



## Introduction

Parenting and being responsible for children is probably one of the most of important and indeed difficult roles that anyone can take on. Often it is taken for granted, with most people struggling through it, learning on the job and being influenced by their own experiences of being parented. Parenting programmes provide one aspect of support to parents in this role, as their primary aim is give parents an opportunity to firstly reflect on how they are with their children / teenagers and then to enhance their knowledge and skills as parents for their own wellbeing and that of their children.

It is sometimes difficult to know what parenting programmes are available and often it is only by accident or through other parents that we learn about a parenting course that is available locally. With this in mind we undertook to find out what parenting courses are available in the five counties of the south east – Carlow, Kilkenny, South Tipperary, Waterford and Wexford. Agencies involved in supporting parents were contacted and asked to complete a questionnaire regarding the parenting programme(s) that they offered. This information was then collated to create this directory.

This directory contains details of over 20 parenting courses available in the south east. This list is not exhaustive and can be added to when it is reviewed in 2010. The directory contains an overview of each course and the contact details of the facilitators.

From the content outlined it is evident that all of the courses put an emphasis on improving communication and promoting good relationships within families. Some focus on practical ways of managing difficult behaviour and positive ways of dealing with discipline whilst others focus more on understanding and exploring feelings. Reading the course content and speaking to the tutor will give you an idea of which course might meet your particular needs.

As part of the questionnaire facilitators were asked about the benefits which they thought parents got from their courses and some general themes kept reoccurring such as support from group members, reflection on what they currently do, information and confidence in their abilities and skills as parents. All of which is very positive and encouraging for other parents who might be contemplating attending a parenting course but have some hesitation about doing so.

It is hoped that by compiling this directory it will be easier for both parents and those who have contact with parents through their work to know what parenting courses are available locally. Finally, we would like to thank all the facilitators of the various parenting courses included here for taking the time to complete the questionnaire.

Directory of Local Parenting Programmes compiled by:  
Aileen Scott & Teresa Hennessy,  
Health Promotion Dept., HSE - South Dean St. Kilkenny  
May 2009

*Disclaimer - The Health Promotion Dept. accepts no responsibility for the quality of courses provided by any of the facilitators / organisations listed in this Directory.*

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## Family Communication and Self-Esteem

<b>Aimed at:</b>	Primarily aimed at parents of 9 -16 year olds.
<b>One to one or group?</b>	Group
<b>Group size:</b>	12-18 people
<b>Duration:</b>	2 hours per week over 10 weeks
<b>Topics covered:</b>	Communication and listening within in the family Self-esteem – childhood messages, the language of self esteem The Good Enough Parent- assertive parenting Setting limits with your child Exploring feelings Resolving conflict & problem solving Peer pressure Drugs and alcohol
<b>How is the course delivered?</b>	Group work, small & large group discussion with feedback, role play and skills practice
<b>Is there a charge:</b>	No charge
<b>Where is it available?</b>	Carlow/Kilkenny, Wexford, South Tipperary and Waterford

### For further information contact the person in your local area:

Teresa Hennessy  
Senior Health Promotion Officer  
Health Promotion Department,  
HSE South  
Dean Street, Kilkenny  
Tel. 056-7761400  
Email: [Teresa.Hennessy@hse.ie](mailto:Teresa.Hennessy@hse.ie)

Nuala Harpur  
A/Senior Health Promotion Officer  
Health Promotion Office  
c/o Local Health Office  
Grogan's Road, Wexford  
Tel. 053 9123522 Ext 371  
Email: [Nuala.Harpur@hse.ie](mailto:Nuala.Harpur@hse.ie)

Susan Scully  
Senior Health Promotion Officer  
St. Catherine's Hall  
Waterside, Waterford  
Tel. 051 – 846714  
Email: [Susan.Scully@hse.ie](mailto:Susan.Scully@hse.ie)

Hilda O'Neill  
Senior Health Promotion Officer  
South Tipperary Community Services  
Western Rd, Clonmel, Co Tipperary  
Tel. 052 6188276  
Email: [Hilda.ONeill1@hse.ie](mailto:Hilda.ONeill1@hse.ie)



## Triple P - Positive Parenting Program

The Triple P programme was originally developed in Australia 25 years ago and since then it has been widely evaluated and adopted in other countries.

