



Nurturing Attachments Group

The Nurturing Attachments Group (formerly known as *Fostering Attachments*) is based on training developed by Kim Golding (2006 & 2013).

The aims of the group are:

- To **provide support** to carers and parents who can feel very isolated caring for children with attachment difficulties.
- To **increase understanding** of their children and their behavioural and emotional needs through an increasing understanding of attachment theory and its application to the parenting of these children.
- To **increase skill and confidence** of carers and parents.
- To **promote attachment relationships** between carers / parents and their children.

Click [here](#) to read research on the Nurturing Attachments Group.

The group is open to foster carers and adoptive parents. It runs twice a year, once from Spring to Summer and once from Autumn to Winter.

