

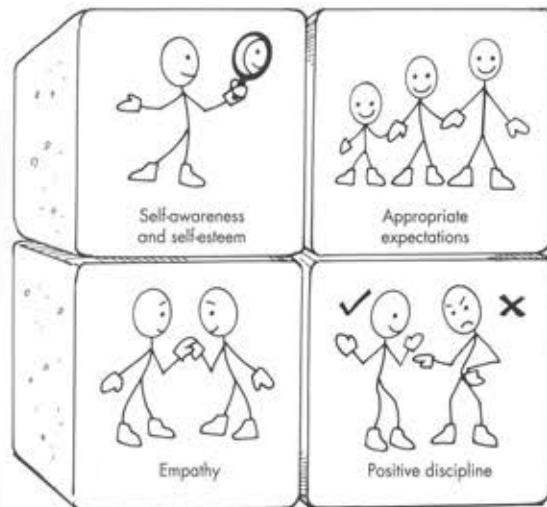
## What is the Nurturing Programme?

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

The Nurturing Programme helps deal with those challenges so you 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.

### 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
-  The importance of looking after ourselves

-  There are 10x2 hour sessions with tea/ coffee break.
-  8-10 parents are invited and there are two group leaders.
-  Check with your group leader about the cost.
-  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 or come on your own or with a relative or friend.
-  *The Parenting Puzzle* book complements and supports you on and after the course.



## 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 new website  
[www.theparentingpuzzle.co.uk](http://www.theparentingpuzzle.co.uk)  
for more information on  
*The Parenting Puzzle* book and  
the Nurturing Programme

# The Nurturing Programme

## Information for Parents and Carers

### Where

Eastwood Village Primary School  
Eldon Road  
Rotherham  
S65 1RD

### When

Starts Tuesday 17th April  
at 9.30am - 11.30am

We look forward to seeing you.

### Contact Details

Kath Beecham 01709 374425

Keeley Stevens 01709 828988



Family Links

[www.theparentingpuzzle.co.uk](http://www.theparentingpuzzle.co.uk)  
[www.familylinks.org.uk](http://www.familylinks.org.uk)

Family Links is a  
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Family Links

transforming schools and families

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How To Get the Best out of Family Life