

## Family Links 10 Week Parenting Course

We are very proud to be able to offer to our parents across the Moss Hall Federation the chance to attend the acclaimed 'Family Links - 10 week parenting course'. Next year will be the 9th year that we have delivered the course through our two certified trainers Mrs Nash & Mr Games. If you are interested in attending the course, please read on to find out more about what the course entails and what you may get out of it.

The Nurturing Programme is a 10- week parenting programme that improves the emotional health of both adults and children and strengthens family relationships. It is a cognitive-relational programme, providing parents with new skills in listening and communicating with their children and developing an understanding of behaviour in the context of relationships.

### Outcomes For Parents & Children

Research has shown:

- On average 8 out of 10 parents attending groups report significant improvements in their children's behaviour and family life
- A significant reduction in conduct problems and hyperactivity
- The programme is highly effective in improving mental health outcomes for both children and their parents
- A reduction in the proportion of children with clinical levels of difficulties
- Increase in levels of self-efficacy in 8 dimensions of parenting: emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundary setting, pressures of parenting, self-acceptance and learning and knowledge
- Parent Group Leaders report an improvement in children's behaviour and emotional and mental health; more parents entering education, training and employment; and a reduction in the number of children subject to safeguarding plans.

### Parent Testimonials from Moss Hall parents who have attended the course

*'Wonderful group! I felt really comfortable and was able to discuss anything.'*

*'It was parenting advice and strategies that I have never learnt or used before.'*

*'I felt quite scared when I started the programme, but in the end it helped me so much.'*

*'I learnt lots of useful techniques which you can practise in a group setting and then apply at home.'*

## What is the Nurturing Programme?

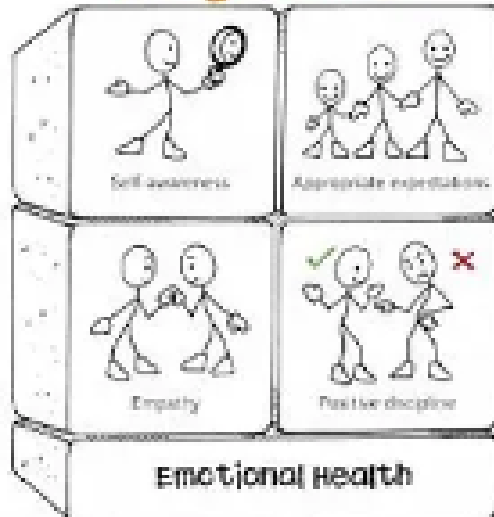
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging

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

(Courses run in the Autumn and Summer Terms - Details of when will be published closer to the start date.)