

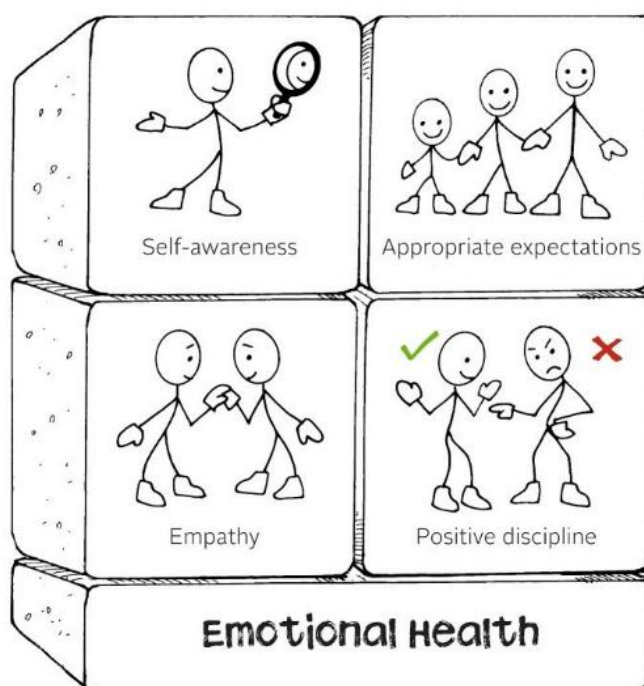
The Family Links Nurturing Programme provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, to build resilience, empathy and self-esteem, and to support positive relationships.

The programme focus' on behaviour in the context of feelings and relationships, because we know that feelings drive behaviour.

The Nurturing Programme has something for all parents and carers.

Although the word 'nurturing' may sound soft, the programme is a robust, carefully crafted 10-week course. It is a chance to gain from other parents as well as from the Nurturing Programme itself: it's also time to relax; to be supported and listened to; to meet others and be a part of a group; as well as to learn lots of positive ideas for building happy family lives.

The Four Constructs



These four constructs provide the building blocks for all healthy relationships and are fundamental and underpinned by good emotional health. While everyone's foundational relationship is with their parents or caregivers, the things we need in order to have healthy and fulfilling relationships are universal.

Look out for posters around school for the next course or contact Mrs Parry via email k.parry@vigo.hants.sch.uk or call 01264 365166.

