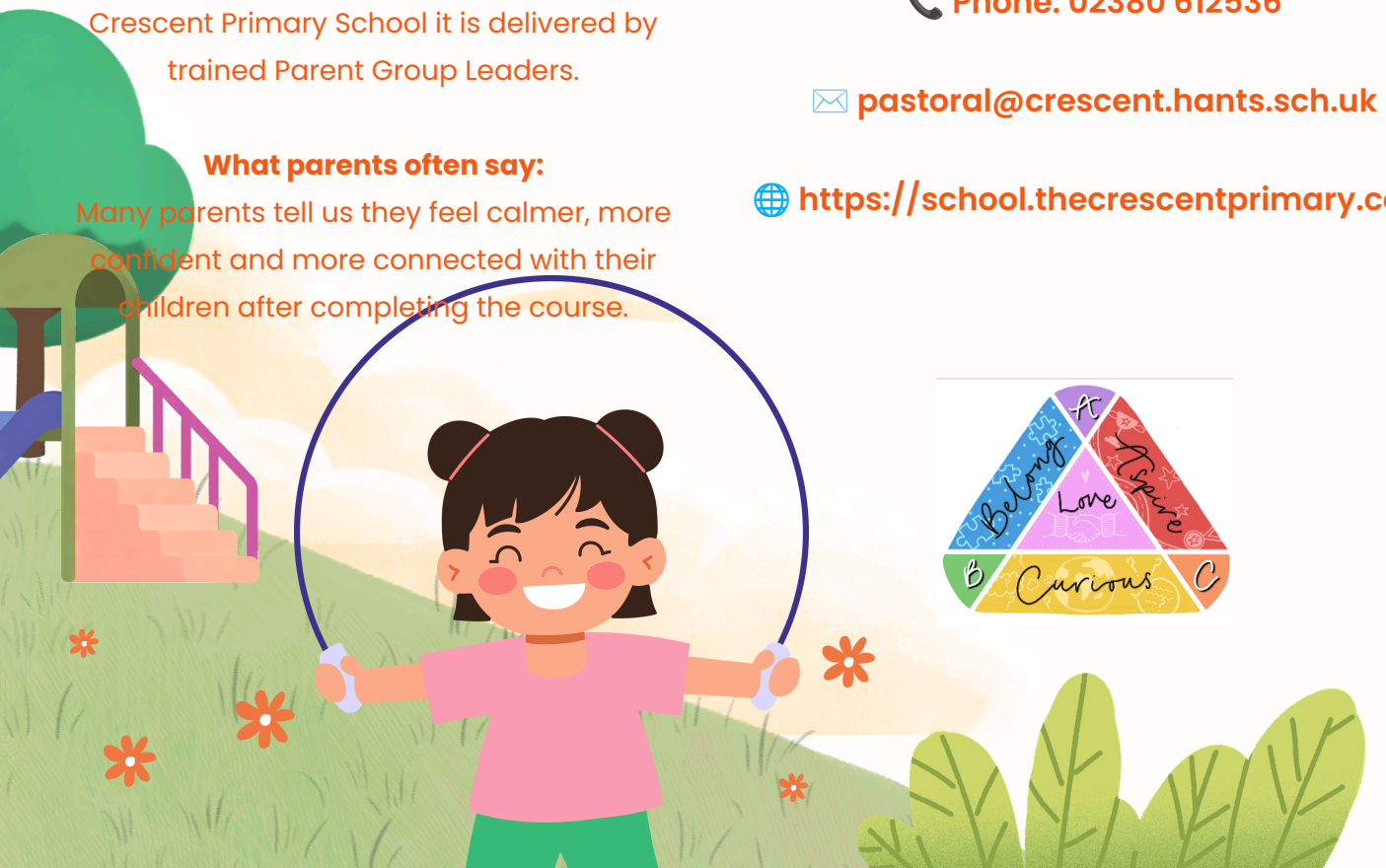
WHAT IS THE NURTURING PROGRAMME?

The Nurturing Programme is a nationally recognised parenting course that helps parents build strong, positive relationships with their children. It focuses on emotional wellbeing, communication and practical strategies that support everyday family life.

It is created and owned by the Centre for Emotional Health. It was formerly known as the Family Links Nurturing Programme. At The Crescent Primary School it is delivered by trained Parent Group Leaders.

What parents often say:

Many parents tell us they feel calmer, more confident and more connected with their children after completing the course.



JOIN US!

If you would like to join the next Nurturing Programme group contact the Pastoral Team to or contact the school office.

We would love to welcome you and support you through the course.

📞 **Phone: 02380 612536**

✉️ **pastoral@crescent.hants.sch.uk**

🌐 **https://school.thecrescentprimary.com**

THE CRESCENT PRIMARY SCHOOL



THE NURTURING PROGRAMME

THE CENTRE FOR EMOTIONAL HEALTH

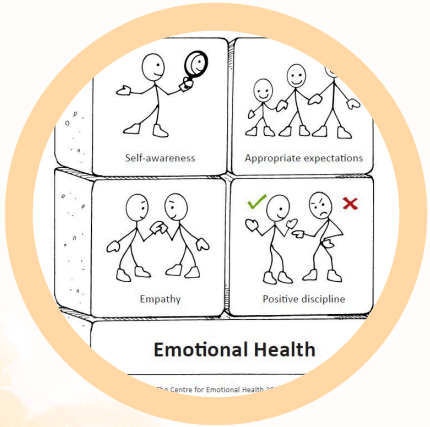
A warm and supportive ten week programme for parents and carers who want to understand their children's needs, build confidence and create calmer family life.

The groups are friendly, relaxed and designed to help you feel supported from the moment you arrive.

THE CONCEPTS BEHIND THE COURSE

The Nurturing Programme is built around four key ideas:

- Self awareness — understanding your own feelings and responses
- Appropriate expectations — knowing what children can manage at different stages
- Positive discipline — guiding behaviour with empathy and consistency
- Empathy — seeing the world through your child's eyes



Why these ideas matter:

These ideas help create calmer homes, stronger relationships and more confident children. They also support parents in feeling more in control and better understood

HOW THE PROGRAMME WORKS

Duration
Ten weeks

Cost
Free

Location
The Crescent Primary School

Trained Group Facilitators
Mrs Gigg and Mrs Eldridge (Pastoral team)

What's included
Refreshments each week
A friendly welcome
A calm and supportive environment
Practical tools you can use straight away,
🎉 Raffle draw at the end of the last session

Who is it for?
Parents and carers of children at The Crescent Primary School who want to strengthen relationships, understand behaviour and feel more confident at home.

A TRUSTED, LONG RUNNING PROGRAMME

The Nurturing Programme has been used for more than twenty years and is recommended by schools, local authorities, health visitors and family support teams.

It is widely used because it is practical, supportive and genuinely transformative for families. The programme is suitable for all parents and carers, whatever your family situation or your child's age.



What you can expect each week:

Gentle discussion, practical ideas, time to reflect, and a chance to share experiences in a safe and supportive space.