

Family SEAL	The Nurturing Programme
No training for facilitators, just a manual and advice on who should facilitate.	4 day training for parent group leaders plus recognition system to maintain good practice in line with National Occupational Standards.
Suggests class teacher facilitates	Suggests outside facilitators are often more helpful.
Two facilitators needed to run a group	Two facilitators needed to run a group.
10 – 12 parents in group	10 parents per group
7 workshops plus intro and final farewell	10 weekly sessions plus introduction.
Follows SEAL school material	Corresponds to school Nurturing Programme but can be delivered independently, e.g. at children's centres.
Children spend some time with parents doing activities.	For parents only
Evaluation of course at end of 7 workshops	Evaluation after each week plus family log at weeks 5 and 9 and end of programme feedback on competence of strategies.
PowerPoint used for beginning of workshop	PowerPoint not used at all. Programme is very active and experiential.
Not accredited	OCN accredited at level one and two for parents
No research available	Extensive research available.
Suitable for primary aged children	Suitable for 0 - teenagers
Parents receive sheets each week in a folder	Parents receive a copy of <i>The Parenting Puzzle</i>