

Making Connections - Sharing the Learning

Welcome to the first issue of the Parenting Support Champions' Newsletter. It is great to have the first edition put together, it is packed with useful information and resources for the Parenting Support Champions and Parents. The aim of this newsletter is to provide useful information that will support our learning about parenting. We will share information that is clear, helpful and up to date. It is hoped that you enjoy the first issue. If you have any suggestions for further issues, please contact Ann on ann.butler1@tusla.ie.

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The Project

The Parenting Support Champions project is a collaboration between practitioners and parents to learn and share information about Parenting and the Parenting24seven messages. There are now over 100 Parenting Support Champions in place in Ireland with a wide variety of skills and expertise. The aim of the project is to support Parenting in Ireland and to promote Parenting24seven. The feedback from the Parenting Support Champions' "exciting journey" so far has been very positive.

The project began in 2016 with an application process and a series of induction days. Since then there have been a number of training events including Attachment/Infant Mental Health training, training sessions on Parenting24seven, and the development of a Parenting24seven Resource Pack. We had a very well represented Parenting Support Champion Planning & Networking Day that took place in Citywest on 8th December 2016. More information on these fantastic initiatives is available on the Tusla website. More [here](#).

Outcomes of the Parenting Support Champions Project:

Children & Young People:

- Receive the best support possible from those in a parenting role.
- Engage in quality relationships with those in a parenting role.
- Have an increased sense of connection, belonging and participation within communities.
- Are safe and protected from harm in all aspects of their lives.

Parents:

- Are informed of key parenting messages and know how to access these messages easily.
- Use key parenting messages with their family and share them with others in a parenting role.
- Avail of the Parenting Learning Community.
- Experience services as accessible, timely, engaging, friendly and participatory.
- Feel empowered through participation in the process.

Click [here](#) for more details on outcomes for the Parenting Support Champions project





Naming our Newsletter/Ezine

Okay, so there's a feeling that 'Newsletter' as a name is just not quite exciting enough for an exciting project. So here's the challenge – what do you think the newsletter/ezine should be called? Current contenders are:

- Parenting Matters
- Raising Children
- Parenting United

Send on your votes and ideas to Ann at ann.butler1@tusla.ie.

Making a contribution

This Newsletter/Ezine has come about because Parenting Support Champions suggested it as a good way to communicate.

The Newsletter/Ezine is a way for us to share news about Parenting to parents, practitioners, colleagues and other interested parties. Please contact us with any ideas and/or information that you would like to share. Topics might include:

- Parenting news from Children & young People Services Committees (CYPSC).
- Parenting programmes that are being offered
 - News items in relation to Parenting
- Contribution to our Parenting Learning Clubs:
 - Books/Films/Digital Media
- Parenting24seven: There's lots of information on Tusla's Parenting24seven website. What issue would you like to see highlighted.

Send on your news and ideas to Ann at ann.butler1@tusla.ie.

Parenting Learning Clubs

Here's where we review some films books and digital media that have a parenting theme.

Film Club

Baby Boom

It's an oldie but a classic.

Plot

J.C. Wiatt is a successful New York business woman known around town as the "tiger lady." She gets news of an inheritance from a relative from another country and off the bat she suspects it's money. Well it's not money, it's a baby girl. See [more](#).



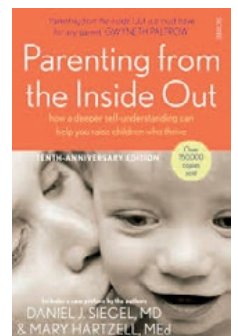
Book Club

Parenting from the Inside Out

Daniel J. Siegel, M.D., and Mary Hartzell, M.Ed.

New York: Tarcher/Penguin

"Parenting from the Inside Out is for anyone committed to a continued and deeper understanding of the human psyche and to looking beyond the presentational self to what is really motivating us. It is applicable to all of our interpersonal relationships, but most especially to our most treasured one: the one with our children." Michelle Pfeiffer. See [more](#).



Digital Media Club

Some Youtube clips to make you smile – and think!

Baby says I Love You!

<https://www.youtube.com/watch?v=obtS5HP4li4>

The Parent Rap

https://www.youtube.com/watch?v=N_NspDWssIY

Experiences build Brain Architecture

<https://www.youtube.com/watch?v=VNNsN9IJkws>

Twin baby boys laughing at each other

<https://www.youtube.com/watch?v=X7mOzWQSnaQ>



"what do you think the newsletter/ezine should be called?"