<b>Aimed at:</b>	Parents of 0 -12 year olds; & Parents of 12-18 year olds - available in some locations
<b>One to one or group?</b>	Group
<b>Group size:</b>	6 – 14 people
<b>Duration:</b>	8 weeks - first 4 weeks as a group and next 3 weeks individual telephone contact; final week as a group.
<b>Topics covered:</b>	Triple P helps you: To create a stable supportive, harmonious family environment, To teach your children the skills they need to get along with others, To deal positively, consistently and decisively with problem behaviour should it arise, To encourage positive behaviour, To develop realistic expectations of your children and yourself, To take care of yourself as a parent,
<b>How is the course delivered?</b>	The programme is facilitated by Accredited Triple P trainers who during the session use presentations, DVD, parents' workbooks, skills practice and set tasks with parents for coming weeks. Group sessions are active and parents get to try things out at home between weeks to make sure you have the information and skills needs for your own family situation.
<b>Is there a charge?</b>	No charge
<b>For further information contact the person in your local area:</b>	
Caroline Traynor Social Worker, HSE Social Work Department St. Canice's Hospital, Dublin Rd. Kilkenny Tel. 056-7784532 Email: <a href="mailto:Caroline.Traynor2@hse.ie">Caroline.Traynor2@hse.ie</a>	Irene Powis A/Social Work Team Leader Social Work Dept St Canice's Hospital, Dublin Rd. Kilkenny Tel. 056 7784532 Email: <a href="mailto:Irene.Powis@hse.ie">Irene.Powis@hse.ie</a>

Suzanne Murphy  
Childcare Leader  
Social Work Dept  
St Dymphna's Hospital  
Athy Rd. Kilkenny  
Tel. 087 9063429  
Email: [Suzanne.Murphy@hse.ie](mailto:Suzanne.Murphy@hse.ie)

The Child, Adolescent & Family (CAF)  
Psychology Department.  
Wexford Local Health Office,  
Grogan's Road, Wexford  
Tel. 053 9123522

Margaret Collins  
Child Care Leader  
St. Joseph's Hospital,  
Dungarvan  
Co. Waterford  
Tel: 058 20919  
Email: [MargaretMary.Collins@hse.ie](mailto:MargaretMary.Collins@hse.ie)

Ann Marie Bradley  
Child & Adolescent Psychiatry Team  
Waterford Regional Hospital  
Dunmore Rd.  
Waterford  
Tel. 051 842146  
Email: [AnnMarie.Bradley@hse.ie](mailto:AnnMarie.Bradley@hse.ie)

Margaret Phelan / Anne Laffan  
Child Care Leader  
HSE- South Community Care Services  
Cork Rd  
Waterford  
Tel. 051 842946 / 842950  
Email: [MargaretM.Phelan@hse.ie](mailto:MargaretM.Phelan@hse.ie)  
Or [Ann.Laffan@hse.ie](mailto:Ann.Laffan@hse.ie)

Olivia Lynch  
Child Care Leader  
Community Care Services  
Western Rd. Clonmel  
Co Tipperary  
Tel. 052 – 77319  
Email: [Olivia.Lynch@hse.ie](mailto:Olivia.Lynch@hse.ie)

***The following provide courses for parents of clients only***

Paul O'Grady  
Psychologist, St. John's Disability Service  
St. John's Hospital, Enniscorthy  
Co. Wexford  
Tel. 053 – 9232031 Ext.3800  
Email: [PaulC.O'Grady@hse.ie](mailto:PaulC.O'Grady@hse.ie)

Dr. Kathleen Mitchell  
Senior Clinical Psychologist  
Dept. of Child / Adolescent Psychiatry  
Waterford Regional Hospital, Dunmore Rd  
Waterford  
Tel. 051 848000 Ext. 2146  
Email: [Kathleen.Mitchell@hse.ie](mailto:Kathleen.Mitchell@hse.ie)

In some areas **Triple P Seminars** for parents of 0-12 year olds are also available; these consist of 3 Seminars of 1½ hr duration over 3 weeks and involve a presentation followed by Question & Answer session and can accommodate 30<sup>+</sup> people. Check with local facilitators to see if they are available in your area.

