



Empathise
Energise
Empower

PARENTING SUPPORT CHAMPIONS PROJECT

Making Connections - Sharing the Learning

Issue 2 - Winter 2017



PARENTING
support
MATTERS

Welcome to the 2nd issue of the Parenting Support Champions' Newsletter.

Our latest edition includes news items from our champions, articles from our partners, parenting tips to share and the launch of our new name PARENTING support MATTERS. Many thanks to all those who have contributed and keep the news and suggestions coming.

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Keep the suggestions coming.

Please send your comments to Ann at ann.butler1@tusla.ie



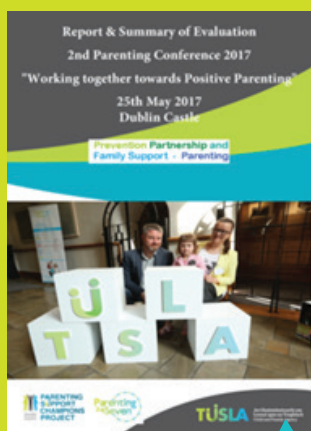
"to parents ... I really do believe and know that you do a good job and it's really up to the rest of us to match your efforts".

- Dr. Katherine Zappone, Minister for Children & Youth Affairs, speaking at the Parenting Conference in May 2017.

2nd Parenting Conference 2017

Working Together Towards Positive Parenting

As you know the Tusla Parenting Conference 2017 was a great success! Minister Katherine Zappone TD opened the conference and visited our Art Exhibition. The Parents Panel was a fantastic contribution to the conference and the Parenting Support Champions rose to the occasion and presented brilliantly on their journey so far with the Project. A report and summary of the evaluation of the 2nd Parenting Conference 2017 has been developed and is available [here](#).



PPFS National Workshop 2017

The 5th National Prevention, Partnership, and Family Support (PPFS) Workshop; 'Conversations across the Continuum of Care, Connecting to meet Needs and Achieve Outcomes' took place on the 15th & 16th November in the Hotel Kilkenny. This year's event brought together Tusla - Child and Family Agency staff to discuss best practice in preventative work across the continuum of care.

The workshop focused on the importance of early intervention and prevention across the continuum of care that will aid the transformation of our work with children and families. As 2017 was a crucial year for PPFS we move to fully implement and further embed early intervention, prevention and partnership practice across Tusla activities.



Éimear Fisher speaking at the national workshop



Éimear Fisher, Assistant Secretary, Department of Children and Youth Affairs presented on the links between Government policy and policy areas within the PPFS Programme of Support. She said, "The PPFS Programme represents a positive step in Tusla's approach to working with families."

Reflections on Play - Article by Olivia O'Donovan

Olivia O'Donovan. Community Support Worker – Community Mothers Programme

Play is such a basic element of childhood. It is a way of learning to interact with the world and each other, trying out different roles, learning social skills and a way to express our own uniqueness that enables us to become fully ourselves. It can also be good fun.

I have been thinking about play a lot in work at the moment. In our play groups, we encourage child directed play. This is where children lead. We take the invitation to enter their world and follow their lead and their pace. It offers us a space to praise and encourage their creativity and self-discovery. It can be a wonderful time where we level the playing field between parent and child to a place where we are equals. It builds on the bond between parent and child and increases their attachment; this often results in a more contented and well behaved child, as they know they will have their one to one time with mom or dad. Read [more](#)

Playing with your child using child directed play;

- » fosters positive interaction and reduces behavior problems.
- » balances power between parents and children.
- » builds the child's self-esteem and creativity.
- » respects the child's ideas.
- » develops physical, cognitive, social & emotional skills.

