

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."



Check out familylinks.org.uk

for more information on

The Parenting Puzzle book and the Nurturing Programme



e
for parents and carers

FAMILY

Where:

Crossflatts Primary School,
Morton Lane
Crossflatts
BD16 2EP

When:

Time - 09.15am – 11.15am.
Sign up start date – Monday 19th January
2026
Followed by 10 sessions every Monday
Term Time

Contact details:

To book please phone school
01274 782070
For parents/carers of children aged 2-14
years old
(don't have to have a child at Crossflatts
school)



LINKS

The Centre for Emotional Health

The Nurturing Programme

**Information
for parents
and carers**

**How to get the best
out of family life**

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Registered charity
1062514

The
Centre
for
Emotional
Health
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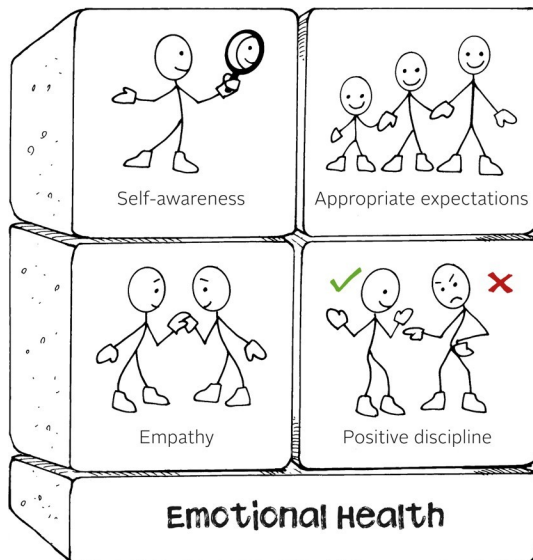
What is the Nurturing Programme?

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

Practical information

Partners are welcome and 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

8-10 parents are invited and there are two Family Links trained group leaders

Some groups provide a Creche; check with group leaders beforehand

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



To find out more see information page or to self-refer scan code below :
<https://fyi.bradford.gov.uk/information-advice/family-relationships/parenting-programmes-for-families/>

