

# Parenting Programmes



- ▶ **GroBrain**
- ▶ **Nurture Family Links Programme**
- ▶ **Parent Carer Wellbeing**
- ▶ **Non - Violent Resistance Programme (NVR)**
- ▶ **Cygnnet**

# GroBrain

- ▶ The GroBrain Baby Course is for parents with babies pre-birth to 12 months and is made up of four sessions lasting approximately 2 hours in length.
- ▶ GroBrain focusses on bonding, brain development, and the vital part parents and carers play in ‘wiring up’ the connections in their baby’s brain in the first 1000 critical days of life. This ‘brain wiring’ lays the foundation for emotional wellbeing and the way emotions will be handled in later life.

# GroBrain

"Learnt a lot more about baby development vice course good information."



"I feel like the baby used to cry and I didn't know why, and I felt helpless but since doing GroBrain I feel more confident in being able to understand why he's crying and know how to help him and his brain development".

# Nurture Family Links Programme

- ▶ Nurture is a 10-week programme which focuses on helping parents / carers to build a happy family life.
- ▶ The course will be looking at the building blocks for positive parenting, the importance of praise, showing empathy, the question of discipline, time out to calm down, parenting styles and family rules, rewards and penalties, personal power, self-esteem and introducing choices and consequences.



# Nurture Family Links Programme

'I would recommend this course to all families. There is a good structure to the course which is broken down we are guided with the parent book that is clear to read with diagrams. Delivery of this course is spot on, with 2 friendly workers always able to listen well and offer advice with obvious experiences and no judgement.'

'I really enjoyed the sessions and am very grateful that it was offered to me. I will now aim to put what I have learned into practice.'

# Parent Carer Wellbeing

- ▶ A 7 - week course for parents / carers focusing on improving health and wellbeing.
- ▶ The course gives parents / carers an introduction to self - management and will include positive thinking, stress busting, mindfulness, healthy eating, fitness, routines and developing good habits.

# Non Violent Resistance Programme (NVR)

- ▶ NVR is a 10 - week programme to support parents of violent or aggressive children. However, practitioners have found it effective in addressing a range of behaviours.
- ▶ Its goals are to enable parents to not only resist their child's problematic behaviour but to simultaneously strengthen the relationship with their children. The key principle is to “strike while the iron is cold” by carefully considering responses before or after an incident rather than reacting in fear or anger while a situation is ongoing.

# Non - Violent Resistance Programme (NVR)

"I loved learning about the techniques and have been trying them at home with some success. Thank you so much for your help"

"Support was much appreciated, really enjoyed doing NVR course, thank you!"





# Cygnets Parenting Support Programme

- ▶ A parenting support programme for parents and carers of autistic children and young people aged 5-18
- ▶ Attending Cygnets gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

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children  
with Barnardo's



Cygnets,  
Autism  
Parent  
Support  
Programme