Tips for child directed play;

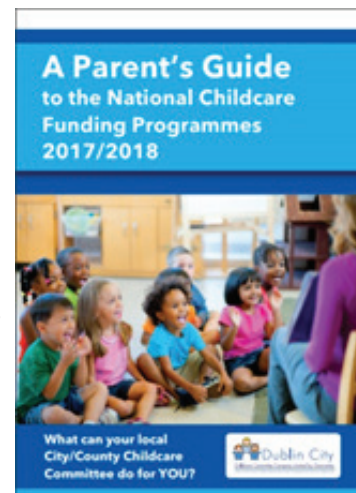
- » encourage your child to explore.
- » follow your child's lead & pace.
- » don't compete with your child.
- » be attentive, praise & appreciate your child.
- » laugh, have fun & enjoy your child.

General Parenting News

- Dublin City Childcare Committee have produced a comprehensive guide for parents on the National Childcare Funding Programmes for 2017/2018. To download a copy of this publication, please click here

<http://www.southdublinchildcare.ie/images/guide-childcare-funding.pdf>

- Mother Tongues is an organization that aims to raise awareness of the benefits and challenges associated with bilingualism and multilingualism. They provide advice and support for parents, education professionals, health care professionals, businesses and for anyone working in multilingual environments. See <http://mothertongues.ie/> for more information.
- One Family has launched a number of programmes for professionals and parents this Winter. <https://onefamily.ie/how-we-support-families/parenting-supports/for-parents/>
- Switching Don't to Do. Parents Plus have launched a resource sheet on parenting. Read more <http://www.parentsplus.ie/programmes-about/>
- Youngballymun are hosting Circle of Security training in Dublin in May 2018. The training is over 4 days and on completion, participants are certified to deliver a 8-10 week attachment based programme to parents and caregivers. Contact Hazel Murphy at Youngballymun for more information hazelm@youngballymun.org.



Did you know?

Role of parents in child development

According to research, early childhood experiences have lasting effects on overall well-being. Parents play an especially crucial role during the early years of childhood. From birth to three years and beyond, day to day family interactions will set the tone for years to come. See more.

<https://www.youtube.com/watch?v=wLWiWd1oYgQ>

Children's Mental Health

As early experiences shape the architecture of the developing brain, they also lay the foundations of sound mental health. Disruptions to this developmental process can impair a child's capacities for learning and relating to others – with lifelong implications. See more.

<https://developingchild.harvard.edu/science/deep-dives/mental-health/>

Language and Literacy

Research has indicated that there are six conditions that promote language learning. Also, these six conditions can be promoted while parents read with their child, which makes books a terrific language-learning tool. See more.

<http://www.hanen.org/helpful-info/articles/promoting-language-with-books.aspx>

Parenting Learning Clubs

Films

It's a Wonderful Life

George Bailey has a busy life as a father, husband and community developer. In a time of severe stress, his guardian angel shows him what life would be like for his family, friends and local community if he wasn't around.



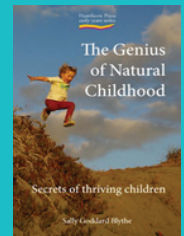
Books

The Genius of Natural Childhood: Secrets of Thriving Children

By Sally Goddard Blythe
Hawthorn Press



Toddlers watch 4.5 hours of TV daily. More and more children are overweight, enter school with behavioural issues and have developmental delays. Sally Goddard Blythe draws on neuroscience to unpack the wisdom of nursery rhymes, playing traditional games and fairy stories for healthy child development.



Digital & Social Media

"I love you too, but I don't like you all the time"

- <https://www.youtube.com/watch?v=E8aprCNnecU>

"You are so beautiful to me" – Daddy sings to daughter

https://www.youtube.com/watch?v=9Dh3vGN_IVA

Parenting Support Champions – check out our new parenting support champions facebook group!

facebook



PSI Special Interest Group in Perinatal & Infant Mental Health

The PIMHSIG aims to foster the theoretical, applied & professional development of perinatal & infant psychology as a specialist field within mental health. For More Information

<http://iaimh.ie/2015/09/the-psychological-society-of-ireland-launches-new-special-interest-group/>

Harvard Centre on the Developing Child

The mission of the Center on the Developing Child is to drive science-based innovation that achieves breakthrough outcomes for children facing adversity. The Center catalyzes local, national, and international innovation in policy and practice focused on children and families. Read more

