\*Meg started her journey with us with Steps for Excellence, the confidence building course which she reflected on:

*“I started to feel like Meg again. It made a lot of sense to me I felt this helped me look at myself.  I remember being asked “ What do I wish I could be?” which opened my thoughts about going back to nursing. “What have I got to lose?” It made me feel quite powerful”.*

She then attended our in-house Developing Minds course on child brain development and attachment and parenting followed by the Family Links Nurture Programme which she felt gave her “*so much more confidence as a parent*”. She said it helped “*hearing other parents perspective and also how I parented my older child compared to my youngest”.*

Due to her youngest child having some delay and being considered for the ND pathway, Meg attended our in-house ‘Discovering Your Child’s World’ course, a group for parents with worries about their child’s development, co-produced and guest attended by SALT, OT and our ADHD nurse and disability team. Meg felt the course gave her a “*peek into the world of children with ALN and being able to have the support and advise from the specialists helped me with my youngest child”.* Attended the parenting puzzle paired with some SLC sessions helped embed these ideas.

Meg then attended the Parent’s Plus Health Families course. She engaged incredibly well and it was clear she had retained the info she took on board in the previous groups. Meg took the time to focus on her roles as an individual, a mother and a partner and despite having some very tough times with illness in the family, maintained her attendance as she saw the value in coming. She was able to reflect on the changes they made as a family and her family WhatsApp on ‘what’s for tea tonight’ was a great talking and learning point for the group.

Meg’s youngest attended the mobile creche provided with the courses and felt this helped him with his socialising and short separations from her. As a result, Meg felt able to use childcare more often and this, along with her increased confidence spurred her on to apply for the apprenticeship for nursing in the local health board. Meg used her STEPS skills to plan and prepare, visualising herself as a nurse and was accepted onto the course after a competitive assessment day. All while supporting her mum through health and getting her son diagnosed for his needs. She continues to study nursing and credits the groups and Steps for the leap she took.

[CIW Autumn Magazine 2024 (English) by childreninwales - Issuu](https://issuu.com/childreninwales/docs/ciw_magazine_template_autumn_issue_english?fr=sMDQxZjcxNDgxNTM) (page 35 for DYCW)

\*Meg is a fictional name given to protect their identity.