

The **Nurturing Programme** has been developed by Family Links and is a 10-week programme for parents.

It looks at family life in a thoughtful and fun way.

What are the aims of the programme?

The Nurturing Programme aims to help parents understand and manage feelings and behaviour whilst becoming more positive and nurturing in their relationships with their children and each other.

The Nurturing programme encourages an approach to relationships that gives children and parents an emotionally healthy springboard for their lives and their learning.

- Promotes emotional literacy and emotional health
- Enhances self-esteem, self-awareness and empathy
- Develops communication and relationship skills
- Provides effective strategies to encourage co-operative, responsible behaviour and manage challenging behaviour in children.

The service also delivers the **Nurturing Disability Programme** with adapted strategies for parents of children with a disability or special need.

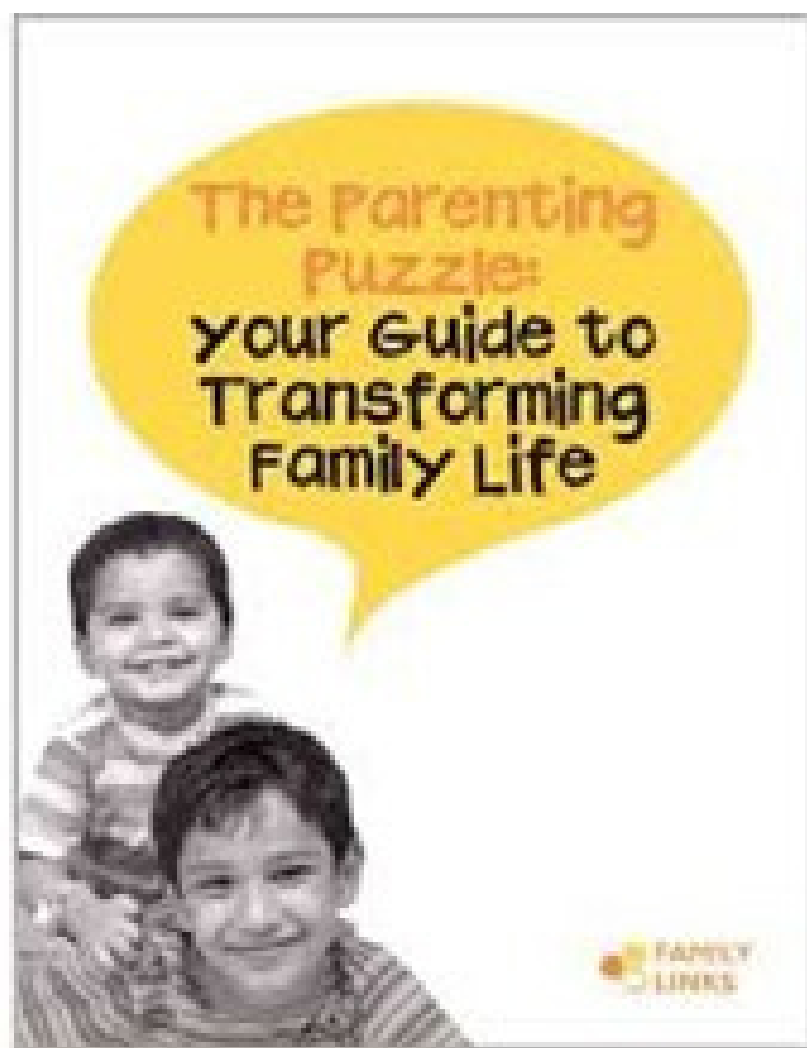


Parent's feedback on the Nurture Disability Programme

“I came into the service without knowledge or understanding and doubt in myself. I found the course very helpful that I attended online, gave me lots of useful tips. I feel more confident and supported, it's been great learning and seeing that there are others in my situations. I don't feel so alone now and that's thanks to Barnardo's.”



**Believe in
children**
 **Barnardo's
Cymru**



Y Rhaglen Fagu

Datblygwyd y rhaglen fagu 10 wythnos hon gan Family Links ar gyfer rhieni sy'n rhoi ystyriaeth feddylgar a hwyliog i fywyd teuluol.

Beth yw nodau'r rhaglen?

Nod y rhaglen Fagu yw helpu rhieni i ddeall a rheoli teimladau ac ymddygiadau tra'n datblygu perthnasoedd gyda'i plant a chyda'i gilydd sy'n fwy cadarnhaol ac sy'n fwy anogol.

Mae'r rhaglen Fagu yn annog agwedd tuag at berthnasoedd sy'n rhoi man cychwyn emosiynol iach i blant a rhieni ar gyfer eu bywydau a'u dysgu.

- Mae'n hyrwyddo llythrennedd emosiynol ac iechyd emosiynol
- Mae'n gwella hunan-barch, hunanymwybyddiaeth ac empathi
- Mae'n datblygu sgiliau cyfathrebu a pherthynas
- Mae'n darparu strategaethau effeithiol i annog ymddygiad cydweithredol, cyfrifol a rheoli ymddygiad heriol plant.

Mae'r gwasanaeth hefyd yn cyflwyno'r rhaglen **Magu Anabledd** gyda strategaethau wedi'u haddasu ar gyfer rhieni plant sydd ag anableddau neu anghenion arbennig.



Adborth rhieni am y Rhaglen Magu Anabledd

“Ymunais â'r gwasanaeth heb wybodaeth na dealltwriaeth ac yn amau fy hun. Roedd y cwrs yn ddefnyddiol iawn gan ei fod ar-lein, rhoddodd lawer o awgrymiadau defnyddiol i mi. Rwy'n teimlo'n fwy hyderus ac yn cael cefnogaeth, mae wedi bod yn wych dysgu a gweld bod eraill yn yr un gwch a mi fy hun. Dwi ddim yn teimlo mor unig nawr ac i Barnardo's mae'r diolch.”



**Credwch
mewn plant**
 **Barnardo's
Cymru**