

Free one off workshop for parents/carers

'The Nurtured Heart Approach'

"LET GREATNESS SHINE"



Parents and Carers

You are invited to a parenting workshop at

Cecil Gowing Infant School
Thursday 2nd February 2017
6 - 8.00pm

Coffee and biscuits will be available

Join us for these two hours, Nurtured Heart Approach parenting workshop and learn how to maximise your children's potential and deal with the challenging behaviour. The workshop will be run by The Benjamin Foundation: Julie Mears and Julie Bernadas who are advanced trainee in The Nurtured Heart Approach. The approach has transformed the lives of countless families by increasing the quality of relationships and transforming behaviour within the family home.

The training is relaxed, interactive, easy to understand and don't worry, it doesn't involve role play!

**To book your free place/s please phone
School reception on 01603 429564 or email
office@cecilgowing.norfolk.sch.uk**



The Benjamin Foundation

Working in partnership with Falcon Junior, Cecil Gowing and Sparhawk Infant and Nursery school

The Nurtured Heart Approach® was created by Howard Glasser For more information visit
www.childrensuccessfoundation.com

The Nurtured Heart Approach®

Written by Alastair Gardiner, Advanced NHA Trainer, UK

What is it?

The Nurtured Heart Approach® is more than just a parenting or behaviour management strategy. It is equally a philosophy for creating healthy relationships with the people in your life. The Nurtured Heart Approach® will increase your awareness and understanding of relationships.

The approach is a way of thinking and a set of strategies that are particularly useful for intense children and young people, but it can also be tremendously valuable for all children. It emphasises energising crucial traits of a whole person within the structure of clear consistent boundaries, with the goal of creating a wonderful new level of “inner wealth” that will inspire the child to make positive choices rather than the negative ones. The Nurtured Heart Approach provides just the right amount of balance between being positive with the child and setting limits for the child. Strong positives are used in conjunction with excellent limit setting along with a refusal to accidentally reward negativity.

The Nurtured Heart Approach lays the foundation for a healthy, positive and reciprocal relationship between you and the child. The child will become adept at discerning what is in her best interests and as a result, will learn to make better choices. Through the strategies that Alastair recommends, the child begins to shift to an inner perception of success and prosperity.

It has been my experience that children who have developed inner wealth begin to make choices that reflect a sense of values and character. Nurtured Heart allows the child to become strong on the inside, so that outside influences will be less likely to permeate their judgement. In short, to the extent that you can build the child’s inner wealth by nurturing positive behaviours, to that extent he can move forward and learn to use his intensity to flourish in wonderful ways instead of ways that are destructive or alarming. He comes to identify with success.

Where did the Nurtured Heart Approach come from?

Howard Glasser was trained in clinical psychology earning his master degree at New York University. His original work as a therapist was mainly with adults. Over time however, his practice began to shift to families, particularly those with complex and intense children. Howard discovered from working with families and children that the typical tools of parenting and teaching all worked to some extent with mainstream children, but clearly they did not work for families with intense children who thrive on adversity. In fact, the majority of normal, conventional methods, actually made things worse, not better and the harder parents tried these normal approaches, the worse things got despite their best intentions.

Howard found that typical parenting methods, did not work because they accidentally rewarded negativity, thereby inadvertently energising failure, almost like accidentally giving the child a fifty pound note for making a poor choices. He developed a set of strategies which had an immediate positive effect with the children and families he worked with and ultimately he called this approach the Nurtured Heart Approach. When he discovered how phenomenally successful these ideas were in treatment with his clients families, he began teaching the approach to other therapists and presenting family workshops.

Howard discovered that that this set of techniques worked with all levels of severity, diagnostic, categories and ages.

Where is the Nurtured Heart being implemented?

Since Howard started utilising his theory within his own practice the Nurtured Heart Approach has been transforming the lives of children and families around the globe. Schools, fostering and residential services, nurseries, drug treatment centres, child protection services, youth work, community support, family intervention, custodial centres, families and a wide range of charitable, community, voluntary groups have implemented the Nurtured Heart Approach at the core of their services.

Year on year the approach has grown and developed as parents, teachers and child care professionals recognise that no positive lasting development of children can exist without relationship.

It is this emotional and relationship investment in believing in the success and greatness of children and young people that has allowed Nurtured Heart services to flourish and deliver outstanding outcomes.