# Community Mothers Programme

<b>Aimed at:</b>	All parents of 0-5 year olds. Especially parents having their 1 <sup>st</sup> or 2 <sup>nd</sup> baby
<b>One to one or group?</b>	One to one or group. Home visit by the Community Mother usually lasts an hour; the frequency of these depends on the parents for example once a month or once a fortnight
<b>Group size:</b>	Mainly one to one but information sessions held for small group sessions 3-4 people or large group information sessions 20-30 people
<b>Duration:</b>	In agreement with parent
<b>Topics covered:</b>	The community mother will visit parents in their home to provide support and information to parents. A wide range of topics regarding your child wellbeing are covered. These include: feeding, immunisation, sleeping, crying, toilet training, toddler tantrums, caring for your young child everyday, children's growth and development, keeping your child safe, play and learning, information about local voluntary and statutory services
<b>How is the course delivered?</b>	One to one but also group discussion
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Clonmel and surrounding area
<b>For further information contact:</b>	Jill Sandvoss Clonmel Community Mother's Programme, Room 3, Clonmel Resource Centre, Kickham Street, Clonmel, Co. Tipperary. Tel. 052-28199. Email: <a href="mailto:cloncompsupprog@oceanfree.net">cloncompsupprog@oceanfree.net</a>

# Drug Awareness Programme for Parents

<b>Aimed at:</b>	Parents of 11-16 year olds
<b>One to one or group?</b>	Group
<b>Group size:</b>	3-12 people
<b>Duration:</b>	4 weeks – 2 hours per week
<b>Topics covered:</b>	Drugs, Environment, Stop enabling, Family System Theory, Making choices, Assertive Parenting – saying 'no'
<b>How is the course delivered?</b>	Group-work, small & large group discussion and feedback Video & Presentations
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Clonmel
<b>For further information contact:</b>	Audra Cotter Community Drugs Worker Clonmel Community Based Drugs Initiative Wilderness Youth & Community Centre, Wilderness Grove, Clonmel, Co Tipperary. Tel. 086-8557212 Email: <a href="mailto:audradaly@hotmail.com">audradaly@hotmail.com</a>

# Parent Coaching

<b>Aimed at:</b>	Parents & Carers of children of all ages
<b>One to one or group?</b>	One to one
<b>Duration:</b>	1½ hr per week over 6-8 weeks
<b>Topics covered:</b>	Parent coaching supports parents in improving performance and creating desirable results. Parents are coached through any issues or concerns that they bring to the sessions.
<b>How is the course delivered?</b>	The key concept of parent coaching is not advice giving but facilitating the client to come up with their own solutions through key questioning. The process is solution focused; setting attainable goals that are individual to the client and their family.
<b>Is there a charge?</b>	Yes, cost is negotiable
<b>Where is it available?</b>	Tipperary Town
<b>For further information contact:</b>	Liz Quish Premier School of Childcare Station House, Station Rd. Tipperary Town Co Tipperary Tel. 062 – 31625 / 087 - 7800500 Email: <a href="mailto:liz@ParentFocus.ie">liz@ParentFocus.ie</a> Website: <a href="http://www.parentfocus.ie">www.parentfocus.ie</a>

## Parenting Course tailored to meet the specific needs of parents

<b>Aimed at:</b>	New parents / Lone parents Parents of children aged 1 -16 years Organised in groups of parents of 1-5 yrs, 5-11yrs, 11-16yrs.
<b>One to one or group?</b>	Both
<b>Group size:</b>	3 – 10 participants
<b>Duration:</b>	1½ hours per week over 6-8 weeks
<b>Topics covered:</b>	Listening & communication skills Understanding & building self esteem Stress management Relaxation Needs of parents Needs of children Parents coping with challenging behaviour 1 Parents coping with challenging behaviour 2
<b>How is the course delivered?</b>	Group work, small & large group discussion, role-play, skills practice, presentations
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Waterford
<b>For further information contact:</b>	Lorna Dee Carter Barnardos 9 Emmet Street, Dungarvan Co. Waterford Tel. 058-45331 Email: <a href="mailto:lorna.deecarter@barnados.com">lorna.deecarter@barnados.com</a>

