



Empathise
Energise
Empower

PARENTING SUPPORT CHAMPIONS PROJECT

Making Connections - Sharing the Learning

Issue 3 - Summer 2018

Love Your Family Moments Together This Summer

Welcome to the 3rd issue of the Parenting Support Champions' Newsletter. Our latest edition includes news items articles from our partners, parenting tips to share and a glimpse into the work going on around the country. Many thanks to all those who have contributed and keep the news and suggestions coming.

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Keep the suggestions coming.

How can we put theory into practice when supporting parents. Please send your comments to me ann.butler1@tusla.ie

“Live so that when your children think of fairness and integrity, they think of you.”

- H. Jackson Brown, Jr.

3rd Parenting Conference 2018

#ParentingTogether

Tusla Child and Family Agency's Parenting Conference is back for the 3rd year running! Taking place in Dublin Castle on May 31st, the conference promises to be a day full of interesting conversations and fun activities. We are proud to present our keynote speakers, David Tobis PhD, previous director of the Child Welfare Fund and author of the acclaimed book *From Pariahs to Partners: How Parents and Their Allies Changes New York City's Child Welfare System* and Dr. Una Lynch, a leading academic and Public Health Nurse. With a focus on inter-generational parenting, and the role that grandparents and other family members can play in the raising of a child, we hope that attendees will leave the conference with a newfound feeling of unity between themselves and other parents as we aim to create a safe atmosphere to learn and grow together.

3rd Child and Youth Participation Conference 2018

#ExpressYourself

Also making a come-back this year was the 3rd Child and Youth Participation Conference, which took place April 26th in Athlone. The conference was a huge success and highlighted the importance of children's and young people's engagement with Tusla and its partner agencies' services. Young people Eric O'Connor and Rachel Foody acted as Master of Ceremonies on the day, performing their role with vigor and keeping the atmosphere buzzing.



Our MCs Rachel Foody and Eric O'Connor

We heard from a wide range of speakers, including our keynote speaker Jana Hainsworth, the Secretary General of Eurochild, our CEO Fred McBride and some extremely talented young people who discussed what it is like to participate in the development of Tusla services.



PARENTING
support MATTERS

How is the Government doing in assisting parents and families to rear children?

Liz Kerrins - Early Years Manager | Children's Rights Alliance (www.childrensrights.ie)

Ireland ratified the United Nations Convention on the Rights of the Child (UNCRC) in 1992. The UNCRC requires the Irish State to ensure that legislation, policy, services and practice comply with children's rights, which include the right to health, education, protection, and an adequate standard of living. Ireland is evaluated periodically by the UN on its compliance with the rights contained in the Convention.

The UN Committee on the Rights of the Child offers guidance to States on how to implement the UNCRC. It calls on States to assist parents and families in their child-rearing responsibilities in early childhood through parent education, home visitors, and health and education supports for new parents, prevention and early intervention approach and other initiatives. The Convention refers to the family as "the fundamental group of society and the natural environment for the growth and well-being of all its members and particularly children".

The Children's Rights Alliance, a membership-based organisation with over 100 members working together to make Ireland one of the best countries to be a child, annually evaluates the extent to which the Government of the day has delivered on its commitments to children contained in the Programme of Government in the 'Report Card' series. In Report Card 2018, the Government was awarded an overall 'C-' grade for living up to its promises to children, an increase on last year's 'D+' and a 'C' for their prevention and early intervention efforts for children.



You can read Report Card 2018 at:

http://www.childrensrights.ie/sites/default/files/files/files/report_card_18.pdf

General Parenting News

The Sleep Programme, funded by the National Youth Council of Ireland, has developed a new toolkit aimed at helping young people get a better night's sleep. The programme consists of 5 modules, each of which comes with a set of activities to help young people relax and unwind before bed.

You can read more here: <http://www.crosscare.ie/images/the-sleep-project-20-december.pdf>

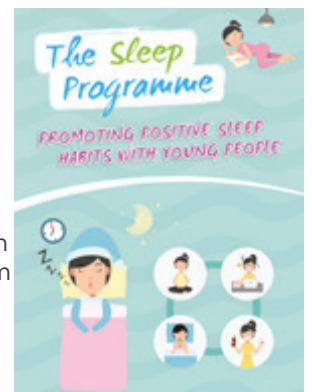
- Access & Inclusion Model (AIM) is a programme of supports designed to ensure that children with disabilities can access the Early Childhood Care and Education Programme in mainstream pre-school settings and can participate fully in the pre-school curriculum alongside their peers. More information for parents can be found [here](http://aim.gov.ie/for-parents/): <http://aim.gov.ie/for-parents/>

- Mother Tongues have launched their new monthly podcast Mother Tongues Hub. See www.mothersongues.ie for more information or search SoundCloud to listen to the podcast.

