

## Nurture Infused Education Services

Service	Details	Cost
Staff training	<p><b>Understanding the Nervous System (Yours and Theirs) (1 Hour)</b></p> <ul style="list-style-type: none"> <li>● Fight/flight/freeze/fawn, co regulation and why safety- not compliance- is the aim</li> <li>● Recognising dysregulation in yourself and children. Practical cues to look out for and how adult regulation sets the classroom climate</li> <li>● Foundational co-regulation practices</li> </ul> <p><b>Emotional Regulation in the classroom (1 Hour)</b></p> <ul style="list-style-type: none"> <li>● Understanding regulation. Creating a culture where emotional expression is welcomed</li> <li>● Adult self-regulation tools and the importance of modelling</li> <li>● Tools and practices for regulation in the classroom</li> </ul> <p><b>Punished by Rewards: How to engage children without the carrot and stick (1 Hour)</b></p> <ul style="list-style-type: none"> <li>● Why rewards and consequences fuel extrinsic motivation and how we drive intrinsic motivation for better outcomes</li> <li>● Alternative approaches to engagement and cooperation</li> <li>● What to do instead of punishment</li> </ul> <p><b>Conscious Communication (Based on NVC): How to communicate effectively and compassionately so kids do too (1 Hour)</b></p> <ul style="list-style-type: none"> <li>● Observing, feelings, needs and requests and how to use them quickly and naturally with children</li> <li>● Language to boost connection and reduce shame</li> <li>● Facilitating pupil communication and conflict repair. Guiding children to express needs, listen to one another and co-create solutions</li> </ul> <p><b>Bespoke packages also available upon request</b></p>	£149 1 hour
Parent Coaching	1:1 sessions for parents during school hours. Parents are able to bring a concern they have to the session where we will unpick what may be going on for the child and parent and consider ways to move forward. 5 x 50-minute slots available. Private room required	£249 per day
Behaviour support	Pupil observations Staff discussions Report writing with recommendations Bespoke support available e.g. behaviour walks and system/policy review	£50 per hour