



## *Family Links*

### **Topics covered in the Parent Programme**

#### **Week 1**

Introducing the Nurturing Programme  
Building Blocks: The Four Constructs  
Giving Praise

#### **Week 2**

The Question of Discipline  
Time Out...to Calm Down

#### **Week 3**

Family Rules  
Rewards and Penalties

#### **Week 4**

Personal Power  
Self-esteem  
Choices and Consequences

#### **Week 5**

Feelings...and What We Do With Them  
Communicating clearly: Using 'I' Statements

#### **Week 6**

Kinds of Touch  
Nurturing Ourselves

#### **Week 7**

Ages and Stages in Child Development  
Helping Children Grow Up

#### **Week 8**

Issues around Sex  
Helping Children Stay Safe

#### **Week 9**

Behaviour to Ignore  
Problem-solving and Negotiating

#### **Week 10**

Continuing the Family Journey

For more information on each topic, get your copy of *The Parenting Puzzle* at our online shop today.