



Mental Health
Support Team
Buckinghamshire



**FAMILY
LINKS**

The Centre for Emotional Health

The Nurture Programme

What does it Cover?

Understanding:

Why children behave as they do

Recognising:

The feelings behind the behaviours
(theirs and ours)

Exploring:

Different approaches to discipline

Finding:

Ways to develop co-operation and
self-discipline in children

Learning:

The importance of looking after
ourselves

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 you can
have a calmer, happier life.

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



Venue: Millbrook Combined School
(Millbrook Community Hub)

Time: 9:15am - 11:15am

Start Date: Monday 19th February 2024

End Date: Tuesday 7th May 2024

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