



Nurturing Families

therapy, training and support

Therapeutic Parenting Group

September 2017

Adoptive parents face considerable challenges when it comes to parenting:

- negotiating boundary setting whilst also developing and nurturing a relationship with their children
- responding to the needs of children who have had a traumatic start to life
- finding that traditional behavioural models of parenting don't work and aren't helpful for children who have experienced developmental trauma

Our experience of working with adoptive parents tells us:

- the importance of getting the **right support at the right time**
- the support families need **changes at different stages** of the adoption journey
- adoptive parents **value the support** they get from other people in the same position
- **it takes time** for adoptive parents to adapt to the needs of their child and make therapeutic parenting a way of life

That's why **Nurturing Families therapeutic parenting group** runs over an extended period of time to give participants the **time, space and support** needed to provide therapeutic parenting to their child.

Adoptive parents attending the group will benefit from:

- an **increased understanding of their child** and their behavioural and emotional needs
- **increased confidence** when parenting their children
- increased self awareness and the development of **self-care strategies**
- **support** from facilitators and group members over an extended period of time to **make therapeutic parenting a way of life**

The group is based on Kim Golding's Nurturing Attachments therapeutic parenting training, an **evidence based approach** that has been identified as a **turning point** for many families.

Get in touch with Ruth Barker or Steph Dixon for more information.

helping children heal from developmental trauma

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