



Surrey Positive Parenting Service

Managers name: Lynne Johnston

Email: surreypositiveparenting@barnardos.org.uk

www.barnardos.org.uk/surrey-positive-parenting

We are available **Monday-Friday, 9am - 4:30pm**

For further information please visit: www.mindworks-surrey.org

For CAMHS and NHS professionals:

RXX.PositiveParentingSurrey@nhs.net

Other professionals please visit: www.mindworks-surrey.org

We deliver support programmes daytime and evening to suit your needs.

Out of Hours ADHD Parenting Support Helpline 0300 222 5755

(5.00pm - 10.15pm, 365 Days a year)

Barnardo's is a charity

No 216251 and SC037605



Surrey Positive Parenting Service Nurturing Programme

For parent's who's children display specific challenging behaviours
which may be related to ADHD

Believe in
children
Barnardo's

Proud to be part of

Mindworks
Surrey

NHS

Surrey and Borders
Partnership
NHS Foundation Trust

The children and young people's emotional
wellbeing and mental health service

The 8 week Nurturing Programme for parents and carers. The building blocks of the Nurturing Programme

What is the Nurture Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that parents can have a calmer, happier life. It is an evidence based programme helping us to think about what we do, why we do it and how it makes us feel.



The Building Of the Nurture Programme



What does it cover?

Over the 8 week skills building group, you will look at lots of different topics, including:

Understanding why children behave as they do

Finding ways to develop co-operation and self-discipline in children

Recognising the feelings behind behaviours (ours and theirs)

Learning the importance of looking after ourselves

Exploring different approaches to discipline

Practical Information

There are eight group sessions, delivered either face-to-face or via zoom over eight weeks, with eight e-learning videos to watch prior to the online session deliveries. The sessions will be delivered by two Family Links trained group leaders. Parents/ Carers need to come to all 8 sessions as they fit together like a puzzle.

How Nurturing Programme parent groups have helped other parents

I am a much more **confident, positive and understanding parent**. I feel much more able to cope now.

We are having less family arguments and the household **is a lot calmer**.

The **group was fun**. It's the only hour I have for myself each week.

The atmosphere was really relaxed. **No-one judged anyone and everyone was listened to and respected**.

