

27<sup>th</sup> September 2024

### **Family Links Nurturing Programme – Information Session**

Dear Reception & Pre-School Parents,

We would like to invite you to an information session about our Family Links programme, run by Sarah Saunter and Sindy Innes. Family Links is a nurturing programme to support you to get the best out of family life.

Children are rewarding, stimulating and fun but looking after them can be stressful and challenging. The Family Links nurturing programmes is a tried and tested approach, which helps deal with those challenges so that you can have a calmer, happier life.

Mrs Saunter and Mrs Innes are both licensed to deliver the programme to groups of up to 15 parents at a time. Last year's course was incredibly successful. All parents in attendance found it useful and made new friendships.

If you need further convincing of the positive impact this programme will have on your family, read what those parents said about it:

**Parent 1:** *"Absolutely lovely group, very relaxed, friendly and everyone has been open and honest. We've had such a laugh too. All info very well conveyed. It's been great to learn and so nice to meet others from school. I feel like I have lots of tools to draw on moving forward."*

**Parent 2:** *"I felt respected, listened to, clear and concise explanations and demonstration of techniques. Lots of techniques have helped at home."*

**Parent 3:** *"Really lovely people. Intense discussions and emotional however not towards each other, very supportive group. A wonderful opportunity to share experiences and feelings with other parents in the same position. This group is the reason my marriage is still together."*

**Parent 4:** *"I understand my children's behaviour better. We are calmer. We praise each other more. We say thank you more. I have truly enjoyed these 10 weeks. I feel I have made friends for life. The atmosphere is always supportive/friendly. Everyone has been kind. It is so nice knowing that you are not alone. Parenting can be hard it's a relief to know others feel the same."*

**Parent 5:** *"I am more reflective and noticing more about my parenting choices. I am understanding the toolkit of resources I have. We are talking things through more as a family and communicating better. My family say I am actively listening more, and I hear them more."*

We will be hosting an information session for you to find out more about the Family Links programme on **Friday 11<sup>th</sup> October**, at 2.30pm, in the HALE building. This will be an informal discussion about what the Family Links programme can offer you and how it runs.

Please come and find out more, there will be refreshments too. Please email Mrs Saunter on [sarah.saunter@clf.uk](mailto:sarah.saunter@clf.uk) if you know you will be attending this session, to support our planning and preparation.

Kind Regards,

Sarah Saunter  
Family Support Worker