Regional News

Dublin North East

Mind the gap is a resource for parents and young people that has been funded by Meath CYPSC. There is a video and workbook and the video script was developed by young people and staff from the Navan School Completion Project. The aim of the project is to strengthen young people's skills and self-awareness as they transition to post primary school. Click [here](#) for more information.

Dublin Mid Leinster

The Wicklow Community Directory has lots of information on local events, courses etc. www.wicklowcommunitydirectory.ie. Check out www.parentingsupport.ie for information on parenting courses and events in the Kildare and West Wicklow area.

News

South

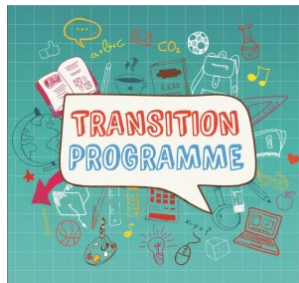
The Parenting and Family Learning Working Group is a sub-group of Kerry CYPSC. The objective of the group is to support the co-ordination and provision of Parenting Programmes for parents of children aged from birth to 18 years across County Kerry. See a copy of their leaflet [here](#).

Cork CYPSC have completed a Social and Emotional Literature Review: An Outline report on social and emotional well-being as it relates to children and young people. Click [here](#) for more information.

West

Check out the award-winning www.loveparenting.ie website hosted by Paul Partnership in collaboration with Tusla, Start Right Limerick, Parenting Limerick and Limerick CYPSC.

Information on Parenting Training in Sligo and Leitrim is available [here](#).



Mind the Gap - Transition Programme



General Parenting News

General news on parenting from a variety of sources.

Webwise.ie

Support for parents about children's internet safety. Webwise is the Irish Internet Safety Awareness Centre funded by the Department of Education and Skills and the EU Safer Internet Programme. www.webwise.ie.

Parents' Helpline

Parentline, Dyspraxia/DCD Ireland, Aspire and HADD together have installed a telephone system that allows them transfer calls between one another. When a parent needs emotional support they ring Parentline. Dyspraxia/DCD Ireland, Aspire and HADD offer practical support on the condition they support. Read [more](#).

Did you Know?

The Science of Parenting

Here we highlight some of the latest research and practice that's relevant to raising children.

The Science of Adult Capabilities

Adults need certain capabilities to succeed in life and support the development of the next generation. When these skills haven't developed as they should, or are compromised by the stresses of poverty, our communities pay the price. Read [more](#)

Technology

in young children's lives

Screen media are increasingly common in young children's lives. It is therefore important to understand the impact of specific technology such as tablets or

ebooks for literacy and the best ways to include these technologies in children's routines including in the home. Emerging practices and their implications for parents, teachers and policy makers are reviewed. Read [more](#)

Parenting24seven

Nuggets of wisdom from the Parenting24seven website!

My child is 13 years or over

Start a conversation about sexual health

Talk about sexual health with your teenager. Remember sexual health isn't only about having safe sex, it is also about how your teenager feels about their developing body, their understanding of being attracted to somebody and being intimate and developing and maintaining respect-ful relationships. It is important that we enable our teenagers to make responsible choices with regards their sexual health. Read [more](#).



My child is 0 to 5 years old

Tips for a healthy diet

Children form their eating habits from a young age, therefore, it is important to guide them in the right direction and give them an understanding of a balanced nutritional diet mixed with an active lifestyle.

- Make meals a family occasion where you all sit down and have a chat;
- Encourage your child to become involved in food preparation, this will support an interest in food as well as providing an opportunity to spend some time with your child. Read [more](#)



The Department of Health keeps dietary recommendations under review as part of its role in promoting evidence based public health. As part of this review, the new Healthy Food for life - the Healthy eating Guidelines and Food Pyramid have been developed by the Department working in partnership with other experts in nutrition in Ireland. For key messages on healthy eating click [here](#).

Parenting Conference 2017

You may already be aware of our upcoming Conference on the 25th May 2017 in Dublin Castle on Working Together towards Positive Parenting. We are very excited to be hosting this conference on looking at 'Positive Parenting' and showing how we share messages about Positive Parenting through various initiatives including Seed Funding and the Parenting Support Champions Project.



Your Ideas

This first issue of the Parenting Support Champions Project Newsletter is a sample of the type of information and news that can be shared with parents and colleagues. Have you ideas about name, content or format? We would like to hear from you. Please email Ann Butler at ann.butler1@tusla.ie with suggestions etc. and look forward to hearing from you.



The Parenting Support Champions Project is an initiative of the Parenting strand of Tusla's Prevention Partnership and Family Support programme of work funded by The Atlantic Philanthropies.

TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

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