

The Nurture Programme®



Calm,
Connection &
Co-Regulation



A Nurturing Parenting Approach



About Jodie

I'm Jodie Isitt, founder of The Nurture Programme®, Autistic adult and parent to three neurodivergent children. Since creating The Nurture Programme® in 2020, we've helped families who are all neurodivergent and have conflicting profiles, plus parents who have neurodivergent children and wish to adopt a more neuro-inclusive, and affirming parenting approach.

I work with the most amazing neurodivergent people, including Kristy Forbes, Kieran Rose, Summer Farrelly, Danielle Jata-Hall, Dr Chloe Farahar, Dr Judy Eaton, Aniesa Blore, Tigger Pritchard, Karen Stepanova, and lots more - many of whom have been speakers at our annual virtual conference, The Nurturing Neurodivergence Programme.

I am also a children's book author of a series called 'Autism with Lola'. I have self published two children's books, and have soft teddy characters available alongside activity books. This series is designed to help children not only understand themselves better, but for others to understand them too.

We also have a very active and engaged community on my Facebook page with lots more useful content, so please come over and join us there:

www.facebook.com/thenurtureprogramme

Or visit the website for details of all the programmes and events we have running this year:

www.thenurtureprogramme.co.uk

About The Nurture Programme®

Jodie Isitt founded The Nurture Programme during the 2020 pandemic. There was a huge loss of support and connection for families like hers and The Nurture Programme aimed to fill that void. She created a regular and consistent neuro-affirming presence on social media, connecting with vulnerable families and sharing insights into lived experience - all in the hope she could help families move from CRISIS to CALM.

As disabled families we are no stranger to isolation, society being more geared for the “typical” human brain, we create safety and inclusion in our own spaces, but From 2020 – 2022 our families lost all and any sense of the little security and support that we had managed to secure. So this was crucial. We had no schools, no respite, no activities, and our caring networks were taken from us (those who had them). Building programmes and creating content quickly became my passion and the families I worked with inspired my creativity.

What we offer. . .

- **The Nook by Nurture - Membership**
- **The Nurturing Advocacy Programme**
- **The Nurturing Anxiety Programme - (CPD)**
- **The Nurturing Autism Programme - (CPD)**
- **The Nurturing Authenticity Programme**
- **The Nurturing Parenting PDA Programme**
- **The RADICAL Parenting Programme**
- **The Nurturing Attention Differences (ADHD) Programme**
- **The Professionals' Nurture Hub - Online Training Programme**
- **The Nurturing Neurodivergence Programme (Annual Conference)**

Calm, Connection & Co-Regulation



Everything we do at The Nurture Programme® has a unique focus with our brand new Calm, Connection & Co-Regulation© (CCC©) model. It is a trademarked parenting method that I have been personally using successfully for a number of years.

We have been developing this model to use in our programmes over the last year and the model was created to give parents the confidence to follow their instinct without judgement, or shame and avoid or reduce the impact of crisis and trauma within their households.

At some point we all just want to give up, but we know deep down that we never will. Our young people just want to feel loved and accepted even in their most vulnerable moments



This program is designed to help families begin the journey of Calm, Connection & Co-Regulation®

Calm, Connection & Co-Regulation



Our approach is nurturing and has been tried and tested for all families but with a special focus on neurodivergent families.

It's a low-demand approach, embracing a neuro-affirming model of disability. We incorporate 'The Spoon Theory', introducing calm, connection, and co-regulation, and helping vulnerable children create their own boundaries.

This programme is Trauma Informed and Interoceptive aware. With guest speakers and Continued Professional Development - so not only is it for parents, it is IDEAL for professionals to help bridge the gap between them and parents and help them to begin working from the same page.



**CPD
CERTIFIED**
The CPD Certification
Service

*The content of the following has been certified by the
CPD Certification Service
as conforming to
continuing professional development principles*

The RADICAL Parenting Programme
Webinar

THE NURTURE PROGRAMME
(014253)

Date: November 2022 Certificate No: A039141

The CPD Certification Service, The Coach House, Ealing Green, London W5 5ER. Tel: 020 8840 4383
E-mail: info@cpduk.co.uk Web: www.cpduk.co.uk

