

What parents have told us:

"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!"

Scan or click [Contact Us](#) to book a place on the Nurturing Programme



If you have children aged 3 to 5 years, please take a look at our [Parenting Puzzle Programme](#)

West & Central Locality

Newport Family Hub
Furlongs, Newport,
PO30 2AX
01983 529 208

South Wight Locality

Sandown Family Hub
The Fairway, Sandown
PO36 9EQ
01983 408718

North East Wight Locality

Ryde Family Hub
George Street, Ryde,
PO33 2JF
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[Website](#)



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The Nurturing Programme

5 to 13 years



Barnardo's Registered Charity Nos. 216250 and SC037605
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What is the Nurturing Programme?

A face-to-face course offering 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 5 to 13 years**.

The Nurturing Programme is based on four building blocks - the key elements for successful relationships and confident parenting. These are: **self-awareness; appropriate expectations; empathy** and **positive discipline**.



What will the group be like?

It can be daunting going to a group for the first time. Our groups are informal and relaxed and led by two trained and experienced 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.



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.

“Is the Nurturing Programme suitable for parents with children who have additional needs?”

The Centre of Emotional Health state that The Nurturing Programme is broad and inclusive. It is designed and delivered in a way that enables you to consider how the content best relates to your child(ren) and their own individual needs. This includes children with any additional needs, diagnosed or undiagnosed.



What does the programme cover?

The programme is delivered over **8 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 **2.5 hours** in a Family Centre, where you will work through the programme as a group with your course facilitators.

Nurturing Programme Workshop

This is a one off 2.5-hour online workshop briefly covering topics from the full programme. This is helpful as an introduction to the full programme and while you wait to join a course 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”

