

ABOUT US

The Parent Hub, Donegal was set up in 2013 by the Donegal Children's Services Committee to look at Parent Support Needs in County Donegal. The Hub is made up of different Community and Statutory Services who are involved in supporting parents in Donegal at different levels, including Parentstop, Lifestart Services, Families Matter, Springboard, Family Resource Centers, the Teen Parenting Support Programme, Ante Natal Services, Public Health Nursing Service, Child and Family Agency and the Home School Liaison Service.

The Hub, through our experience in working in Parent / Family Support, has looked to identify the needs that exist in Donegal around Parenting Support and Education. One of the areas that came to the fore was the difficulty for parents in Donegal in accessing information about what services are there to support them and their families. It was, with this in mind, agreed that there was the need for a "One Stop Shop" online service to provide information to parents in Donegal where they could find out about services and get information and advice around parenting issues.

The Hub also promotes the accessibility of Parenting Programmes to all parents in Donegal. High quality group programmes can provide parents with helpful advice and guidance around different strategies to aid them through what sometimes can be a challenging time in their lives. Parents who have attended programmes in the past often highlight the support they have felt from talking with other parents in the group and we believe that this support should be available no matter where you live in Donegal. We have launched a Parent Support Initiative which involves training facilitators throughout the county to deliver a variety of evidenced based / evidenced informed programmes in the coming years. These programmes will be held in the community and will be advertised through this site as well as at local level.

Parenting is an extremely rewarding role, however we know that for us all, there are times when we will be challenged as parents. We hope through the website and by increasing access to programmes at local level, we can help parents secure the supports they need when faced with these challenges.



ag obair le chéile working together
DO LEANAÍ FOR CHILDREN
Coiste Seirbhíse Leanaí Dhúin na nGall Donegal Children's Services Committee

For more information please contact:

Nicola Harvey
nicolac.harvey@tusla.ie

ag obair le chéile working together
DO LEANAÍ FOR CHILDREN
Coiste Seirbhíse Leanaí Dhúin na nGall Donegal Children's Services Committee

Parent INFORMATION FAIR

On All Things Parenting
from Birth to Adolescents

At The
Central Library
Letterkenny
Thursday 13th November

10 am to 4 pm

There will be short talks
information stands
and spot prizes
PLUS LOTS MORE

SLEEP

PARENTS
HEALTH &
WELLBEING

ADHD

ADD

HEALTHY
NUTRITION

Parent Hub
DONEGAL
your online resource for all things parenting

ADOLESCENT
MENTAL
HEALTH

SHORT TALKS SCHEDULE

10:15 - 10:45 SLEEP DIFFICULTIES IN CHILDREN Denise Gillespie

Pre-School Childrens Behaviour Support Clinic

Denise Gillespie, Advanced Nurse Practitioner, will give a presentation on common sleep difficulties in children and their impact on families.

She will be covering: Bedtime schedules, Bedtime routine, Environmental conditions of the bedroom, Daytime behaviour & habits.

Q & A after the formal presentation.

11:15 -12:15 BREASTFEEDING PHN TBC WEANING PHN TBC HEALTHY NUTRITION FOR CHILDREN Breastfeeding: Teresa Daly Weaning: Maureen Long Nutrition: Donnacha Gallagher

Teresa is a Public Health Nurse in St Johnston with 5 years experience in Public Health Nursing and a background in Mid Wifery. Teresa runs the breast feeding support group in St. Johnston.

Maureen is a Public Health Nurse since 2003 with a background in Midwifery. Maureen currently covers the rural Ballybofey area.

Donnacha is the Coordinator of the MEET (Motivate, Educate & Exercise Together) Project in Donegal and HELP (Healthy Eating Lifestyles Programme) in Northern Ireland. The MEET project aims to tackle childhood obesity through the provision of community based family centred programmes.

12:15 - 13:15 PARENT WELL-BEING - MINDING YOU WHEN MINDING OTHERS Helen Kelly

Helen Kelly works as Parent Support Coordinator with Parentstop. Helen supports parents on a one-to-one basis and also through facilitation, information talks and Summer Courses

13:45 - 14:15 SUPPORTING SPEECH AND LANGUAGE DEVELOPMENT IN YOUR CHILD Denise Duggan

Denise Duggan, Speech and Language Therapy Service, Donegal has over 20 years experience working as a Speech & Language Therapist in Community & Disability services.

14:30 - 15:00 SUPPORTING THE CHILD WITH ADHD / ADD Dr Tariq & Bernie Walsh

Child and Adolescent Mental Health Service in Donegal

Dr Tariq is the Senior Registrar (Psychiatry) with the Child and Adolescent Mental Health Service in Donegal working with children and adolescents over the past 4 years.

Bernie Walsh is the Senior Clinical Psychologist with the Child and Adolescent Mental Health Service in Donegal working with children and adolescents for the past 20 years.

Both Clinicians cover mental health difficulties and psychological problems in children and young people.

15:15 - 15:45 SUPPORTING POSITIVE MENTAL HEALTH IN ADOLESCENTS Sean McGrory

Project Manager, Jigsaw

Sean McGrory is the Project Manager with Jigsaw, Donegal, a free and confidential support service for young people aged 15 – 25.

Sean has 12 years experience working with young people in various community and statutory settings.

INFORMATION STANDS

There will be plenty of information and support on the day by way of information stands.

Parents will have the opportunity to wonder around the stands between talks. These will provide information on Parent Support from many organisations in Donegal and will include:

ParentStop

LifeStart

Child & Adolescent Mental Health

Family Resource Centres

Jigsaw

Springboard

Families Matter

Foroige

Child & Family Services
Ante-natal Classes

School Immunisations

Child Accident Prevention

HALFORDS CHILD CAR SEAT DEMONSTRATION

Halfords will be available on the day demonstrating car seat safety during the intervals.