

# Working one to one with Parents Using the Nurturing Programme



This Family Links 2-day training course provides ideas and strategies to support parents in understanding feelings and behaviour. It focuses on improving relationships and positive behaviour management equipping staff to work effectively with parents on a one-to-one basis in a variety of settings.

## Nurturing Programme Features

- ✓ The Nurturing Programme encourages an approach to relationships that gives children, young people 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 and young people

## The Training Course Promotes

- ✓ Personal and professional reflection
- ✓ Knowledge of how to improve parents' self-esteem, confidence and skills
- ✓ A problem-solving approach
- ✓ Skills in one-to-one mentoring to develop trust and build relationships with parents
- ✓ A relational approach to work with parents focusing on partnership and empowerment
- ✓ Consistency of practice amongst all professionals and also team and multi-agency work

## The Parenting Puzzle

Each person attending the training course is given a copy of *The Parenting Puzzle* book. This book is an illustrated and easy-to-use guide presented in a friendly, informal way. It is a valuable tool for professionals supporting families in one-to-one work, and encourages parents and carers to enjoy bringing up children and get the best out of family life.

They also receive a copy of the *Working One to One with Parents Manual*.

The training course is mapped against National Occupational Standards for Work with Parents.

### Training options:

#### £350 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](mailto:training@familylinks.org.uk) or 01865 401800

#### £3980 for a group of up to 16 people

To find out more or to book an in-house training course for your team contact Pip: [training@familylinks.org.uk](mailto:training@familylinks.org.uk) 01865 401800

Prices applicable to training courses delivered on the UK mainland.

*“A very enjoyable and interesting training that I feel will be very useful in working to help promote change within families”*

*“I have thoroughly enjoyed this course and have learned so much I can take back to inform my practice and achieve better outcomes”*

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

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