



The Parent Hub Donegal will launch the 2017 “Make One Change Campaign” later this week. Schools in Donegal will be sent information about this year’s campaign and leaflets will be available in local Family Resource Centres across the county as well as online on www.parenthubdonegal.ie and www.facebook.com/Parenthubdonegal

This is the fourth year of the Campaign and over the years it has gone from strength to strength. The Make One Change Campaign challenges families to make a New Year’s Resolution that improves family life. Changes made by families in the past include families committing to eat a meal together, going for regular walks together, having family film nights, games nights or going out on day trips. Some families committed to trying to manage stress at home differently by shouting less or taking time out.

Each year all those who send in their agreed change are entered into a free draw with family friendly prizes galore that have been donated by businesses across the county.

The Make One Change leaflet also features Key Messages for Parents as well as a section “Help Us Help You”. The three Key Messages being promoted are taken from seven general messages for all parents that are being endorsed through <http://www.tusla.ie/parenting-24-seven>. The messages focused in this campaign are “The Parent Child Relationship is Key”, “Positive Parenting Works” and “Buy Well, Eat Well Be Well”. The Parent Hub will be promoting other Key messages throughout 2017.

Earlier this year the Parent Hub launched its Website and the Hub are now very interested to find out from parents in Donegal what information and help they feel they need access to in order to support them on their parenting journey. Parents are asked to fill in what they would see as the three priority areas about which they need information and help. While Donegal parents face many of the same issues as parents across Ireland there are some issues that are particular to living in a rural area and the Parent Hub want to hear voices of local parents so that we have a clear understanding of the challenges they face and also to ensure the Parent Hub Website can be tailored to meet the needs of parents in Donegal.

All Make One Change leaflets can be returned to Nicola Harvey, County Clinic, St. Conal’s Letterkenny or parents can email their change for 2017 as well as the three priority areas to Nicolac.harvey@tusla.ie. Closing date is 27th January 2017.

So come on Donegal...Commit to Make One Change!

For further comments Contact Parent Hub Donegal partners:- Patricia Lee, ParentStop at 0879880476 Or Mary Walker Callaghan, Lifestart Services at 0876791898