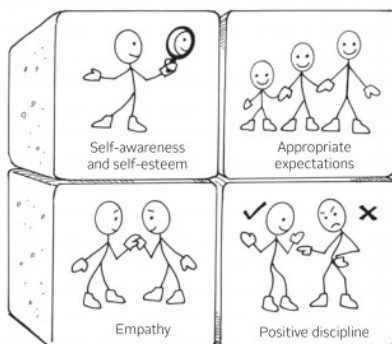


What does it cover?

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
- The importance of looking after ourselves

The Building Blocks of the Nurturing Programme



Practical information

- There are ten 2-hour sessions with tea/coffee break
- 8-10 parents are invited and there are two group leaders
- Some groups provide a crèche. Check with group leaders beforehand.
- You need to come for all ten sessions as the programme fits together like a puzzle.
- Partners are welcome and it's also fine to come on your own or with another relative or friend.

