



# O-5 Early Years Workshops



Hampshire  
County Council

## Test Valley Family Support Service

### What is the Nurture Programme?

Being a parent of a 0-5 year old is rewarding, stimulating and fun but can be stressful and challenging.

The Family Links Nurture Programme helps deal with those challenges so you can have a calmer, happier family life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

- **Workshop 1:** Understanding children's behaviour, Listening and communicating- Praise and encouragement.
- **Workshop 2:** Praise and Guidance vs criticism, child- led play and positive moments
- **Workshop 3:** Boundaries and parenting styles, Time out, dealing with stress and conflict.
- **Workshop 4:** Choices and consequences, behaviour to ignore, putting the puzzles together and looking after ourselves.
- **There are four 2-hour workshops with refreshments**
- **10-16 parents are invited and there are two Family Links trained group leaders**
- **Partners are welcome and it's also fine to come on your own or with another relative or friend**
- **You'll get the most out of the programme if you come to all 4 Sessions**
- **You can request to meet with the group facilitators before the course starts**
- **Please contact us for any support with childcare arrangements needed well before the course date. This can be looked at on an individual basis.**

Tea and coffee available from 9:15am for a 09:30am start at:

Spring Meadow Centre  
Smannell Road  
Andover  
SP11 6JP

Wednesday 10<sup>th</sup> July – 31<sup>st</sup>  
August

09.30am – 11.30am

At: Spring Meadow Centre

### How the Nurture Group has helped other parents

“WOW, would highly recommend”

“Understanding and put into practise new and different ways of doing things”.

To sign up or make a referral please contact:

Email  
testvalley.earlyhelp@hants.gov.uk

#### **Rosie**

Mobile: 07872827319  
Direct : (01256) 854887  
Or

#### **Chris**

Mobile: 07714768493

Sorry there is No Crèche available but please do call us if support is needed to attend