## Parenting Course Fetac Level 3

<b>Aimed at: One to one or Group?</b>	Parents and Carers Group
<b>Group size:</b>	8-12 participants
<b>Duration:</b>	16 weeks – enrolment Sept '09/ Jan '10
<b>Topics covered:</b>	Understanding different parenting styles Identifying common difficulties that parents have with children & strategies to deal with these. Identifying barriers to good relationships with professionals and discussing strategies to overcome these. Recognise the importance of play to a child. Understanding the need for self care for parents. Understanding the importance of good relationships within the family. Recognising the relationship between health / food / exercise and the importance of safety and a safe environment.
<b>How is the course delivered?</b>	Group-work, small & large group discussion with feedback and skills practice. A portfolio of coursework will be compiled by participants on completion of the course.
<b>Is there a charge?</b>	No charge at present
<b>Where is it available?</b>	Knockanrawley Resource Centre, Tipperary Town.
<b>For further information contact:</b>	Helen Buckley Parents Support Programme Knockanrawley Resource Centre Tipperary Town Co Tipperary Tel: 062 51905 Email: <a href="mailto:helenbuckleykrc@eircom.net">helenbuckleykrc@eircom.net</a>

## Parent in Education Year 1

<b>Aimed at:</b>	Parents of school going children
<b>One to one or Group?</b>	Group
<b>Group size:</b>	12-15
<b>Duration:</b>	20 weeks - 2½ hrs per week Starting Oct 2009. Participants will receive a FETAC Level 3 Personal / Interpersonal skills and National College of Ireland Certificate.
<b>Topics covered:</b>	Ways to encourage parents to support their child's education and develop parents' own self confidence. Listening and communication skills Learning styles Personal and interpersonal skills
<b>How is the course delivered?</b>	Group work, small & large discussions role play, skills practice.
<b>Is there a charge?</b>	To be confirmed
<b>Where is it available?</b>	Knockanrawley Resource Centre, Tipperary Town in conjunction with the Home School Community Liaison Co-ordinator St. Albies' School
<b>For further information contact:</b>	Helen Buckley Parents Support Programme Knockanrawley Resource Centre Tipperary Town Co Tipperary Tel: 062 51905 Email: <a href="mailto:helenbuckleykrc@eircom.net">helenbuckleykrc@eircom.net</a>

## Parent Plus

<b>Aimed at:</b>	Parents of 0-6 year olds / Parents of 6-12 year olds, Lone parents
<b>One to one or group?</b>	Group
<b>Group size:</b>	12-20 participants
<b>Duration:</b>	2 hours each week over 6 weeks
<b>Topics covered:</b>	Tuning into your child Child centred play and communication Encouragement and praise Solving discipline problems, Choices & consequences Routines & rewards Time out
<b>How is the course delivered?</b>	Group work, small & large discussions role play, skills practice, video
<b>Is there a charge?</b>	€800 is full cost, can be subsidised
<b>Where is it available?</b>	Wexford
<b>For further information contact:</b>	Carmel Lonergan Childcare Co-ordinator Childcare Network, 7 Castle Hill, Enniscorthy Co. Wexford Tel. 053-9239628 Email <a href="mailto:childcarenetwork@eircom.net">childcarenetwork@eircom.net</a>

