

**Nurturing Programme Information Session:**

**Monday 25<sup>th</sup> February 2019 – 2pm – Community Room, Shirley Junior School**

**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.

**If you prefer you can now do an online course in the comfort of your own home:**

**Family Links Nurturing Parenting Course with Netmums**

I am pleased to announce that Family Links have been working with Netmums to update the online parenting course, the new version will be **launched on 28th January**.

This is **free for parents** and can be used on its own or in conjunction with a group or one to one work.

To sign up for the course, parents can follow the link on our website:

[www.netmums.com/support/netmums-parenting-course](http://www.netmums.com/support/netmums-parenting-course)



Regards

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