

Families Feeling Safe Protective Behaviours Service

Our services include:

- Protective Behaviours training for professionals
- Groups and workshops with children, mums, dads and carers
- Families Feeling Safe-an evidence based Protective Behaviours programme for mums, dads and carers
- Development of new programme and resources
- Continued professional development for professionals trained in Protective Behaviours



For further information about Ante-Natal programme please get in touch with us at:

Families Feeling Safe Protective Behaviours Service

Starfish House, 3 North
Road, Stevenage, Herts,
SG1 4AT

E-mail:
Vicky@familiesfeelingsafe.co.uk
Mary@familiesfeelingsafe.co.uk
Tel: 07561 845825/07561 845714
Website:www.familiesfeelingsafe.co.uk

Please ensure all referrals are sent
securely



Families Feeling Safe Protective Behaviours Service

'Our vision is to develop the ethos that everyone has the right to feel safe in their community. Working in partnership with children, parents, carers and professionals we seek to ensure improve wellbeing using the Protective Behaviors Process'





About us:

Mary Murcott and Vicky Booker

- Vicky and Mary have a background of working in health and education and are
- Accredited Protective Behaviours Trainer and facilitators in Protective Behaviours for Families Feeling Safe.

They have a variety of experience delivering parenting programs, have a good understanding of baby brain development, health and education, early intervention and parenting support .

Mary: Has a background as a Midwife and held the post of Specialist Health Visitor (Protective Behaviours) in Enfield Middlesex before joining Families Feeling Safe.

Vicky: professional background is in Early Year's education and family support. And has a BA (Hons) degree in Education working in children's centers supporting families.

'Right from the Start'

This is a new ante-natal programme that focuses on the importance of healthy relationships, communication and how outside influences effect the internal world and development of the unborn baby.

The Sessions will cover:

- ◆ Healthy relationships
- ◆ Roles and responsibility
- ◆ Communication
- ◆ The link between feelings, thoughts and behaviour
- ◆ How talking can help to build relationships
- ◆ Using practical strategies for you and your family



'We all have the right to feel safe'

Protective Behaviours

Protective Behaviours is about:

- Recognising and trusting feelings
- Expressing and managing feelings in a responsible way
- Developing problem solving skills to help keep ourselves and others feeling safe
- Improving relationships and communication
- Building self-esteem and confidence
- Developing and maintaining safe networks of support