# Parents Plus Programme

<b>Aimed at:</b>	Parents of 5-11 and 11-16 year olds
<b>One to one or group?</b>	Both
<b>Group size:</b>	5 - 10 people. Also available to give presentations to large groups.
<b>Duration:</b>	5-11 year olds – 2 hrs per week over 8 wks 11-16 year olds – 2 hrs per week over 6 wks One to one sessions are based on individual needs and each session last an hour
<b>Topics covered:</b>	<p><b><u>5-11 year olds</u></b> The programme shows parents how to communicate positively with their children, to encourage good social behaviour, to manage difficult behaviour in a positive way and to help children learn new behaviours in a constructive manner. Topics covered include: positive attention, using dos rather than don't, child centred play, establishing routines, encouragement and praise, using consequences, problem solving and parent self-care.</p> <p><b><u>11-16 year olds</u></b> The programme gives parents the skills to negotiate rules and manage conflict. It describes how parents can develop good relationships with their teenagers and help them to become responsible well balanced and fulfilled young people. Topics covered include: giving positive attention, communicating effectively, conflict resolution and problem solving</p>
<b>How is the course delivered?</b>	Group work, small & large group discussion with feedback Role play, Skills practice Video, Presentations.

**Is there a charge?**

Yes, but to date individual parents have not been charged. Costs have been covered by the organisation / school.  
Facilitator's costs are €60 per hour for group work & one to one sessions and €80 per hour for presentations to larger groups.

**Where is it available?**

Carlow, Kilkenny, Wexford  
South Tipperary and Waterford

**For further information contact:**

Liz McGloughlin  
Stoneacre  
Ballyhide  
Co. Carlow  
Tel. 059-9143090  
Email: [liz.mcgloughlin@gmail.com](mailto:liz.mcgloughlin@gmail.com)

# Parent Plus Programmes and additional topics

<b>Aimed at:</b>	Parents of children aged 1 -16 years Organised in groups of parents of 1-5 yrs, 5-11yrs, 11-16yrs.
<b>One to one or group?</b>	Both
<b>Group size:</b>	5 – 16 participants
<b>Duration:</b>	2 hours per week over 6-8 weeks
<b>Topics covered:</b>	<p><b><u>1-5 year old programme</u></b> Being a responsive parent Encouraging and supporting children Promoting children’s language and development Helping children concentrate and learn Building co-operation in young children Managing tantrums, misbehaviour and problems Health and safety Introduction to child development, children’s needs and rights The importance of play Taking care of ourselves as parents/carers</p> <p><b><u>5-11 year old programme</u></b> Context of child development children’s needs and rights Play and special time with children Encouragement and praise Understanding and responding to children’s behaviour Solution building with children and setting boundaries How to keep our children safe Taking care of ourselves as parents/carers Time to explore specific issues e.g. bullying</p> <p><b><u>11-16 year old programme</u></b></p>

	<p>Understanding the transition stage of development, needs and rights</p> <p>Getting along with your teenager and effective communication</p> <p>How to positively influence teenagers</p> <p>Dealing with conflict and problem solving</p> <p>Discipline for teenagers and setting boundaries</p> <p>Health and safety</p> <p>Taking care of ourselves as parents/carers</p>
<b>How is the course delivered?</b>	<p>Group work, small &amp; large group discussion with feedback</p> <p>Role play, Skills practice</p> <p>Video, Presentations</p> <p>Handouts and resource materials</p>
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Carlow
<b>For further information contact:</b>	<p>Barnardos</p> <p>24 Askea Lawns</p> <p>Carlow</p> <p>Tel. 059-9132868</p> <p>Email: <a href="mailto:info@carlow.barnardos.ie">info@carlow.barnardos.ie</a></p>

# Parenting Teenagers

<b>Aimed at:</b>	Parents of teenagers
<b>One to one or group?</b>	Both
<b>Group size:</b>	No minimum number for groups
<b>Duration:</b>	Tailored to meet needs of group / individual
<b>Topics covered:</b>	Listening to your teenager Communicating effectively with your teenager Dealing with misbehaviour Conflict resolution Effective use of discipline Problem solving
<b>How is the course delivered?</b>	Group work, small & large group discussion with feedback
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Ballybeg and Kilcohan in Waterford
<b>For further information contact:</b>	Annette Dowling Project Worker Barnardos Ballybeg, 128 Clonard Park, Waterford Tel. 051-844140 Email: <a href="mailto:annettedowling@barnardos.ie">annettedowling@barnardos.ie</a>

