

## Local Prevention, Partnership and Family Support Services

### Dublin Mid-Leinster

Dublin South Central	01 620 6497
Dublin South East/Wicklow	040 460718
Kildare/West Wicklow	01 468 6200
Midlands	090 644 7035

### Dublin North East

Cavan/Monaghan	049 437 7305/6
Dublin North City	01 882 3461
North Dublin	01 897 6883
Louth/Meath	041 987 5297

### South

Carlow/Kilkenny/South Tipperary	052 617 7311
Cork	052 617 6687
Kerry	066 719 5793
Waterford/Wexford	051 842948

### West

Donegal	074 912 3783
Galway/Roscommon	091 548496
Mayo	094 904 2472
Midwest	061 483392
Sligo/Leitrim/West Cavan	071 915 5139

### For more information contact:

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Email: [parenting24seven@tusla.ie](mailto:parenting24seven@tusla.ie)

**TUSLA** An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

## Parenting24seven

## Top Tips for Family Wellbeing



Supported by

*The*  
**ATLANTIC**  
*Philanthropies*



[www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven)

## Children benefit from positive parenting from birth right through to adulthood.

Tusla - Child and Family Agency and its partners work to support parents to raise their children in a way that improves child wellbeing and outcomes.

Parenting support is both a way of working and a set of activities that provides information, advice and assistance to parents and carers about bringing up their children, so that these children will reach their full potential.

**Parenting24Seven** is an online resource offering evidence based key messages on what works best for children and families at different stages of childhood and in different situations.

**Parenting24Seven** promotes 31 messages: 7 general messages that apply to parenting children of all ages and 24 messages that are specific to the different stages in the lifecourse – preparing for and becoming a parent; birth to 5 years; 6 to 12 years; and 13 to 17 years.

See [www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven) for more information.

An initiative of the Parenting Support Strategy.



### The Parent/Child Relationship is Key.

Activities to help build the parent/child bond.



### Buy Well. Eat Well. Be Well.

Information on diet and advice on encouraging healthy eating.



### A Positive Parenting Style Works.

Advice on how to be a positive parent.



### Child Safety Practices Reduce Injuries.

Information for keeping children safe on the road, around water, on the internet and more.



### Baby See, Baby Do.

Advice on how parents can be good role models for their children.



### Name It and Tame It.

Advice for supporting children in times of stress and solving problems together.



### Parents Need Good Social Networks.

Information on building support networks for parents.

