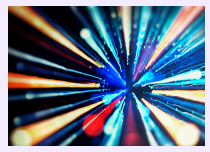
# HELPING PARENTS THRIVE: TRAUMA-INFORMED AND ATTACHMENT FOCUSED PARENTING SUPPORT

## 1 WHAT WE DID

NHS Education for Scotland (NES) supports parents and practitioners through trauma-informed and attachment-based learning to strengthen parent-child relationships. This includes the **Togetherness** Online Learning Pathways, with specific resources that help parents understand how their experiences shape emotions and responses to their child, including those with care experience or adversity. NES also supports delivery of **Circle of Security Parenting**, enabling practitioners to help parents recognise their own stress responses to promote calmness and sensitivity.

## 2 IMPACT



Together, these programmes provide accessible support that strengthens parents' confidence, emotional awareness, and ability to build safe and nurturing relationships with their children.

By supporting parents and practitioners, the work contributes to healthier family environments and improved outcomes for children.

## 3 UNCRC



This work supports several UNCRC rights, including **Article 5**, by helping parents and caregivers provide appropriate guidance and care; **Article 18**, by recognising the shared responsibility to support parents in raising children; **Article 6**, by promoting children's survival and development; and **Article 19**, by helping create safe, nurturing home environments.

## 4 GIRFEC

This work aligns with Getting it right for every child (GIRFEC) wellbeing indicators, particularly:

**Included:** strengthening parent-child relationships.

**Safe:** supporting calm and repsonsive caregiving.

**Healthy**: promoting emotional wellbeing within families and positive child development.

**Nurtured**: recognising parents' experiences and supporting reflection, enhancing nurturing environments for children to thrive in.

## 5 THE PROMISE



This work reflects The Promise commitment to strong relationships, early support, and understanding the impact of trauma. Supporting parents to reflect on their own experiences helps break cycles of adversity and promotes nurturing, loving environments for children.

## 6 REFLECTIONS



Supporting parents to understand trauma and attachment strengthens children's experiences from the earliest years. By investing in preventative and relationship-based approaches, NES is helping to create environments where children can feel safe, secure, and able to thrive.

THE PARENTING PROGRAMME, NES PSYCHOLOGY DIRECTORATE