

WHARFE VALLEY FAMILY LINKS

What is the Nurturing Programme?

It's a 10-week workshop aimed at parents and carers to help them get the best out of family life.

When does it start and where is it?

On Wednesday 4th October at 18:15 until 20:30 at St Mary's Parish Centre in Burley in Wharfedale
Or

On Friday 6th at 9:45 until 12:00 at Ben Rhydding Scout Hut

Do I have to attend both days?

No, these are 2 separate workshops. Please attend the one most suitable for the full 10 weeks.

I have missed the first week, can I still attend?

Yes, if you missed the first week you can still attend the workshops from week 2 (week commencing 9th October)

How much does it cost?

Nothing, it is free to attend.



Here are the topics we will cover during the 10-weeks:

- week 1** Introducing the Nurturing Programme
Building Blocks: The Four Constructs
Giving Praise
- week 2** The Question of Discipline
Time to Calm Down
- week 3** Parenting Styles and Family Rules
Rewards and Penalties
- week 4** Personal Power
Self-esteem
Choices and Consequences
- week 5** Feelings.. and What We Do With Them
Communicating Clearly and Using "I" Statements
- week 6** Kinds of Touch
Nurturing Ourselves
- week 7** Ages and Stages in Child Development
Helping Children Grow Up
- week 8** Keeping Children Safe
- week 9** Behaviour to Ignore
Problem Solving and Negotiating
- week 10** Continuing the Family Journey

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We run this programme in the Wharfe Valley for **free**, supported by Health and Care Partnership

Bradford District and Craven

