



Family Links

Transforming Schools and Families

Parent Group Leader Training (Individuals) 4 days

To equip staff to become skilled facilitators in groups and one-to-one settings. Parent Group Leaders can then deliver the Nurturing Programme, a structured course for parents/carers and children. The Programme is lead using *The Parenting Puzzle* - an illustrated, easy to use guide for parents and professionals - and a comprehensive Parent Group Leader Handbook.

Benefits of training:

- ✓ Group facilitation skills
- ✓ Skills in one-to-one mentoring to develop trust and build relationships with parents
- ✓ Improve parents' confidence and skills to encourage positive behaviour in children
- ✓ Successful trainees will be recognised Family Links Parent Group Leaders (PGLs)
- ✓ Personal and professional development
- ✓ Includes all materials: Parent Group Leader's (PGL) Handbook, The Parenting Puzzle and set of Nurturing Games.

Programme Fidelity:

- Manualised programme
- OCN Accreditation Level 1 & 2 for parents
- Family Links quality control recognition system

The Nurturing Programme encourages an approach to relationships that gives children and parents an emotionally healthy springboard for their lives and their learning.

With emotional well-being at its core, the Nurturing Programme helps to reduce abuse, neglect, deviant behaviour and mental health problems. As a universal programme, it maintains the health of the whole population as well as impacting significantly on the most challenging.

The Nurturing Programme:

- Promotes emotional literacy and emotional health
- Enhances self-esteem, self-awareness and empathy
- Develops communication and relationship skills
- Provides effective strategies to encourage co-operative, responsible behaviour and manage challenging behaviour in children