



Hart and Rushmoor Family Support Service

Are you a parent/carer of a child aged 2-13 years who needs support with understanding your child's emotions and managing behaviour?

Family Links Nurturing Programme could be the help you need!

This is a 10 week **free course** which provides strategies which will enable you to:

Understand why children behave as they do

Recognise the feelings behind behaviour (yours and theirs)

Explore different approaches to discipline

Find ways to develop co-operation and self-discipline in children

Learn the importance of looking after yourselves

If you are interested in attending this course, please speak to any professional linked to your family such as a health visitor, midwife, teacher, social worker etc. who can nominate you to the programme

The team at the Family Support Service look forward to meeting you.