<https://developingchild.harvard.edu/>

TENI

Transgender Equality Network Ireland seeks to improve conditions and advance the rights and equality of trans people and their families. Working nationally in 4 areas- healthcare, employment, education and legislation, TENI works with 3 strands, namely support, advocacy and education. Read more <http://www.teni.ie/>



Regional News

Dublin North East

Louth Parenting Forum have produced a directory of providers of Parenting Programmes. Read more

http://www.cypsc.ie/_fileupload/Documents/Resources/Louth/Louth%20Directory%20of%20Local%20Parenting%20Programmes.pdf

Dublin Mid Leinster

Parentingsupport.ie lists parenting programmes and events in Counties Kildare and Wicklow. The directory includes information on useful supports and services for parents including a parent and toddler group for parents of multiples in North Kildare. Read more <http://www.parentingsupport.ie/>

South

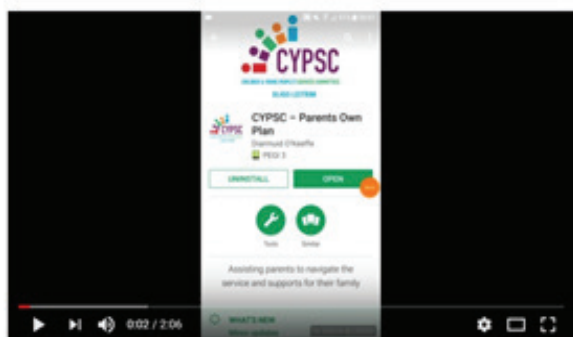
There is a great variety of parenting programmes available at the moment.

St Brigids and Squashy Couch have recently trained two staff members in the Parents Plus parenting when separated programme. They also deliver the Parents Plus Childrens Programme. Sacred Heart FRC which is based in Waterford also deliver the Parents Plus early years Programme and the adolescent programme is delivered in Squashy Couch. Read more <http://stbrigidsfcc.ie/>

and for more information on Sacred Heart Family Resource Centre go to their facebook page <https://www.facebook.com/Sacred-Heart-Family-Resource-Centre-724684714251803/>



YouTube cypsc sligo leitrim



CYPSC Parents Own App Walkthrough 20171004 090130

West

The Parent Hub Donegal continue to promote their **"Make One Change"** Campaign. This challenges and encourages families to make a New Year's Resolution that improves family life. The three key messages in this year's campaign are "The Parent Child Relationship is Key"; "Positive Parenting Works"; "Buy Well, Eat Well, Be Well" for more information go to <http://parenthubdonegal.ie/blog/2017-make-one-change-campaign-the-countdown-is-on/>

The Sligo/Leitrim CYPSC launched their Children and Young People's Plan 2017-2019 on 30th November, together with the new Free **Parents Own Plan** App funded through the Parental Participation Seed Funding project. For more information go to <http://www.cypsc.ie/sligo-leitrim/contact-us.403.html>

50 Key Messages

We would like to take this opportunity to highlight one of the messages from the 50 Key Messages document for practitioners: Message no 43, Supporting Parents with a bereaved child. Supporting bereaved children in an appropriate way is very important for their mental health and wellbeing. Bereaved children have an increased risk of developing psychiatric disorders and may suffer considerable psychological and social difficulties throughout childhood and even later in life if they are not supported through their bereavement in an appropriate way. The outcome for a child is strongly related to the way that adult carers are able to cope with their own grief and the changes to their lives. While appropriate support for bereaved children is very important, supporting adult carers is equally important. <http://www.tusla.ie/parenting-24-seven>

The Irish Childhood Bereavement Network provides information and guidance on how to support a bereaved child. Fact Sheets are available for families to download that focus on various aspects of children's grief. Resources are also available for professionals, including a Bereavement Care Pyramid, which acts as a guide for adults in identifying and responding to the needs of bereaved children and young people. For more information go to <http://www.childhoodbereavement.ie/>



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