## Parent to Parent

<b>Aimed at:</b>	Parents of 1-5 yr olds & Parents of 5 -11yr olds
<b>One to one or group?</b>	Group
<b>Group size:</b>	10- 16 participants
<b>Duration:</b>	8 weeks - 2 hours per week
<b>Topics covered:</b>	Today's Toxic Culture – explores the culture in which our children are exposed. Put yourself in the way – Parenting today needs to be proactive. Awareness in your best friend – outlines significant observable lifestyle indicators which signal positive or negative changes. Remember the difference – attention is focused on three character traits which must be developed in the early teen years. Expect and inspect – insisting that our kids be drug free, responsible and respectful is our right as parents. Never cry alone – protecting our children is important but insulating them from life's everyday stresses can be dangerous. Traps to avoid – explores 7 traps which parents need to help their children avoid. Building a family vision – provides a means for developing a vision, strategies, projects, tactics outline that parents can work with their children to help them reach their goals and dreams.
<b>How is the course delivered?</b>	Group work small & large group discussion with feedback, video
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Kilkenny, South Tipperary and Waterford
<b>For further information contact:</b>	Mel Bay, Community Drugs Worker, Kilkenny City Drugs Initiative, Ossory Youth, Desart Hall, New Street, Kilkenny Tel. 056-7761200 Email: <a href="mailto:mbay@ossoryyouth.com">mbay@ossoryyouth.com</a>

## Parent to Parent – Raising your child in a Drug free Environment

<b>Aimed at:</b>	Parents of children aged between 11-16 years Also open to Grandparents and other members of the community involved in raising children / teenagers
<b>One to one or group?</b>	Group
<b>Group size:</b>	3-12 people
<b>Duration:</b>	2 hours per week for 10 weeks
<b>Topics covered:</b>	Drugs, Environment, Stop enabling, Family System Theory, Making choices, Assertiveness – saying 'no'
<b>How is the course delivered?</b>	Group-work, small & large group discussion with feedback. Video and some presentations
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Clonmel
<b>For further information contact:</b>	Audra Cotter Community Drugs Worker Clonmel Community Based Drugs Initiative Wilderness Youth & Community Centre, Wilderness Grove, Clonmel, Co Tipperary. Tel. 086-8557212 Email: <a href="mailto:audradaly@hotmail.com">audradaly@hotmail.com</a>

# Parenting The Self and Children

A Dr. Tony Humphreys Course

<b>Aimed at:</b>	Parents of children of all ages as well as providers of support to children and families
<b>One to one or group?</b>	Both
<b>Group size:</b>	Ideally 5–16 but will be flexible to suit clients' needs
<b>Duration:</b>	10 weeks 2 hrs per session, but can provide individualised courses around certain themes, single sessions of 2 hours, one to one parent / family mentoring, phone support and other provision as requested.
<b>Topics covered:</b>	All parenting starts with the self Family Relationships and feelings All children are geniuses! Helping children to become responsible Family Communication Children's challenging behaviour Adults challenging behaviour A Different Kind of Discipline
<b>How is the course delivered?</b>	Programme very flexible – themed around case studies and stories (no literacy skills needed) other methods such as group work, discussion, and presentations are also used.
<b>Is there a charge?</b>	Yes, flexible – cost of attendance provided on request.
<b>Where is the course available</b>	Kilkenny, South Tipperary & Waterford
<b>For further information contact:</b>	Ann Marie Coghlan, Administrator Grá - The Heart of Effective Parenting Moneyvroe, Cappoquinn, Co. Waterford Tel. 086 – 8069614 / 087 – 9562840 /024 - 96889 Email: <a href="mailto:graac@eircom.net">graac@eircom.net</a> Website: <a href="http://www.gra-parenting.ie">www.gra-parenting.ie</a>

