



Family Links

The Nurturing Programme and Educational Psychology



Dr Sarah Davidson is an Educational Psychologist.

She is also a Family Links Area Co-ordinator, Schools Trainer and part of our Cascade Team.

“ How does The Borough Council where you work use the Nurturing Programme?
We have several schools who have trained in the Family Links Nurturing Programme and we try to train another school at least every term. We've also got a lot of Parent Groups running.

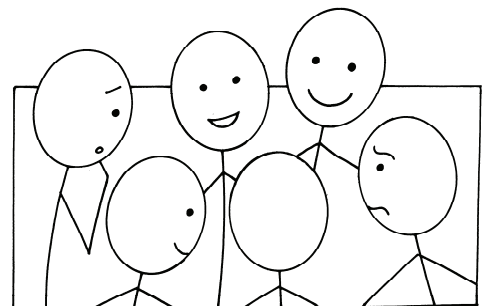
How is training in the Nurturing Programme promoted to those working with disadvantaged or hard to reach groups?

When we are thinking about putting training on for more Parent Group Leaders (PGLs) we start to advertise it amongst Health Visitors and other people like that, so they come forward and say 'can we do this training' and it spreads by word of mouth.

In the town where I work we've got a directory of all the different community and support organisations. So the last time we were doing a PGL training I wrote to every group that I thought would be interested, because we were trying to make it spread. It actually paid off, we got people coming from more diverse organisations as well as schools.

What feedback have you received from professionals who have trained?

People certainly enjoy using it. Although they might be slightly overwhelmed at first with getting it up and running, we often find that soon they want to just keep on running groups one after the other, which is brilliant. Once people have got a group up and running they keep on going, they're very enthusiastic.



Are there plans to continue working with Family Links in your town?

Definitely, we have schools lined up for training. We run termly meetings for Parent Group Leaders to share good practice and support, so people come along to those to keep topped up and to share ideas. They're quite well attended.

The school trainers are really enthusiastic about doing it. That's why we try and limit ourselves to a school training every term, so we can then do top up training for the schools who've already been trained.



Last term we ran an introduction to Family Links and we contacted all the schools who've done the training so that their new members of staff could come along. We ran some activities for them and it was really successful. It's about being creative I think. The passion, the enthusiasm and the drive to make it work is certainly there.

What do you think of the Nurturing Programme as an Educational Psychologist?

I like that it's a universal Programme. I like the approach and the different levels you can work on. For example when you're doing school training, you can really try and draw people in by saying, here are some top tips that you can start applying tomorrow. It might take the school longer to get the Programme up and running, but there are things that you could try tomorrow when you go back to your classroom. It's not just within the classroom either, there are things that you could try with your own family when you go home tonight. It can make a personal difference.

Every time I do training I come back re-energised and even more enthusiastic. I think it does make such a difference on a personal level as well as a professional level.

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