

Working with families with complex needs using the Nurturing Programme

This 1-day training course is for practitioners who have already completed the 4-day Parent Group Leader training or the 2-day Working One to One with Parents training. It equips staff to work effectively with families who are experiencing particular challenges in their parenting and to support them in developing and maintaining a consistent and positive approach under difficult circumstances.

It is suitable for those doing case work or other one to one work with families who are vulnerable or at risk and/or who are referred, for example as part of an Early Help, Child in Need, CAF/TAF or Safeguarding plan. It will also be relevant for those working with these families in groups.

Nurturing Programme features

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

- 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

Building on these foundations, the training course will cover

- A partnership approach to work with parents: building a working alliance, taking a restorative approach
- Contracting, agreeing working boundaries, and setting goals with parents
- Responding to challenging behaviour and the feelings which drive it
- Working where there is resistance
- Modelling empathy and authoritative parenting
- Parenting and domestic abuse
- Parenting and mental health
- Problem-solving approach to work with parents
- Working in the wider system: managing pressures and working towards consistency of practice in multi-agency work

Resources

Each person attending the training is given a copy of our new *Working one to one with parents* resource.

Cost of training course

£2750 for up to 20 staff.

**For further information please contact Pip
on 01865 401800 or training@familylinks.org.uk**