## Parent Wise Programme

<b>Aimed at:</b>	New Parents, Lone Parents of children aged between 1-16 years
<b>One to one or group?</b>	Both
<b>Group size:</b>	3 –12 participants
<b>Duration:</b>	1½ hours each Wednesday morning – ongoing programme
<b>Topics covered:</b>	Boundaries Appropriate discipline Managing difficult behaviour Conflict resolution Issues such as weaning, biting, bedwetting Separation and loss Confidence building Bullying Stress management
<b>How is the course delivered?</b>	Predominantly group work, skills practice with some presentations and video
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Waterford
<b>For further information contact:</b>	Anne Goodwin Co-ordinator, St. Brigid's Family and Community Centre The Children's Centre, Hennessy Road, Waterford Tel. 051-375261 Email: <a href="mailto:anne@stbrigidsfcc.ie">anne@stbrigidsfcc.ie</a>  Liz Power Development Officer St. Brigid's Family and Community Centre The Children's Centre, Hennessy Road, Waterford Tel 051 375261 Email: <a href="mailto:liz@stbrigidsfcc.ie">liz@stbrigidsfcc.ie</a>

# Play and the Developing Child

<b>Aimed at:</b>	Parents of 1-5 year olds. Childminders, playgroup workers or anyone caring for children and all those with an interest in play and the developing child.
<b>One to one or group?</b>	Group
<b>Group size:</b>	10-20 people
<b>Duration:</b>	20 hours (10 sessions x 2 hours)
<b>Topics covered:</b>	How children learn Exploring play Value of play Play materials Play spaces Communicating with children
<b>How is the course delivered?</b>	Group-work, small & large group discussion Also practical work with paint, play dough, sand, water, junk, music, books and stories
<b>Is there a charge?</b>	Varies (cost on application) May be subsidised by other agencies
<b>Where is it available?</b>	On request – Carlow, South Tipperary, Kilkenny, Waterford & Wexford
<b>For further information contact:</b>	Jacinta Sheerin Irish Preschool Playgroups Association (IPPA) – The Early Childhood Organisation, Unit 4, Broomhill Business Complex, Broomhill Road, Tallaght, Dublin 24. Tel. 01-4630011 Email: <a href="mailto:Jsheerin@ippa.ie">Jsheerin@ippa.ie</a>

## Positive Parenting

<b>Aimed at:</b>	All parents / Carers
<b>One to one or group?</b>	Group
<b>Group size:</b>	10-12 people
<b>Duration:</b>	10 weeks - 2½ hrs per week September & January
<b>Topics covered:</b>	The good enough parent Reasons why children misbehave and using positive attention Quality time – children and emotions Active listening and assertive parenting Handling difficult behaviour – tantrums, consistency & routine. Play and learning Talking to your child about your family situation Stress management Family change, multicultural parenting, bullying, nutrition, sex education for children
<b>How is the course delivered?</b>	Group-work, small & large group discussion with feedback. Skills practice
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	Tipperary Town, Carlow & Kilkenny
<b>For further information contact:</b>	Helen Buckley Knockanrawley Resource Centre Tipperary Town Co Tipperary Tel: 062 52688 Email: <a href="mailto:helenbuckleykrc@eircom.net">helenbuckleykrc@eircom.net</a>  Bernie Loughman Project Co-ordinator Teen Parent Support Programme St. Catherine's Community Services Centre, Carlow Tel. 059 - 9138799 Email: <a href="mailto:bernieloughman@stcatherinescarlow.ie">bernieloughman@stcatherinescarlow.ie</a>

# Strengthening Families; Strengthening Communities

<b>Aimed at:</b>	New Parents, Lone parents, Parents of 1-5 / 5-11 / 11-16 year olds
<b>One to one or group?</b>	Group
<b>Group size:</b>	5 – 16 participants
<b>Duration:</b>	2 hours per week over 12 weeks
<b>Topics covered:</b>	Enhancing parent-child relationships Positive Discipline Rites of Passage Cultural and spiritual focus Community involvement
<b>How is the course delivered?</b>	Group work small & large group discussion with feedback, role play, presentations
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	South Tipperary
<b>For further information contact:</b>	Breda Dunne South Tipperary Lone Parent Initiative Clonmel Community Resource Centre Kickham Street, Clonmel Co. Tipperary Tel. 052-27429 Email <a href="mailto:stlpi@eircom.net">stlpi@eircom.net</a>

