FAMILY LINKS
The Centre for Emotional Health

The Nurturing Programme

For ages 4 - 11 years

What does it cover?

Overthe10-weekProgramme, youwill look at lots of different topics, including:

Understanding
why children behave as they do

Recognising
the feelings behind behaviour (ours and theirs)

Exploring
different approaches to discipline
Finding ways to develop co-operation and self-discipline in children

Learning
the importance of looking after ourselves.

Where:

Newtown Integrated Family Centre
SY16 1EF

When:

Starting the 15th of September 9:30-11:30 for 10 weeks.

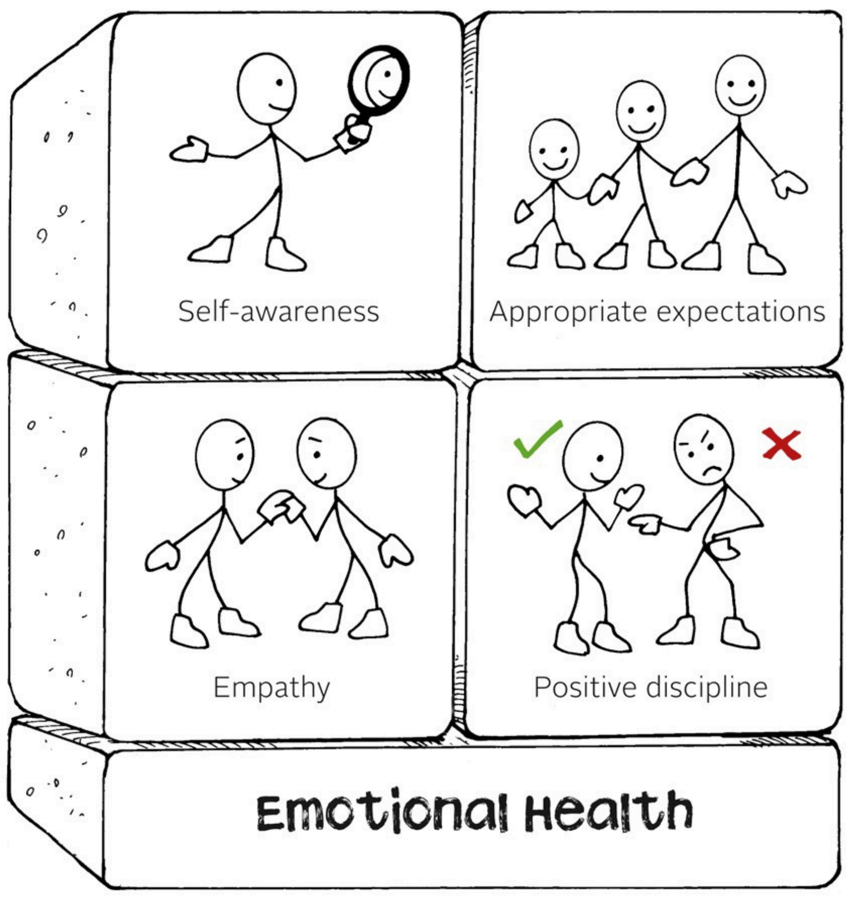
What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.
The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.
A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

> "We are having less family arguments and the household is a lot calmer."

> "I am a much more confident, positive and understanding parent. I feel much more able to cope now."