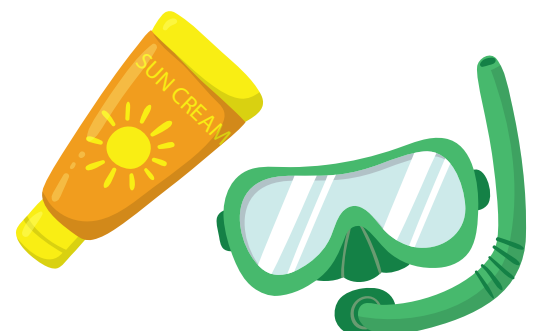
- One Family has launched a number of free programmes running between Summer 2018 to Spring 2019 for single parents who are looking to pursue further education or get back into work. Find out more about the One Family Programmes for Personal Development, Learning and Career [here](https://onefamily.ie/how-we-support-families/parenting-supports/for-parents/back-to-work-education/): <https://onefamily.ie/how-we-support-families/parenting-supports/for-parents/back-to-work-education/>

- Parents Plus has launched a resource sheet highlighting 6 simple tips to make playtime a happy experience for both parent and child.

See poster [here](http://www.parentsplus.ie/wp/wp-content/uploads/2016/02/Play-and-Special-Time-with-Children-Poster.pdf): <http://www.parentsplus.ie/wp/wp-content/uploads/2016/02/Play-and-Special-Time-with-Children-Poster.pdf>



 **ParentsPlus**
Empowering Professionals to Support Families



Cyber Safety Training

March was the month of Cyber Safety Training! Taking place across the country, these workshops aimed to give parents the tools necessary to protect their child as they engage in online activity. With new apps and social media sites being created every day, it's easy to feel out of the loop with what kind of platforms kids are using at any given moment but it's important to remain aware of the benefits and challenges that come along with your child having an online presence.



Our Dublin workshop attendees

Training was provided by Zeeko and those who attended agreed that they were able to pick up some useful tips and gained great insight into navigating the internet.

To learn more about Zeeko and their approach to internet safety, check out their website www.zeeko.ie

Did you know?

Building Core Capabilities for Life Across Generations

The Center on the Developing Child has conducted research on the importance of the 'core capabilities', looking specifically into how we develop these skills throughout life and how external pressures such as stress, poverty or violence in the home can affect the brain. The research explores the theory that the parents core capabilities must be first built upon to improve outcomes for the child.



DEVELOPINGCHILD.HARVARD.EDU

To learn more about the Core Capabilities, what they are and how we use them, watch this 5 minute video: <https://youtu.be/6NehwDA45Q>

8 Things to Remember About Child Development

Dispelling the myths around early child development through research, this handy list has been compiled for all practitioners and parents to reference when in doubt:

Find out more here: <https://developingchild.harvard.edu/resources/8-things-remember-child-development/>

Developing Vocabulary and Literary Skills

New research from the American Academy of Pediatrics shows that reading to your infant has long-term benefits, helping them develop their vocabulary and literary skills to a higher level for years to come. Read more here: <https://www.sciencedaily.com/releases/2017/05/170504083146.htm>

Parenting Learning Clubs

Films

Stepmom (1998)
Starring: Julia Roberts, Susan Sarandon and Ed Harris
Director: Chris Columbus



Jackie and Luke are a divorced couple learning to adapt to their new lives as co-parents to their two young children, Anna and Ben. The introduction of Luke's new, younger girlfriend Isabel, the titular 'stepmom', gets off to a bad start as both the children and the adults learn the navigate their new family dynamic. As more unsuspected challenges arise, Jackie and Isabel must learn to put their differences aside for the sake of the children they both love.