# Teen Parent Support Programme

A National Programme for Teenage Parents

<b>Aimed at:</b>	Teenage parents and their families.
<b>One to one or group?</b>	Both
<b>Group size:</b>	No minimum number for groups
<b>Duration:</b>	Ongoing support over 2 years through one to one sessions and short group programmes
<b>Topics covered:</b>	Welfare rights and entitlements How to take care of yourself and your baby Your child's development Antenatal care and classes Accommodation Accessing childcare Education and training Local services in your area Conflict resolution Relationships Linking in with other young parents
<b>How is the course delivered?</b>	Small group discussion & feedback Presentations
<b>Is there a charge?</b>	No charge
<b>Where is it available?</b>	North Wexford & Carlow / Kilkenny
<b>For further information contact:</b>	Jan Cullen Project Leader, Barnardos 16 North Parade, Gorey, Co. Wexford Tel. 053-9481014 Email: <a href="mailto:teenparent@wexford.barnardos.ie">teenparent@wexford.barnardos.ie</a>  Bernie Loughman Project Co-ordinator Teen Parent Support Programme St. Catherine's Community Services Centre, Carlow Tel. 059 - 9138799 Email: <a href="mailto:bernieloughman@stcatherinescarlow.ie">bernieloughman@stcatherinescarlow.ie</a>

# The Good Enough Parent

<b>Aimed at:</b>	Parents of children under 10 years old
<b>One to one or group?</b>	Group
<b>Group size:</b>	6-16 people
<b>Duration:</b>	10 weeks X 2 hrs per session
<b>Topics covered:</b>	Reasons why children misbehave and using positive attention, Quality time, Children and Emotions, Active listening and Assertive parenting, handling difficult behaviour, Play and Learning, Talking to your child about your family situation, Stress management, Family change, Multicultural parenting, Bullying, Nutrition.
<b>How is the course delivered?</b>	Group-work small & large group discussion Video and some Presentations
<b>Is there a charge?</b>	Yes, cost is negotiable
<b>For further information contact:</b>	Liz Quish Premier School of Childcare Station House, Station Rd. Tipperary Town Co Tipperary Tel. 062 – 31625 / 087 - 7800500 Email: <a href="mailto:liz@ParentFocus.ie">liz@ParentFocus.ie</a> Website: <a href="http://www.parentfocus.ie">www.parentfocus.ie</a>

## Contact details of County Childcare Committees

Carlow County Childcare Committee  
16 Dublin Rd,  
Carlow  
Tel.: 059 9140244  
Email: [carlowccc@eircom.net](mailto:carlowccc@eircom.net)

Kilkenny County Childcare Committee  
Rear Choill Mhuire  
Glendine Rd  
Kilkenny  
Tel.: 056 7752865  
Email: [info@kkccc.ie](mailto:info@kkccc.ie)

South Tipperary County Childcare Committee  
Unit 5 Ground Floor  
Hughes Mill Suir Island  
Clonmel  
Co Tipperary  
Tel.: 052 82274  
Email: [info@southtippchildcare.ie](mailto:info@southtippchildcare.ie)

Waterford City Childcare Committee  
4b Manor Village  
Cork Rd  
Waterford  
Tel.: 051 860444  
Email: [info@waterfordcitychildcare.com](mailto:info@waterfordcitychildcare.com)

Waterford County Childcare Committee  
9 Emmet St  
Dungarvan  
Co Waterford  
Tel.: 058 43601  
Email: [waterfordcochildcare@eircom.net](mailto:waterfordcochildcare@eircom.net)

Wexford County Childcare Committee  
7 Castle Hill  
Enniscorthy  
Co Wexford  
Tel.: 053 9237156  
Email: [info@wexfordchildcare.ie](mailto:info@wexfordchildcare.ie)

If you wish to have a parenting course included in the next edition of this directory please contact Aileen Scott via email at [Aileen.Scott@hse.ie](mailto:Aileen.Scott@hse.ie)