

Nurturing Programme



Family Links

transforming schools and families

Our Family liaison officer Bev Cowley is currently running 'The Nurturing Programme' in school. This is a 10 week programme and helps deal with the challenges in raising children which whilst is rewarding, stimulating and fun, can be stressful and challenging. The 10 week programme looks at 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

This course is very popular and Bev is now taking names for the next 10 week course.

Please contact Bev if you would like to participate in the next course or if you require any further details.

Nurture Programme

The Nurture Programme provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships.

The Nurturing Programme was developed to address the four constructs as building blocks of emotionally healthy relationships:

- Self-awareness
- Appropriate expectations
- Empathy
- Positive discipline

Although the four constructs were originally developed within the context of parenting, they apply to all areas of our work.

They are the building blocks for all emotionally healthy relationships, and are particularly important in forming emotionally healthy relationships between parent and child, teacher and pupil.

