

Surrey Positive Parenting Service

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www.barnardos.org.uk/surrey-positive-parenting

We are available **Monday-Friday, 9am - 4:30pm**

For further information please visit:

www.mindworks-surrey.org

For CAMHS and NHS professionals:

RX.X.PositiveParentingSurrey@nhs.net

Other professionals please visit:

www.mindworks-surrey.org

We deliver support programmes daytime and evening to suit your needs.

Out of Hours ADHD Parenting Support Help-

line 0300 222 5755

(5.00pm - 11.00pm, 365 Days a year)

Barnardo's is a registered charity

No. 216251 and SC037605

NHS
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Mindworks
Surrey

The children and young people's emotional wellbeing and mental health service

BARNARDOS
 Changing childhoods.
 Changing lives.



Surrey Positive Parenting Service The Nurture Programme

For parents, whose children display specific challenging behaviours which may be related to ADHD

BARNARDOS

The 8-week Nurture Programme for parents and carers

The Building Blocks of the Nurture Programme



What is the Nurture Programme?



Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurture Programme helps deal with those challenges so that parents can have a calmer, happier life. It is an evidence-based programme helping us to think about what we do, why we do it and how it makes us feel.

What Does It Cover?

Over the 8-week skills building group, you will look at lots of different topics, including:

Understanding why children behave as they do.

Finding ways to develop co-operation and self-discipline in children.

Recognising the feelings behind behaviours (ours and theirs).

Learning the importance of looking after ourselves.

Exploring different approaches to discipline.

Practical Information

There are eight—1.5 hours—group sessions, delivered either face-to-face or online over eight weeks. The sessions will be delivered by two Family Links trained group leaders. Parents/ Carers need to come to all 8 sessions as they fit together like a puzzle.

How The Nurture Programme groups have helped other parents:

“I am a much more **confident, positive and understanding** parent.”

“I feel much more able to cope now.”

“We are having less family arguments and the household is a lot calmer.”

“The group **was fun**. It is the only hour I have for myself each week.”

“The atmosphere was really relaxed.”

“**No-one judged anyone and everyone was listened to and respected.**”

