

Dulwich Prep London Parent's Nurturing Programme

What is the Nurturing Programme?

The Nurturing Programme is an integral part of school life at Dulwich Prep London. The Parent's Nurturing Programme is about getting the best out of family life. It provides parents with strategies based on four well-researched cornerstones of family emotional health:

- appropriate expectations,
- self-awareness and self-esteem,
- positive discipline and
- empathy.

The Nurturing Programme is not prescriptive but provides parents with choice and flexibility in developing their parenting skills. It offers a forum for learning, reflecting, sharing ideas and having fun in a supportive, relaxed and confidential environment. Each programme is run by two fully trained facilitators who are also parents of children at the school. Parents enjoy the opportunity to reflect on their parenting practice, and get a lot out of the course for themselves as well as their family.

What is involved?

The Dulwich Prep London Nurturing Programme is a course of 10 two-hour sessions that take place over the duration of one term. Up to 10 parents attend each group; fathers and mothers of the same family are encouraged to attend separately.

The group will meet at the host parent or facilitator's house near to the school for either a morning or an evening session each week. Normally one morning and one evening group run each term, depending on demand and availability of the facilitators; the day of the week varies from term to term.

The cost of the Nurturing Programme is £170 and includes a copy of the book "The Parenting Puzzle". This fee helps to train new facilitators and goes towards the costs associated with running the programme.

Background

The Nurturing Programme has enjoyed tremendous success at Dulwich Prep London since it was introduced in 1998. Last year we had 50 parents do the course and the waiting list continues to grow.

The origin of the programme is Steven Bavolek's 1970s work in the United States which has been developed into The Nurturing Programme by Family Links, an Oxford-based charity and national training organisation.

Dulwich Prep London fully supports the Nurturing Programme. The Personal Social Health Education (PSHE) lessons at school very much follow the philosophy of the programme and these nurturing lessons are timetabled each week for every class throughout the school. There are parallel positive discipline techniques both at school and in the Programme, utilised in the reward systems.

What will you gain by attending?

Parenting is a demanding and important job and without further input we only bring to it what we learned from our own experience.

The Family Links Nurturing Programme operates within the school. By attending the course, you will be able to provide the same language and approach that your child experiences at school, so obtaining consistency both at home and at school. For example “time out” and “the naughty step” sound similar but there are crucial differences. Through the programme you will gain a greater understanding of how your child is cared for at school. For example, weekly PSHE lessons and reward systems.

The Parenting Programme offers a tool box of practical and effective ways of encouraging co-operative behaviour and empowering both parents and children in day to day family situations.

If both parents attend the programme then they achieve greater consistency in the home in the way they bring up their children.

The programme helps us name experiences children, and sometimes adults, have difficulty in expressing. You will gain increased insight into how to grow and strengthen your nurturing environment at home. The children find it easier to learn and mature into confident, empathetic and responsible adults.

What past participants say...

“It gives you confidence and fresh ideas.”

“It has helped me appreciate my children.”

“The programme has made a difference to our family life and I have already recommended the course to other parents.”

“The group was open and honest – very friendly and welcoming. We have always been listened to and respected without judgement.”

“Why don’t we all do it? It’s been personally empowering and made our family life a happier, more relaxed place to be. There’s certainly more love and smiles.”

“It is certainly something that benefits all parents whatever their background. We all need the tools of the nurturing tool box. I thoroughly recommend it.”

“Parenting is not all intuitive and natural. There is so much that is a learned skill, and requires discussion and practice to make it effective. The strategies are so useful, and allow one to enjoy ones’ children to the full.”

We had our “best family holiday ever thanks to the programme”.

Who to contact?

If you are interested in signing up for the Dulwich Prep London Nurturing Programme please contact:

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