

## **Nurture Groups**

### **What Is Nurture?**

- The concept of nurture highlights the importance of social environments – who you're with, and not who you're born to – and its significant influence on social emotional skills, wellbeing and behaviour.
- Children and young people who have a good start in life are shown to have significant advantages over those who have experienced missing or distorted early attachments.
- They tend to do better at school, attend regularly, form more meaningful friendships and are significantly less likely to offend or experience physical or mental health problems.

The nurturing approach offers a range of opportunities for children and young people to engage with missing early nurturing experiences, giving them the social and emotional skills to do well at school and with peers, develop their resilience and their capacity to deal more confidently with the trials and tribulations of life, for life.

### **What is a nurture group?**

- Nurture groups are an in-school, teacher-led intervention of groups of less than 8 students that effectively replace missing or distorted early nurturing experiences for both children and young adults.
- They achieve this by immersing students in an accepting and warm environment which helps develop positive relationships with both teachers and peers.

Nurture groups were originally developed in 1969 in London by educational psychologist Marjorie Boxall who saw that a large number of children entering school arrived with severe social, emotional and behavioural needs. These students were unable to form trusting relationships with adults or to respond appropriately to other children – in effect, they were simply not ready to meet the social and intellectual demands of school life.

Nurture groups are now in over 1500 schools in the UK and offer the opportunity to experience the early nurturing experiences some children and young people lack, giving them the skills to do well at school, make friends and deal more confidently and calmly with the trials and tribulations of life, for life.

- Nurture groups are developed around six principles of nurture:
  - Learning is understood developmentally
  - The classroom offers a safe base
  - The importance of nurture for the development of wellbeing
  - Language is a vital means of communication
  - All behaviour is communication
  - The importance of transition in the lives of children and young people.
  
- Children may attend the nurture group for the following reasons:
  - Friendship difficulties – keeping/making friends
  - Quiet, shy, withdrawn
  - Find it hard to listen to others or join in
  - Disruptive towards others
  - Find it hard to accept losing a game
  - Find it hard to share and take turns
  - Find it a bit difficult to settle into class
  - Bullying
  - Low self esteem
  - Poor relationships with adults in school
  - Bereavement
  - Family illness or break-up

## **Nurture Group**

Child's name \_\_\_\_\_ Class \_\_\_\_\_

Please tick the reason for why you feel the child needs to attend the nurture group.

<b>Reason</b>	<b>Tick</b>
Friendship difficulties – keeping/making friends	
Quiet, shy, withdrawn	
Find it hard to listen to others or join in	
Disruptive towards others	
Find it hard to accept losing a game	
Find it hard to share and take turns	
Find it a bit difficult to settle into class	
Bullying	
Low self esteem	
Poor relationships with adults in school	
Bereavement	
Family illness or break-up	
Other (Please specify below)	

Please return to Alan Hepburn before Friday 7<sup>th</sup> December.

Thank you.