The Building Blocks of the Nurturing Programme

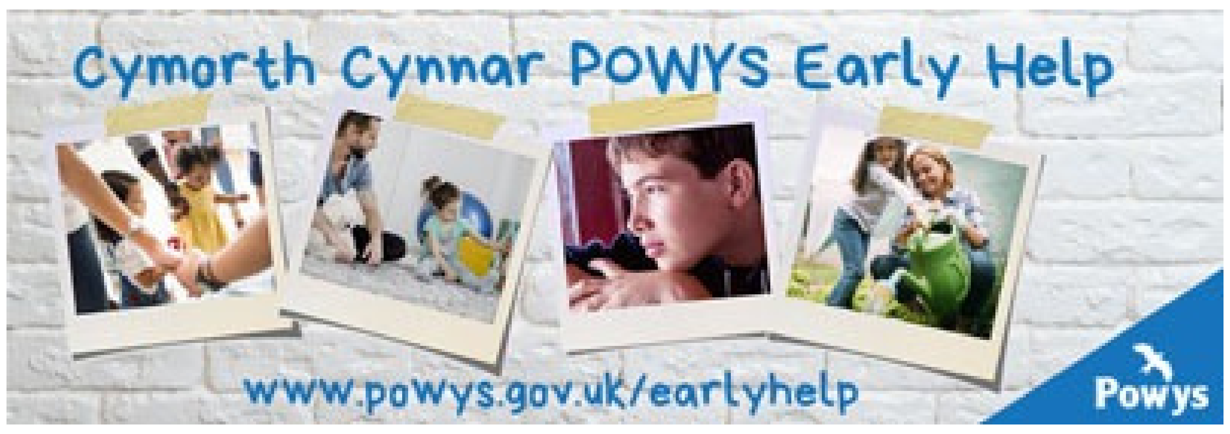


> "The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."

For more information email:
Parentinggroups@powys.gov.uk
Register your interest in our FREE group here:
en.powys.gov.uk/article/9499/Request-Parenting-Group-Support

Contact details:

jessie.miles@powys.gov.uk
Sophie.bundy@powys.gov.uk
Parentinggroups@powys.gov.uk
Phone: 01597 826246



FAMILY LINKS

The Centre for Emotional Health

Y Rhaglen Magu Plant

Ar gyfer oedran 4-11 oed.

Beth ywŕ Rhaglen MaguPlant?

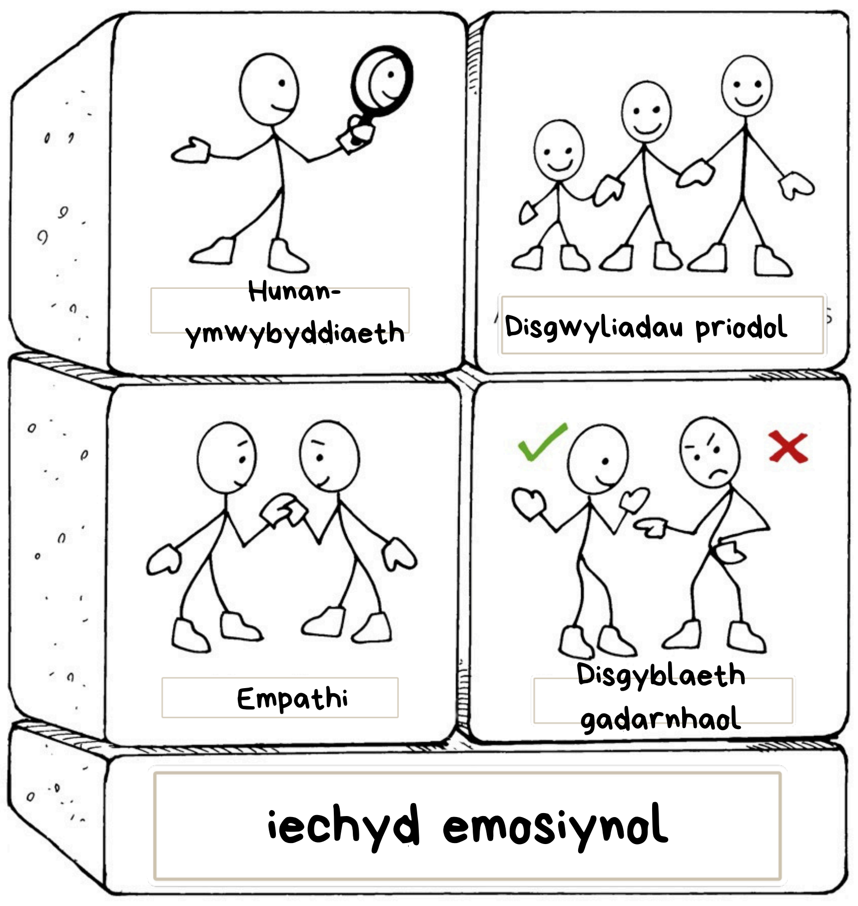
Mae plantyn rhoi boddhad,yn ysgogol ac yn hwyl, ond gall gofalu amdanynt fod yn straen ac yn heriol.

