

Parent Group Leader training

(10-week Nurturing Programme for Parents)



This 4-day training course equips practitioners to deliver The Nurturing Programme for parents – including a manual that gives clear and detailed step-by-step guidance for each session in the 10-week programme. The groups need to be delivered by two trained facilitators. A refresher day is also available.

LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Describe and use the Four Constructs of the Nurturing Programme in their work with families
- ✓ Demonstrate how to enhance their relationship with families, using a partnership approach
- ✓ Demonstrate group facilitation skills
- ✓ Explain empathy and its importance in relationships
- ✓ Understand the impact of emotional health on parents, children, young people and practitioners
- ✓ Understand the use of positive behaviour management strategies with children and young people
- ✓ Explain the link between feelings, thoughts and behaviour

RESOURCES

The training includes: The Centre for Emotional Health Leader Handbook, The Parenting Puzzle book, the Ask It Tell It Card Game, The Nurturing Game and the Feeling Faces resource.

OUTCOMES FOR PARENTS AND CHILDREN

- ✓ On average 8/10 parents attending groups report significant improvements in their children's behaviour and family life
- ✓ The programme is highly effective in improving mental health outcomes for children and their parents
- ✓ A reduction in the proportion of children with clinical levels of difficulties
- ✓ Increase in levels of self-efficacy in 8 dimensions of parenting: emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundary setting, pressures of parenting, self-acceptance and learning and knowledge
- ✓ Parents entering education, training and employment
- ✓ A reduction in the number of children subject to safeguarding plans.

BOOK TRAINING:

£1065 per person

Visit our [online training calendar](#) to see training dates and locations and book your place.

£14,900 in-house team training including a refresher day one year later

For a group of up to 16 people. To find out more or team bookings, please get in touch.

Prices applicable to training courses delivered on the UK mainland.