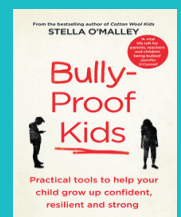


Books

Bully-Proof Kids
By Stella O'Malley
Gill Books



We can't always be there to protect our kids as they make their way in the world. What we can do is equip them with the tools they need to ensure they have a positive social experience. Based on many years' experience counselling bullies and targets, Stella O'Malley offers concrete strategies to empower children and teenagers to deal confidently with bullying and dominant characters. She identifies effective ways for families to cope when bullying occurs, including approaching the school authorities, communicating with the bully's parents and tips to tackle cyberbullying.



Digital & Social Media

This Doctor Has A Secret Trick To Instantly Make a Baby Stop Crying
https://www.youtube.com/watch?v=pnWynN_tPTQ

Adorable Babies Reacting To Dad Coming Home Compilation
<https://www.youtube.com/watch?v=61MPFIdErac>

Follow the Parenting Support Champions Facebook page!

facebook

Encouraging Compassion in the Community

The Compassionate Communities Project, launched by the Milford Care Centre in 2009, began with the goal of establishing within communities a support system for those who are in the last year of their life and reduce the fear and misunderstandings that often surround palliative care. A video released to mark Limerick's bid for the Compassionate City title in 2016 provides a powerful message about the need for communities to come together and deal with death with compassion and care. You can watch the video [here: https://youtu.be/BOJzxfDnP64](https://youtu.be/BOJzxfDnP64)

With special thanks to Caitriona Ni Mhuiris, a Kinship Carer and Parent, for leading us to it.

Parentline

Parentline offers an understanding and judgement-free ear for parents who are experiencing difficulties with their children to be heard. Be it through phone, email or a face-to-face appointment, the organisation is there to help. Find out more information [here: http://www.parentline.ie/](http://www.parentline.ie/)

BBC Bitesize

BBC Bitesize is a treasure trove of learning materials for kids aged from Infants to Sixth Year equivalent. See how you can make learning fun and engaging for your child [here: https://www.bbc.com/education](https://www.bbc.com/education)



Regional News

Dublin North East

The Parenting Community Initiative in the Louth/Meath area have welcomed new families to their community. The Initiative is a Parental Participation seed-funded project developed by Tusla Family Resource Centre in Navan, Co. Meath. The project's main aim is to link families with children under 5 who are new to the area into their local community by hosting workshops or outings based on feedback from parents. You can learn more [here: https://tinyurl.com/y7y4txcz](https://tinyurl.com/y7y4txcz)

Dublin Mid Leinster

The Tullamore Community and Family Resource Centre in Co Offaly is a Parental Participation seed funding site. Before the initiative began, the parent and toddler group 'Little Twinkles' were meeting in an unsuitable room and this was affecting attendance. Although there was a newly built activity space in the centre, there was no funding to furnish it. Through the seed funding grant, the centre in consultation with the parents, were able to purchase the furniture and equipment needed and now there is a play area for toddlers, sensory corner for children with special needs, and a tea/coffee area where parents can meet and chat. The refurbishment was parent led and as part of the project the parents commissioned a local artist to design a mural on the wall which symbolised all aspects of family and community associated with the resource centre. The launch of 'Little Twinkles' took place on Wednesday September 13th 2017. Since the completion of the activity room, 'Little Twinkles' have relocated and are up and running two mornings per week.



West

The Building A Happy Baby campaign has come to Galway thanks to the efforts of the Early-Years sub-group of the Galway CYPSC. The UNICEF-promoted campaign centres on four main messages:

1. New babies have a strong need to be close to their parents as this helps them to feel secure and loved, like they matter in the world.
2. Holding babies when they cry helps them to grow into confident and trusting toddlers.
3. Holding, smiling and talking to your baby releases a loving hormone in you and your baby. This makes you both feel calm and happier.
4. Keep your baby close to you so that you can learn how to meet their needs and read their signals for hunger or comfort."



Learn more about the campaign [here: http://www.cypsc.ie/news-events/building-happier-babies.2477.html](http://www.cypsc.ie/news-events/building-happier-babies.2477.html)

South

The Wexford Children & Young Peoples Services Committee formally launched their plan in March outlining their priorities and commitments to better improve outcomes for children all the way through to 2019. Wexford's plan includes actions to promote positive sexual health, reduce teen smoking, develop early literacy, support children and young people affected by domestic violence and reduce rural isolation. Learn more [here: https://bit.ly/2lb9NxW](https://bit.ly/2lb9NxW)

Parenting Support Champion Project is an initiative of the Parenting Strand of Tusla's PPFS programme of work funded by The Atlantic Philanthropies

