


# Learning and Development at Aruna Care


At **Aruna Care**, we are committed to supporting parents in developing both the **practical skills** needed to care for their child and the **emotional connection** essential for healthy attachment.


We use a **holistic approach**, incorporating **Five to Thrive** principles, which focus on **building strong, responsive relationships** between parents and children. Our learning and development sessions are delivered by **experienced professionals** who provide hands-on guidance and tailored support.


## Sessions Available at Aruna Care

### Parenting and Child Development


 **Baby Sensory** – Encouraging early sensory experiences to support cognitive and emotional development.


 **Life Story Work** – Helping parents reflect on their own experiences and how they shape their parenting journey.

 **Child Development & Attachment** – Understanding how children grow, develop, and form emotional bonds.

 **Baby Massage** – Teaching parents techniques to soothe, relax, and bond with their baby.

### Personal Growth and Life Skills

 **Sessions with Wal Nasr** – Focused on building confidence, resilience, and essential life skills to support parents in navigating challenges.

 **Sessions with Ann Norris** – Providing practical support with **managing and budgeting income, understanding benefit entitlements, and addressing housing needs**.

These **structured sessions** are designed to **empower parents, build confidence, and enhance parenting and life skills**, ensuring the best possible outcomes for both parents and their children.

For more information about our **learning and development programmes**, please speak to a member of our team.