

PARENTING PROGRAMMES

TRIPLE P: POSITIVE PARENTING PROGRAMME (2 - 12 YEARS)

Aims to promote positive, caring relationships between parents and their children. Helps parents develop effective management strategies for dealing with a variety of childhood behaviour problems and common developmental issues.

PARENTS PLUS PROGRAMMES THE EARLY YEARS PROGRAMME (1 TO 6 YEAR OLD)

Encouraging and supporting your child. Expanding language. Understanding behaviour. Tips for responding to misbehaviour.

THE CHILDRENS PROGRAMME (6 TO 11 YEARS)

Encourages good social behaviour. Illustrates skills parents can use to manage their children's difficult behaviour in a more positive way. Help parents develop closer and more satisfying relationships with their children.



A small charge may apply on some occasions for use of local halls and for crèche facilities where provided.

CARLOW/KILKENNY

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Carlow/Kilkenny Parent Support Programme
Health Promotion Unit
Dean Street
Kilkenny
Tel: 056 7761400

Opening hours: 9.30 - 1pm, 2pm - 5pm.

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For details of up coming parenting courses in Carlow contact:

Carlow County Child Care Committee at 059 9140244 or info@carlowccc.ie

or in Kilkenny contact:

Kilkenny County Child Care Committee at 056 7752865 or info@kkccc.ie



The Lifestart Programme is affiliated to the Lifestart Foundation through the Lifestart National Office.

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CARLOW/KILKENNY PARENTS SUPPORT PROGRAMME



WE PROVIDE A HOME VISITING AND PARENT SUPPORT PROGRAMME

PARENTING PROGRAMMES

AND

SUPPORT FOR PARENT AND TODDLER GROUPS

CARLOW/KILKENNY PARENT SUPPORT PROGRAMME DELIVERS:

LIFESTART

Home Visiting programme for parents of children from birth to 5 years and also includes group meetings for these parents to explore topics of interest.



TRIPLE P: POSITIVE PARENTING PROGRAMME

Target age 2-12 years

PARENTS PLUS EARLY YEARS PROGRAMME

A positive guide to parenting young children aged 1-6 years

CHILDREN'S PROGRAMME

For parents of children 6-11 years

SUPPORTING

Parent and Toddler groups.

LIFESTART

Lifestart is a developmental programme designed for you and your child from birth to 5 years. It is well known that this time is considered vital in laying the foundations for the social, emotional, physical and intellectual development that begins before birth and continues through the early years.

Lifestart acknowledges you, the parents or guardians as the most important people to encourage that development. It aims to support and empower parents of children from birth to age five so that these children are given the opportunity to reach their full potential.

Lifestart offers a home visiting programme with information appropriate to the child's developmental stage. Lifestart Home Visitors will give you practical guidelines on how to encourage and support that development.

REFERRAL

Health professionals including the Public Health Nurse can refer you to the programme.

You may also apply yourself, details at the back of the leaflet.

FAMILY VISITING

The Home Visitor will call to your home on a monthly basis by arrangement. The Home Visitor will provide you with a copy of *'The Growing Child'* material.

This material deals with the physical, intellectual, social and emotional development of your child.

All Home Visitors have appropriate training in child development.

There is no cost involved to parents.

Parents are free to accept or decline the programme. Additional links to information and support are provided if required.

A waiting list may apply.

