

How Nurturing Programme Parent groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."



About Us

Children's Centres are places where parents with children aged 0 – 5 years can share the challenges and joys of parenthood. They offer a range of activities and support services to help you with all aspects of parenting to make sure your child gets the best start in life and improve their life chances.

To find out how to book your place on the Nurturing Programme and Children's Group places/s or for more information about the programme and other Children's Centre Services, please contact;
**Bright Start Children's Centre
Radstock Hub**
Church Street, Radstock BA3 3QG
Tel: 01225 396660.
Or contact your Health Visitor.

 BrightStartChildrensCentres

 brightstartcc@bathnes.gov.uk

www.bathnes.gov.uk/childrens-centres

Bath & North East
Somerset Council

This is a
Family Links
Approved
Programme



Family Links

Nurturing Programme

How to get the best out of family life



The 10 week Nurturing Programme for parents/carers of young children, with Children's Group running alongside
Where: Radstock Children's Centre
Church Street, Radstock
BA3 3QG
When: Wednesday 10th January 2018
Time: 9.30 - 11.30 am

What is the Nurturing Programme?

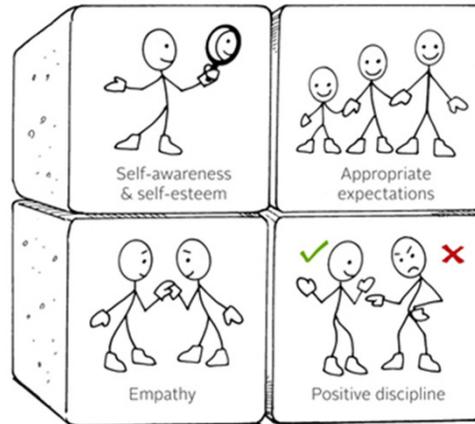
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested 10 week 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

Practical information

Partners are welcome. It's also fine to come on your own or with a relative or friend.

There are ten 2-hour sessions with a tea and coffee break.

A small number of parents/carers are invited who are supported by 2 Family Links trained group leaders.

You need to come to all ten sessions as they fit together like a puzzle.

Children's Group

A Children's Group (nurturing childcare supporting early learning) will run alongside the Nurturing Programme, staffed by qualified & skilled Early Years Practitioners. Places are subject to availability and need to be booked in advance.

