

Please complete and return to:

**Bairbre Cahill,**  
PPFS County Clinic, Kilmacrennan  
Road, Letterkenny, Co. Donegal.

Or look at our Facebook page for the online link  
to register. Every family that registers before  
Thursday 31st Jan 2019 will be entered into a draw  
for some great prizes.

## Change Promise

We promise to Make 1 Change in 2019 by

Family Name:

Address:

Email:

Mobile / Telephone Number

We would like to keep your details so that we can  
contact you with information about events and  
courses and to tell you if you win a prize. Please tick  
the box if you **DO NOT WANT** us to do that. ☐

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

*"By committing to spend time together to do something  
active, our family got its weekend back! We took part in  
events every Saturday morning and found that the lie-ins  
disappeared but the quality time and chatting between  
the six of us improved our family life immensely."*



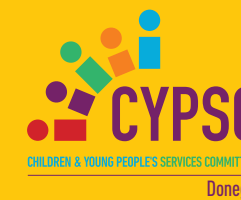
*"We tried to be more active. My girls are 7 & 8.  
We started off by walking to our local shop and back, so  
about 1.5km. Then at the weekend we would try to go  
somewhere local and scenic and make the walk fun while  
enjoying our local sights."*



[www.parenthubdonegal.ie](http://www.parenthubdonegal.ie)  
[www.facebook.com/Parenthubdonegal](https://www.facebook.com/Parenthubdonegal)

This Brochure was funded by

**TUSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



one SMALL  
CHANGE  
can MAKE a  
**BIG**  
difference



The Make One Change Campaign is aimed at all parents across Donegal. What small change could make a big difference to your family life? Check out our key messages for ideas.

Register before 31st Jan by filling in this form or on line through our Facebook page ParentHub Donegal and you could be in line to win a prize!

"Thanks to Parent Hub we won a family night away 'glamping' (that's glamorous camping!) We had a fab time... went for walks, played in the playground. I played tennis, something I hadn't done for years and the kids were surprised that I could play tennis!! Cooked burgers on the BBQ, sang old Irish songs around the camp fire while toasting marshmallows on the fire, met new families from Belfast. We talked and had some great laughs and made memories and most of all spent precious family time together in the great outdoors and not a device in sight except the phone used to take a few pics... always need the pics for the memories... we have now booked to go again". Marie



In the 2018 Make 1 Change campaign, parents told us they needed support with:

- Technology and social media
- Mental Health and well being
- Healthy eating
- Parenting teens
- Improving communication

We have used the [ParentHubDonegal.ie](http://ParentHubDonegal.ie) website, Facebook and Twitter as well as local media to provide information on these topics. We have also run Parents Plus parenting programmes and other events around the County.

Tell us what areas of parenting you want support with this year.

What area/areas do you want information or help with as a parent?

Anything else you want to say to us?

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 ☐

## 2019 Key Messages

**Name it and tame it:** To help our children deal with their emotions we, as parents, have to be aware of our own emotions.

Taking time out to get in touch with how we are feeling is an important part of our self-care and makes it easier for us to be positive parents.

**Fathers matter:** Children do better when their father (or another good, male role-model) is involved in their life. Dads:

Talk to your child, read to them, play with them.

Spend time with your child showing interest in their interests.

Have clear boundaries. Deal positively with challenging behaviour.

**Family life can be challenging.** Families with a child who has additional needs may face additional challenges. Remember in order to ensure best outcomes:

Early identification and intervention are key.

A partnership approach between family and services works best.

The whole family including brothers, sisters and parents may benefit from additional supports.