Now offering follow
on CCC Support



Calm,
Connection &
Co-Regulation

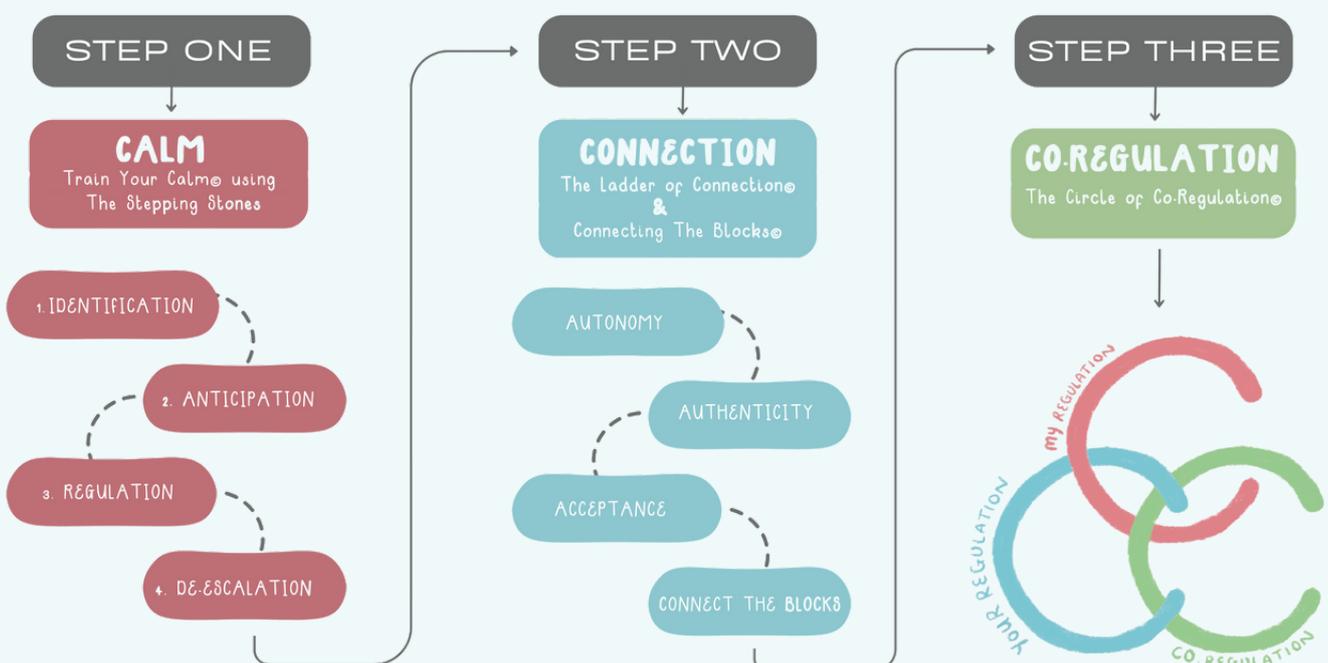


Train Your Calm©

One of the first steps in our model is to learn how to **Train Your Calm©**. This term isn't meant to be condescending so please let us explain!

A harsh reality of the effect on neurodivergent adults or overwhelmed parents dealing with stressful situations and a challenging system is that we can feel triggered - either by the current situation, or by past trauma. It can result in our nervous system being tangled and heated, and for it to respond with a fight, flight, or freeze response.

This is exactly why it's important to learn how to Train Your Calm - and once you've mastered that, you will find it easier to connect and co-regulate with your child.



The Steps

Identification

Work out why you respond to situations in the way that you do. Is there something your child does that triggers your fight, flight or freeze (FFF) response? For example, is it a sound your child makes, such as screaming or banging, or an action such as switching the light on/off or throwing something. Spend some time thinking about what your trigger is and take a mental note of it.

Anticipation:

When you know what your trigger is, you can anticipate the action or behaviour by carefully observing your child's body language at all times. For example, if your trigger is your child screaming, what were they doing before the screaming started? Communication isn't just verbal. Study their body language and physical behaviour and interpret it as if it was the primary communication method.

