



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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