



Family Links



Mel Charlton is a Senior Family Support Worker at Child Dynamix Children's Centre in East Hull. The centre provides a range of activities, facilities, and services to families with children and young people across Hull.

Mel trained to become a Parent Group Leader in 2004. She allowed us to adapt a report based on her work with one family in 2007.

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About the Nurturing Programme

The purpose of the Nurturing Programme is to give mums, dads and carers some strategies and ideas to use at home with their children. It is a 10 week course and it can be done in a group setting or with individual families. There are 4 corner stones to the course: self-esteem and self awareness, empathy, positive discipline and appropriate expectations. All these help the families to grow in confidence and give them tools to [give] children and parents good self- esteem and confidence and for there to be consistency and boundaries with rewards and penalties within the family.

The whole programme fits into the Every Child Matters framework. It is very valuable for early intervention and is extremely beneficial for the whole family. The family in this case study had significant difficulties and without the programme would have found family life very difficult to cope with.

This is a very valuable and useful programme for mums, dads and carers. It has a positive affect on the family atmosphere when the strategies are used and makes family life much happier and enjoyable.

A Case Study

This particular family was finding family life a struggle and needed ways to deal with a child's difficult behaviour. Mum's self-esteem and confidence was at a low.

After doing the 10 week programme [this mum] found it very beneficial and I could see how her confidence and self-esteem had [been] boosted now that she had tools and strategies to use at home to deal with family life. She used a lot of the strategies that we gave and soon found that [she] and her daughter were enjoying time together again and her daughter's behaviour soon became much more manageable.

This mum realised that the way she behaved and deals with things had an impact on her daughter and when she was paying attention to the positive and good behaviour that is what she got more of. This mum enjoyed the course and completed [it] a second time to recap on some of the strategies.

This programme can have a huge impact on a family [and] on how they deal with difficult or unwanted behaviour. It can change the dynamics of the family with a positive effect. The programme enables parents [and] carers to talk about their own experiences and realise they are not alone as well as boosting their self-esteem and confidence. With this particular parent her confidence and self esteem grew. She was able to cope with family life much better and enjoyed time with her daughter rather than being stressed and unable to cope.

Looking Ahead

We have just done a session where we had an average of 8 mums and dads. We are fully booked for a January start session and have names on a waiting list for an Easter session. All this has been achieved through little advertising which shows the demand and importance of this programme.

The 2 parent group leaders from this setting are due to undertake the Open College Network (OCN) accreditation for Family Links' Nurturing Programme, this will enable the parents doing the Programme to get accreditation for it.

A lot of the content in this programme links into the every child matters frame work. It fits in with objectives and aims for a children's centre, [such as] working to improve children's life chances.

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