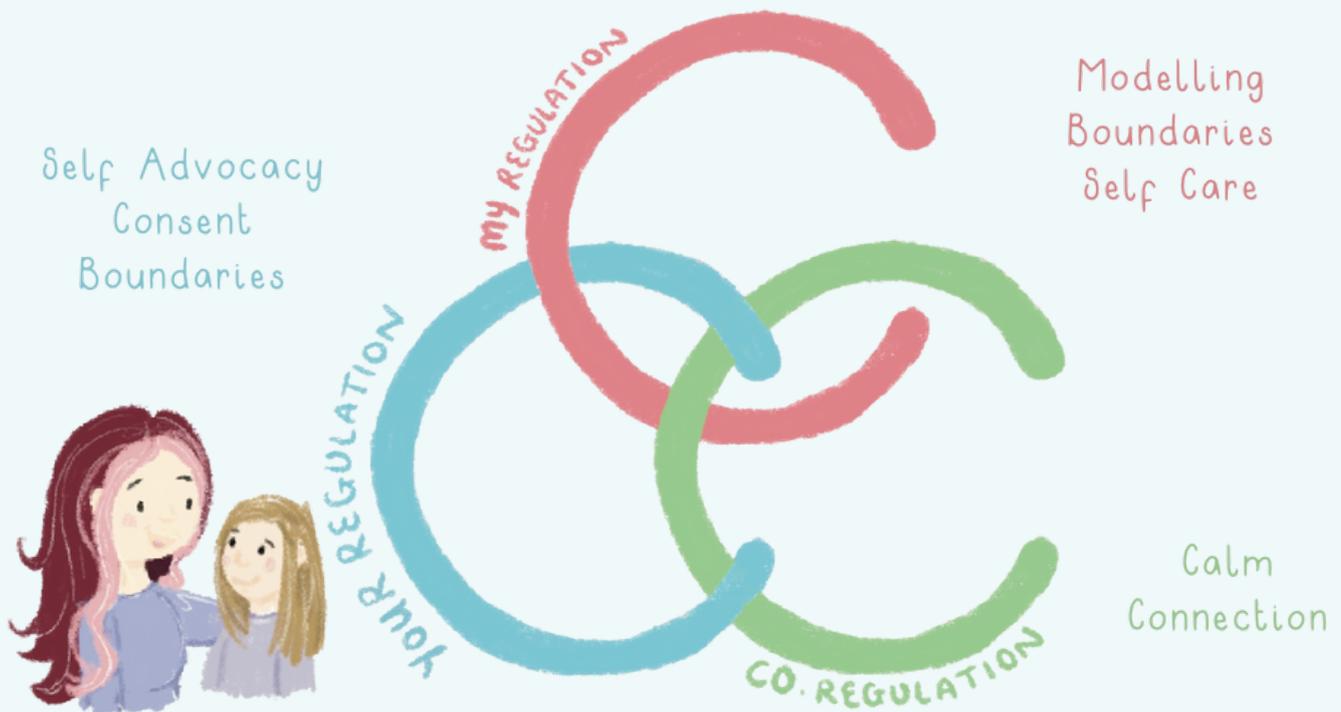
Self-Regulation:

When you have identified what triggers you, and retrained yourself to step back, you can develop a contingency plan in 'Self-Regulation' in case it happens again. For example, can you walk away from the situation and find your calm before your FFF response kicks in? Have your self-regulation tools on hand to deflect, such as ear defenders or putty if you need them and, if it is safe, find a quiet space. Ask yourself, "Does this situation need my attention?"

De-Escalation:

Once you have begun to recognise patterns in your trauma responses and your calm has been developed you can begin to work at de-escalation. By watching your child carefully and identifying the cues they give before taking that traumatic action (eg screaming), you can start to understand what their underlying need is. Are they hungry, too hot, too cold? If you can identify and meet their need before their action causes trauma, you can de-escalate the situation for you both.

The Model



What people said about CCC:

"I can't recommend this course enough. I loved every aspect of it."

"Excellent programme. highly recommend. especially for ND families to help break the inter-generational trauma and learn how to connect with your kids on a deeper level."

Programmes, Training & Support



Many of us are unaware that the way in which we perceive "autism" is pathologised. We want to help correct that and in doing so create positive Autistic identities which are crucial to improving our wellbeing. address the perception from non - autistic individuals that our brains need modifying and in turn help create environments which are inclusive, neurodivergent friendly and importantly, fully accessible.



Whether you are a professional working with anxious children, or you are parenting or caring for an anxious child, then this programme is going to give you a greater insight into real experiences of people with anxiety. Designed and developed by Jodie Isitt, this programme will help you manage your own anxieties alongside those children so that co-regulation is at the heart of easing the worries. You will finally be able to take control of the anxiety together instead of it taking control of you.



