



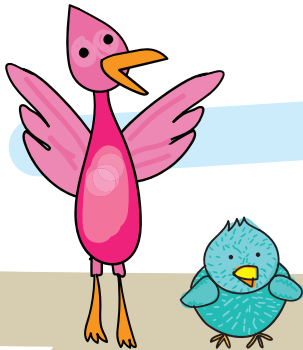
The Nurturing Programme



**FREE
Parent
Group**

How to get the best out of family life

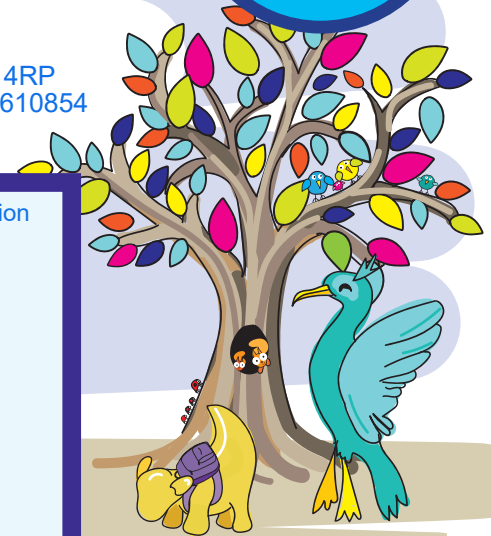
St Cleopas Church of England Primary School, Beresford Road L8 4RP
To book call Miss Williams on 0151 727 1725 or Leanne on 07885 610854



Wednesday 25th March at 9:15am until 11am - Registration

Thursday 16th April,
Thursday 23rd April,
Thursday 10th April,
Thursday 7th May,
Thursday 14th May,
Thursday 21st May,
Thursday 4th June,
Thursday 11th June,
Thursday 18th June,
Thursday 25th June

Time 9:15am - 11:15am



Parenting can be joyful, but it's not always easy.

Children are rewarding, stimulating and fun - but caring for them can also be stressful and challenging.

The **Nurturing Programme** helps you manage these challenges, so life at home can feel calmer and happier.

What is the Nurturing Programme?

- A tried and tested 10-week course that encourages us to think about:
- What we do as parents
- Why we do it
- How it makes us feel



Building blocks of the programme

- Each week explores a different topic, including:
- Understanding why children behave as they do
- Recognising the feelings behind behaviour - theirs and ours
- Exploring positive discipline approaches
- Encouraging cooperation and self-discipline in children
- Learning the importance of looking after ourselves

Practical information

- 10 weekly **2-hour sessions** (with a tea & coffee break!)
- **Partners, friends or relatives** welcome - or come solo
- **Small groups of 8-10 parents** with two trained parent group leaders
- Some groups offer a **creche** - ask your group leader for details
- Attendance at all **10 sessions** is important - they fit together like pieces of a puzzle