

Parents and their children are asked to return a copy of their 1 Change Promise to:

Nicola Harvey,
Tusla,
Floor 1 County Clinic, St. Conal's,
Letterkenny
Co. Donegal
email: Nicolac.harvey@tusla.ie

Return by Friday 27th January 2017 to be entered in a free draw for family friendly prizes including trips to the cinema, passes to Leisure Centre, book tokens, etc.

Change Promise

We promise to Make 1 Change in 2017 by

Family Name:

Address:

Mobile / Telephone Number

Making one small change can have a domino effect and help to build a strong healthy family.



I am only one, but I am one. I cannot do everything, but I can do something. I will not let what I cannot do interfere with what I can do.

Edward Everett Hale

www.parenthubdonegal.ie

www.facebook.com/Parenthubdonegal



one SMALL
CHANGE
can MAKE a
BIG
difference



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The Make One Change Campaign is aimed at all parents across Donegal. The ParentHub is asking parents to think about things that could make family life better for ourselves and those we love. Together with your family decide on one change you could make for 2017. Check out our key messages and ideas for inspiration.



HELP US, HELP YOU!

The Parent Hub recently launched www.parenthubdonegal.ie. The idea behind the website is to have a single information point where you can find out everything about parent and family services and events that are happening across Donegal as well as information about parenting. To make sure this information is what parents and families need we are asking for your help. If you could please take a minute to answer the questions below and return by post with your Change Promise to:- Nicola Harvey, Parent Hub, County Clinic, St Conal's, Letterkenny, Co. Donegal or go to www.facebook.com/Parenthubdonegal for the link to the same questions. Thank you for taking the time and helping us to help you.

What are the 3 areas you want information or help with as a Parent?

Anything you would like to add:

Please tick the appropriate age categories for your Child or Children:

Pre Birth 0-5 Years 6-12 Years
 13-17 Years 18-24 Years

Parent/ Child Relationship is Key

Doing some of the following activities together daily will help you to develop a good relationship with your child:

- Reading
- Play
- Go for walks
- Talk together
- Listen and make music together

Positive Parenting Works

- Be consistent and avoid idle threats
- Reward desirable behaviour
- Be genuinely interested in what your child is saying, doing, thinking and feeling
- Provide Structure
- Be Positive
- Be Specific

Buy Well, Be Well, Eat Well

- Sit down together as a family to eat
- Let your child help you prepare meals
- Avoid fast food and food high in sugar and fats
- Make exercise fun and join in
- Limit Treats/ Don't use as rewards
- Offer water instead of fizzy drinks

