



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

# THE NURTURING PROGRAMME

**The Parent 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.**

**Promoting the four constructs of well-being.**

Self-Awareness

Positive Discipline

Appropriate Expectation

Empathy

**Six-week  
Programme**

**WEDNESDAY @ 11AM**

**AND**

**FRIDAY @ 2PM**

@ Holmfield House  
4-6 Golborne Rd, W10 5PE

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