

Parent Support Network Tallaght

Information on Parenting Courses

Please contact Suzanne at suzanne.lindsay@foroige.ie for the calendar of upcoming dates for the courses & workshops listed below:

Parents Plus

Two Parents Plus Courses are provided which are between 6 and 8 weeks long. One for Parents of Children (aged 6 – 11 years old) and one for Parents of Teens (aged 12 – 17 Years old). Parenting teens requires a different approach to children which is reflected in each course but both look at ways that parents can:

- **Build closer and more enjoyable relationships with children & teens**
- **Help children grow up to be happy, have good self-esteem, be responsible & trustworthy and to reach their full potential in life**
- **Put routines and habits in place** which make family life much easier including bedtime, getting up in the morning, getting homework done and other things that can stress parents out!
- **Support their children to deal with difficulties such as anxiety, stress, anger, bullying and peer pressure**
- **Encourage positive communication in the family so that:**
 - ✓ Everyone speaks to each other with respect (most of the time)!
 - ✓ Children & teens are much more likely to talk to their parents about what is going on for them
 - ✓ There are less arguments and stress as everyone gets into the habit of working out their problems and disagreements in a calmer way
- **Use simple techniques that keep parents calm and in control in getting their children & teens to stick to the rules as well as managing their behavior and keeping them on track.**

How do I apply? Contact Suzanne at Suzanne.lindsay@foroige.ie or 0867969726 for information on the Parents Plus Children's Programme or the Parents Plus Teens Programme.

Getting Ready for the Teenage Years (for Parents of 11 – 14 Year olds)

'Getting Ready for the Teenage Years' gives parents ideas on how to set it up now so they have more good times to enjoy and less challenges to deal with during the teenage years.

The course is run over one day or three evenings and covers:

- Understanding Teenagers and what they are coming up against
- Keeping a good relationship and the 'all important' respect
- Listening and communication skills which helps teens manage their emotions and also means they tell their parents much more about what is going on for them
- Keeping Teens on track by using positive parenting and discipline plans
- Building resilience so they are better able to cope with what life throws at them
- The importance of Parent Self Care to survive it all!

How do I apply? Contact Suzanne at suzanne.lindsay@foroige.ie or 0867969726

How to Build Self Esteem and Life-skills in Children and Teens

A one day Saturday course on how parents can build their children's:

- Confidence and self esteem
- Decision-making and problem solving skills
- Responsibility
- Ability to stand up for themselves and cope with peer pressure
- Positive communication skills: Talking in a way that children listen and listening in a way that children talk

How do I apply? Contact Suzanne at suzanne.lindsay@foroige.ie or 0867969726

The Incredible Years

What is it? A friendly and relaxed 12 week parenting programme that looks at a new topic each week that can help with children's problem behaviour. Results have found that families were able to make real improvements in their child's behaviour after completing the course.

Who is it for? Do you live in the Tallaght area? If you have a child between 2 years and 12 years who is struggling with behavioural difficulties, if you are concerned about your child and their future, and if all previous strategies have made no difference, it's for you!

How will it help?

- It will increase your skills in dealing with your child's problem behaviours.
- It can increase your confidence and reduce feelings of stress.
- It can help you bring out the positive behaviours.
- It can help you decrease your child's problem behaviours.

What does it cost? Nothing. It's free! Childcare also available

How do I apply? Places are limited, get in touch with Joy at 0879808856 or email joy.oshaughnessy@sdcpartnership.ie for an application form or drop into Killinarden Family Resource Centre and register your interest.

The Lifestart Growing Child Programme (0-3 years)

The Lifestart Growing Child programme is a child-centred, month-by-month guide for parents on how their child develops and grows from birth up to three years. It is uniquely designed to support parents create the best possible environment for their child to develop and is delivered to parents on a one-to-one basis in their own home. The Growing Child programme helps parents lay good developmental foundations for a child's whole life.

Information gives power, helps build confidence and reduces stress. Knowing what to do and when to do it helps parents give their child the best possible start on life's journey. The Growing Child programme helps parents understand what their children are capable of as they grow and develop physically, emotionally, intellectually and socially.

The focus of the programme is on **empowering** parents, **strengthening** parent-child relationships through building good emotional attachment and helping to provide a high quality home learning environment.

The programme consists of **age appropriate** information on all aspects of child development and learning in the form of colourful monthly issues that include a variety of activities to help encourage that development.

The information is brought to life in a **stimulating** and **engaging** way for parents through the effective demonstration of activities and conversations with their personal family visitor.

How do I apply?

Call or email Bernie at b.coleman@ancosan.com 0860353791 or Lorraine at l.doherty@ancosan.com 0858751034 or 01-4628488