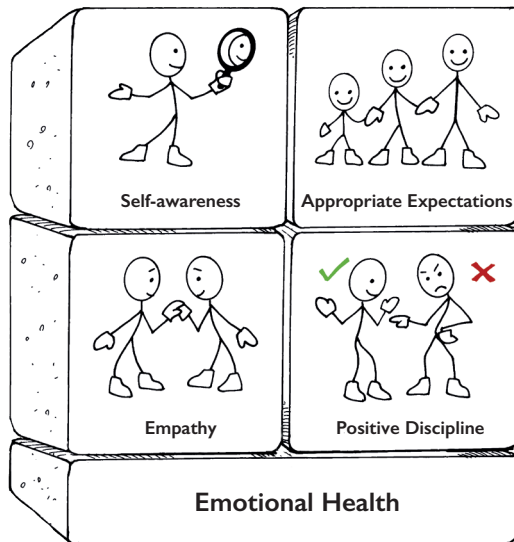


THE ETHOS BEHIND OUR PROGRAMMES

All our work is underpinned by the Nurturing Programme which provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, to build resilience, empathy and self-esteem, and to support positive relationships. With the Nurturing Programme as their golden thread, all of our programmes focus on behaviour in the context of feelings and relationships, because we know that feelings drive behaviour.

The Four Constructs



American child psychologist Dr Stephen J. Bavolek originally developed the Nurturing Programme based on his research into family interactions, where he identified four destructive parental behaviour patterns. The Nurturing Programme was developed to address these, and it uses the four constructs, as shown above, as the building blocks of healthy relationships: self-awareness, appropriate expectations, empathy and positive discipline.

These four constructs provide the building blocks for all healthy relationships and are fundamental to good emotional health.

While everyone's foundational relationship is with their parents or caregivers, the things we need to have healthy and fulfilling relationships are universal.

As a charity, we began with the aim of improving and enhancing family relationships by training practitioners to deliver the Nurturing Programme. Although the four constructs were originally developed within the context of parenting, as our understanding of the importance of emotional health has grown, we have realised these constructs are the building blocks for all healthy relationships, and are therefore fundamental to good emotional health.

We also recognised the importance of children receiving consistent messaging about feelings, relationships and behaviour at home and at school, so we developed a parallel school curriculum.

Over the years, countless parenting practitioners and school staff told us that the Nurturing Programme approach had not only transformed the relationships of their parents and pupils, but that it had improved their own personal relationships and their relationships with colleagues.

We came to realise that while everyone's foundational relationship is with their parents or caregivers, the things we need to have healthy and fulfilling relationships are universal. This can be a relationship between a parent and child, but it can also be between a teacher and pupil, or between a manager and employee. This is how we arrived in our present day form as Family Links the Centre for Emotional Health, a national charity whose vision is for everyone to live an emotionally healthy life.

"From the time I trained I knew the Nurturing Programme was special and had everything that is needed to support and enrich the lives of families, whatever their circumstances. I have loved every aspect of delivering this programme which has been my rock, as I used the strategies and ethos to carry me through several life challenges that came my way. I know that I am a better and stronger person for having experienced this programme personally and professionally, and I will carry it with me always."

Parenting Practitioner