The Nurturing Advocacy Programme is a two-day programme developed to improve your confidence in advocating for disabled children, adults or for yourself. Putting your own mental wellbeing at the heart, this programme teaches the skills needed to advocate for children in a way which gets results. It isn't just advocating for your child though, it is about the journey moving forward and how to teach your child to advocate for themselves, which is THE most important step.



At The Nurture Programme®, and in the wider Neurodivergent community, we prefer to define ADHD as having Attention Differences. We do this to promote positive Neurodivergent identities. Our brains can be the most creative, energetic, unique brains there are. Our unlocked potential can be huge. This is why the environments in which we live, learn and work are so crucial to development, success and well-being. The Nurturing ADHD (Attention Differences) Programme breaks down the stigmas attached to ADHD and assists in changing the perception that this is a "naughty boy disorder".

Programmes, Training & Support



This annual conference will give you the opportunity to look through a different lens; one that brings about change, diversity, inclusion, acceptance and understanding. One where disability is not stigmatised by the judgment of a label. We do NOT learn from TEXTBOOKS, We learn from those of us who are neurodivergent, who have lived experiences and seen first-hand what living in a world geared towards non-neurodivergence is like.



This programme is designed to be a raw and vulnerable project that takes you on a journey through mistakes, achievements and most importantly the realisations that Autonomy, Authenticity and Acceptance can empower the young person or adult, reducing their anxiety and therefore helping them to achieve, rather than avoid.



The Nurture Programme® has a unique focus, our Calm, Connection & Co-Regulation (CCC®) model has been developed over the last year throughout our training and is now embedded through everything we offer.



A BRAND NEW Programme aimed at parents/carers of ALL children with a focus on NEURODIVERGENCE. Our Calm, Connection & Co-Regulation® Parenting approach is embedded throughout this programme which is designed to give you back the confidence in taking back the power to parent instinctively.



This programme is designed to help you unravel who you are. As Neurodivergent adults, who may have spent a lifetime masking or hiding your true authentic and unique personalities, it can have an impact on your mental health and if you have children it can then create that ripple effect where they begin to also hide who they really are.



Membership Training Hubs



Coming Soon 2024

In 2024 The Professionals' Nurture Hub will be launching, which is an online training portal with some of the best neurodivergent trainers worldwide. Organisations will be able to access the membership and all training through an annual single/group or organisational booking.



The Nook by Nurture is a dedicated space provided by The Nurture Programme to grow connection and hold space for families to enable growth. As Neurodivergent people we are often sidelined into obscurity due to the spaces created by individuals who live and thrive in a neuronormative society, making socialising, connection, building friendships and learning inaccessible.

Our online membership doesn't just create a space for you to learn from, but to feel safety within your very own community whilst shutting the door on the shame and judgment we often experience.

Our Products

Advocacy Planners

The Nurture Programme Advocacy Planners are designed to support you with advocating for your disabled child's needs. This planner has duplicated sections for as many as five children which can also be used over and over again for the same child. The Advocacy Planner is undated, and can therefore be used for a number of years if needed.



The Nurture Programme Children's Advocacy Planners are designed to guide our children in their Authenticity journey, finding their voice and beginning to self-advocate, without the need for verbal communication. This Is Me – My Guide To Authenticity gives our disabled children their voice and the right to be heard in any environment they may be in, whether that be school, holiday clubs, hospitals, or at a relatives. This is all about them, by them.

Autism with Love Collection

Children's Book Series

We NEED to teach children about disabilities, and this beautifully written and illustrated story book does just that and more. In fact, it has proven to not only help children who are not neuro-diverse to understand those who are, but it has also helped autistic children understand themselves!



I created the Autism with Love Collection, with the hope of enabling small children to be able to understand, relate to and accept those who are neurodivergent.

BOOKING ENQUIRIES & CONTACT INFORMATION

Group Bookings:

If you are interested in booking staff members on any of our training then please contact Charlotte for invoicing and payment details.

admin@thenurtureprogramme.co.uk

Speaking Opportunities:

If you are interested in booking Jodie to present at one of your events then please contact her directly to arrange all details, including the type of presentation that most suits your audiences' needs.

jodie@thenurtureprogramme.co.uk

Membership Training:

If you are interested in any of our membership areas, whether to refer a family or for professional training then please contact Eloise our membership manager.

thenook@thenurtureprogramme.co.uk

