

Family Nurture Support Team



As a parent or carer, you are the most important person in your child's world. We want to support you to enjoy these early years with your child. Our groups are an opportunity for families to get together and share ideas in a welcoming environment.

TOGETHERNESS

Bringing the Solihull Approach to the world

Togetherness

Understanding your baby – postnatal group for all parents, carers and their newborn babies. Helping you to feel more connected to your baby by reflecting on their health, wellbeing, behaviour and your relationship with them.

Understanding your child (0-6 years)

Helping you to feel more connected to your child by reflecting on your own child's health and wellbeing, their behaviour and your relationship with them. This group is for parents and carers only.

Togetherness learning pathways

Free for all parents and carers in Scotland, these will help your child thrive as kind, sociable and emotionally aware. Support, through home visits or phone calls is available for all parents and carers working through a course. (<https://togetherness.co.uk/learn/> access code TARTAN)



Five to Thrive

The five building blocks used in Five to Thrive are talk, play, relax, cuddle and respond. These fun groups share ideas for play activities you can do every day, to help your child's growing brain. Parents, carers and children come along together.





NHS
Tayside

Eat Well Play Well

This group meets once a week for 6 to 8 weeks and brings children, parents, and carers together to cook and share budget friendly, fun, healthy food and take part in active play.

peep

PEEP Learning Together Programme

This group helps create the best start for children using fun, everyday experiences. The group meet once a week for 6 to 8 weeks with parents, carers and children coming along to enjoy learning together.



Cothú (pronounced ka-hoo)

A neuro-affirming parenting programme to support parents and carers in meeting the individual needs of their child.

Cothú is for parents and carers who feel their child might be Autistic or is Autistic. The course will help parents and carers explore what their child needs to thrive and provide practical skills and insights for parents and carers to support their child.



Bookbug

Stories, songs, and rhymes help build children's social skills and support their speech and language development. Bookbug is included in most groups to highlight the importance of sharing books, songs and rhymes.



For more information on the Family Nurture Support Team please scan the QR code or visit angus.gov.uk/family