

OUR WORK IN LOCAL AUTHORITIES

East Riding of Yorkshire Children's Centre Team

At the start of the pandemic, the Parent Project Officer for East Riding got in touch with us to think about ways in which they could continue to use their Nurturing Programme skills during lockdown, when they could no longer offer face-to-face parent groups.

In discussion with Family Links, agreed content from the **10-week Nurturing Programme** was compiled. The team in East Riding went on to develop a system for working 1:1 with parents using email, video and telephone calls. This allowed them to carry on their important work throughout the pandemic, supporting parents through the unique challenges faced by families during this time.

An important theme of the feedback was the quality of the relationship with the family support worker. As this work was being done one-to-one, family support workers were able to be responsive to individual parents' needs, were able to take more time over certain parts of the course when needed, and arranged calls at times to suit the family.

100%

100% of parents felt they had gained ideas from the programme to help them support their child's behaviour. ¹

100%

100% of parents would recommend the programme to family and friends. ¹

After working through the Nurturing Programme content:



Children showed an improved ability to talk about their feelings and manage their emotions. ¹



Families felt working through the programme had brought them closer together and made life at home calmer. ²



Parents and children showed improved self-regulation and self-esteem. ¹



Positive changes in children's behaviour were picked up and noticed by schools. ¹



Parents felt empowered to manage situations differently, having open discussions and negotiations instead of shouting. ²



Parents found using strategies around praise and boundaries the most transformative in their relationships with their children. ¹