

## What parents have told us after completing the programme:

*"I really loved the course. Felt very welcome and was looking forward to each week to come back."*

*"The course has also nurtured me as a parent. The environment felt very safe & non-judgemental."*

*"Attending the course with my partner has been a HUGE plus! We both feel family life is calmer and we all get to enjoy each other's company much more. My kids have responded positively to the strategies we have used - but don't seem to have noticed any difference when I asked them!"*

### Website



### How to get in touch and find out more:

Email us: [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)

Website: [www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk)

### Facebook



<https://families.barnardos.org.uk/>

### Instagram



### West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW  
PO30 2AX  
Tel: 01983 529208

### North East Locality Hub

Ryde Family Centre  
George Street, Ryde IOW,  
PO33 2JF

Tel: 01983 617617

### South Wight Locality Hub

Sandown Family Centre  
The Fairway, Sandown  
PO36 9EQ

Tel: 01983 408718

Barnardo's Registered Charity Nos. 216250 and SC037605  
24423shc23



# 10-Week Nurture Programme 'The Parenting Puzzle'



There when you need us



## What is the Parenting Puzzle?

The Parenting puzzle is a 10-week course which offers positive, practical ways of guiding and nurturing children so that they learn how to handle both their feelings and their behaviour. It is designed for all families with children **aged 3-12**.

The parenting puzzle is based on four building blocks. These are:

**self-awareness;**  
**appropriate expectations;** **empathy** and **positive discipline.**

These four areas provide the key elements for successful relationships and confident parenting. The child's self-esteem is boosted and the parent's own confidence in parenting is increased.



## What does the programme cover?

The programme is delivered over **10 weekly sessions** during **term-time**. You will gain most from the programme if you can commit to attend all sessions.

The sessions explore the following themes which are vital to positive parent - child relationships regardless of the age of your child or the issues your family are experiencing:

- Develop an understanding on child development
- Empathy and praise within the family
- Establish family rules, rewards and positive discipline
- Personal power and self esteem
- Staying safe around sex and online safety
- Actively ignoring, problem solving and negotiating
- A whole family approach around your journey

Each session is **2 hours** in a Family Centre where you will work through the programme as a group with your course facilitators.

## What will the group be like?

It can be really daunting going to a group for the first time. Parenting Puzzle groups are informal and relaxed and led by two specially trained and experienced Family Centre Workers. A group will be approximately 10 parents/carers. You will not have to perform in front of other parents and will be encouraged to participate only at a level that feels comfortable to you.

## Will it be like going back to school?

**NO!** Sessions are interactive and you will learn as much from each other as from the facilitators. Research shows that parents who come together to do parenting groups get more out of the groups than if they had gone over the same material in their own homes. Knowing you are not alone in the challenges you are facing can be life changing.



## Nurture Programme Workshop

This is a one off 2.5 hours online workshop covering topics from the first half of the 10-week programme. This is helpful as an introduction to the full programme and while you wait to join a programme e.g., Summer Holidays.

**Families that have attended a workshop have told us:**

**"I found everything helpful and I'm looking forward to learn more in September"**

**"Excellent and informal. nice and relaxed"**

**"I found it helpful as I have an idea of what we will be talking about"**