Mae'r Rhaglen Magu Plant yn helpu ymdrin â'r heriau hynny fel y gallwch gael bywyd tawelach a hapusach.

Mae'n rhaglen brofedig sy'n helpu i ni feddwl am yr hyn rydym yn ei wneud, pamyrydymynei wneudasutymae'ngwneud i ni deimlo.

"Rwyf yn rhiant llawer mwy hyderus, pendant a sympathtig. Teimlaffymodâ'rgallu i ymdopinawr."

Sylfeini'r Rhaglen Magu Plant



Beth mae'n cynnwys?

Yn ystodyRhaglen10wythnos, byddwchyn edrych ar lawer o wahanol bynciau, gan gynnwys:

Deall
pam fod plant yn ymddwyn fel y maent

Cydnabod
y teimladau y tu ôl i'r ymddygiad (ein rhai ni a'u nhw)

Archwilio
dulliau gwahanol o ddisgyblu

Dod o hyd
i ffyrdd i ddatblygu cydweithrediad a hunan-ddisgyblaeth mewn plant

Dysgu pwysigrwydd gofalu am ein hunain

"Mae yna lai o ddadlau teuluol ac mae'r cartref wedi tawelu llawer."

Ble:

Canolfan Integredig i Deuluoedd Y Drenewydd
SY16 1EF

Pryd:

Dechrau ar 15fed Medi
9:30-11:30
am 10 wythnos.

"Roedd yr awyrgylch yn hamddenol iawn. Doedd neb yn beirniadu a chafodd pawb eu clywed a'u parchu."

Am fwy o wybodaeth e-bostiwch parentinggroups@powys.gov.uk
Cofrestru eich diddordeb yn ein grŵp Am ddim yma:
http://cy.powys.gov.uk/article/9500/Gofyn-am-Gefnogaeth-y-Grwp-Magu-Plant

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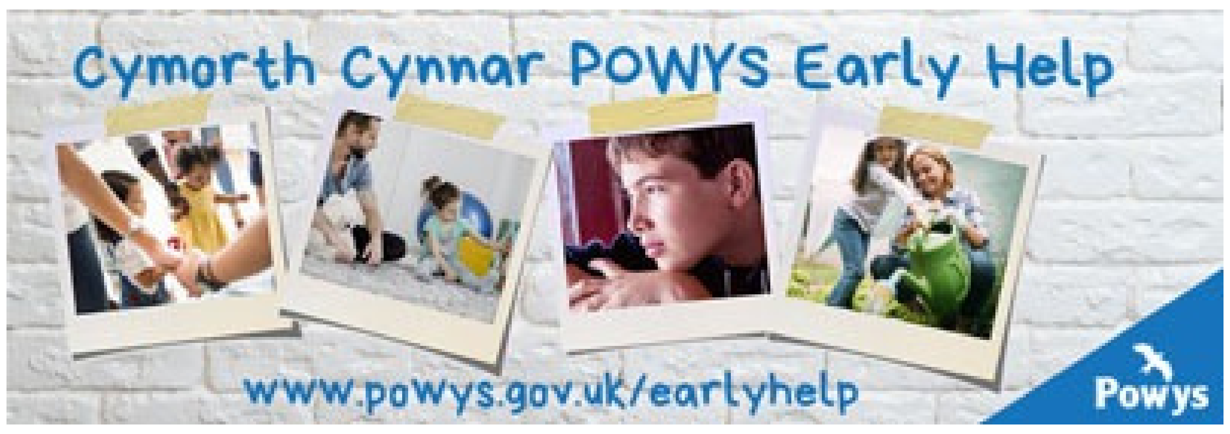
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