

Family Nurturing

Programme Content

Family Nurturing is a 10-week whole school/community Parenting programme relevant to all children aged 0-12 and to the adults responsible for their upbringing. Family Nurturing explores the needs behind children's behaviour and offers a consistent approach to positive behaviour. The programme encourages positive relationships between children and adults at home and at school from early years through to secondary school.

15 programmes are delivered every year in Children's Centres by the Child and Family Service and Health practitioners. Additional programmes are delivered in schools and community venues, which have Family Nurturing practitioners.

The Family and Parenting Team hope to offer Family Nurturing programmes specifically targeted at young parents, family men, childminders and foster carers, if numbers permit.

Access Pathway

Parents wishing to access the programme can self-refer or be referred by contacting the Family and Parenting Team on (0191) 443 2908.

2009/10 Parents'/Carers' Feedback

As a result of completing a Family Nurturing programme:

- 97% of parents have more confidence in their parenting role
- 81% feel happier in their role as a parent
- 65% cope better
- 63% shout less at their children
- 82% praise their children more
- 89% understand their children more
- 74% manage their children's behaviour better
- 76% listen to their children more
- 72%, talk to their children more.

Some parents/carers also said...

..." I feel more confident, have stopped shouting, feel more relaxed and happy...prouder"

...(as a family) "we get along better."

.."I don't shout as much and I am happier."

...(my family) is more loving and listen to each other."

...(we have) "less arguments."

...(I am) more calm and know how to control things.”

Next Steps for Parents

After completing a Family Nurturing programme, parents/carers can progress to:

- Another Parenting programme, if they feel that they need a more targeted intervention to support their children/young people
- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children’s Centre.