



Nurturing Programme

Beginning 30 April 2019



There are ten
2-hour
sessions



Refreshments
and crèche
provided

Children are rewarding and fun...

... but looking after them can be stressful and challenging.

The Nurturing Programme helps to deal with those challenges so you can have a **calmer, happier family life**.

What does it cover?

1

UNDERSTANDING
WHY CHILDREN
BEHAVE AS THEY DO

2

RECOGNISING
THE FEELINGS
BEHIND
BEHAVIOUR

3

EXPLORING
DIFFERENT
APPROACHES TO
DISCIPLINE

4

LEARNING
THE IMPORTANCE
OF LOOKING
AFTER OURSELVES

For further information please call **Jo Smith**
at the **Carterton Family Centre** on **07973 943 903**