

The Nurturing Programme

4-day Parent Group Leader Training



The Nurturing Programme is a structured 10-week programme promoting emotional health, relationship skills and positive behaviour management strategies for parents/carers. The 4-day training course equips practitioners to facilitate Nurturing Programme Parent Groups and work effectively with parents in one-to-one client work.

Nurturing Programme Parent Groups

- ✓ The Nurturing Programme encourages an approach to relationships that gives children and parents an emotionally healthy springboard for their lives and their learning
- ✓ Promotes emotional literacy and emotional health
- ✓ Enhances self-esteem, self-awareness and empathy
- ✓ Develops communication and relationship skills
- ✓ Provides effective strategies to encourage co-operative, responsible behaviour and manage challenging behaviour in children



The training course promotes

- ✓ Personal and professional reflection, facilitation skills and group dynamics
- ✓ Facilitative and empathic work to increase confidence and skills in parents and families
- ✓ Knowledge and confidence in the use of the Nurturing Programme
- ✓ A partnership approach to work with parents
- ✓ Consistency of practice amongst all professionals and also team and multi-agency work

Nurturing Programme quality

The Nurturing Programme is psychologically and theoretically robust, drawing on cognitive, behavioural and affective approaches. It is mapped against National Occupational Standards for Work with Parents.

Successful trainees will become recognised Family Links Parent Group Leaders (PGLs) with access to ongoing implementation support.

Training options:

£990 per person

Visit our [online training calendar](#) to see training dates around the country and book your place. Contact the Training Team for further details: training@familylinks.org.uk or 01865 401800

(The group needs to be delivered by two trained facilitators.)

£13900 for a group of up to 16 people including a CPD Refresher Day one year later

To find out more or to book an in-house training course for your team contact Pip:

training@familylinks.org.uk 01865 401800

Prices applicable to training courses delivered on the UK mainland.

Cost includes a PGL Handbook, *The Parenting Puzzle* book, and a set of Nurturing Games per trainee. Please note that to meet National Occupational Standards for Work with Parents, Nurturing Programme Parent Groups must be facilitated by two trained Parent Group Leaders.

"I can honestly say – above any form of parenting training I have been involved in or any other learning I have gained, the Parenting Puzzle has by far been the most valuable source of parent and professional guidance I have to date been fortunate to be part of. I have been taught so many life and professional skills – I will be forever grateful. Thank you!"

www.familylinks.org.uk training@familylinks.org.uk

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