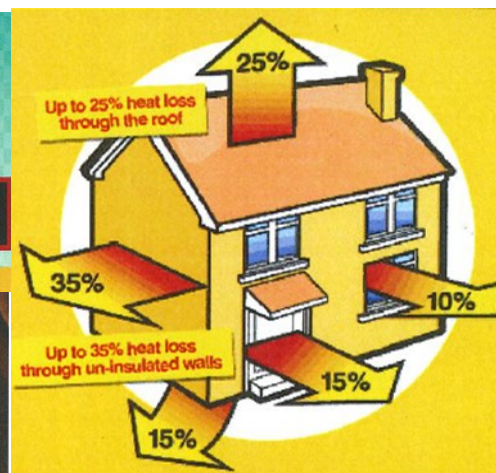


WARMER HOMES SCHEME FREE HOME INSULATION



- The winter Fuel Allowance
- Working Family Payment or Family Income support (FIS)
- Domiciliary Care Allowance (DCA)
- Carers Allowance and live with the person you are caring for*

Attic and Cavity Wall Insulation are available to you **FREE** of charge if you own your own home that was built **before 2006** and you are in receipt of **one** of the following:



If you would like more information or an application form please contact:

Terence Gallagher on (086) 3192721 Letterkenny



Are you 14 to 24? Not in full time education or employment?

YOUTHSCAPE might be for you....
YOUTHSCAPE is a cross border community programme that is young person centred.

YOUTHSCAPE supports people from all backgrounds to build confidence, promote employability and develop cross community relationship. This programme consists of 3 days per week and will focus on Personal development, Good relations and Citizenship. This is an OCN level 1 accredited course. Trips are included in the course and there is also support available for travel and childcare. If you would like to enhance your skills or find out more about what your career options could be Who can apply?

- Anyone between the ages of 14 – 24 years old
- Anyone not in full-time education, employment, training or Steps to Work

Anyone interested in trying something new this course is for you !

If you or anyone you know are interested in this or finding out more please contact Bernie or Jackie on 0852578223



**Parent Hub
DONEGAL**

your online resource for all things parenting

**Newsletter
Winter 2019**

IT TAKES A **HERO** TO BE THE **BAD GUY**

As a parent, do you find it hard to say 'No' to your children when they ask for treats like crisps, biscuits and sweets? The new SafeFood campaign 'It takes a hero' aims to give parents the knowledge and the confidence to be able to say 'No' and so improve the daily diet of children here.

Dr Marian O'Reilly, Chief Specialist in Nutrition, **safefood** said:

"On average, foods that are high in fat, sugar and salt – treat foods – now make up about a fifth of what our children eat and have gone from an 'occasional food' to an everyday food. The short-term impact of this is that children don't get all the nutrients they need for growth and development such as iron and calcium. These foods are also linked in the short-term with poor dental health and in the long-term with many chronic conditions. We struggle to avoid these treat foods every day because they are available everywhere, highly palatable, cheap and frequently on special offer. We also know from our own previous research[iii] that one third of foods on promotion are high in fat, sugar and salt."

Sarah O' Brien, HSE national lead on the START campaign continued: "What we hear from parents in this research is that unhealthy treat foods are everywhere, every day. We can give parents tips and skills to help them deal with 'saying no' and cope with the pushback they are likely to see from children when they introduce changes. We also have to recognise that it's sometimes easier for a parent to give in to the treat when they themselves are too tired to 'say no' or prepare a healthier option. It's not easy, but taking small steps will make improvements over time that will start children on the way to a healthier life."

Peadar Maxwell, Psychologist with the HSE added: "Parents have so much power to influence their children's health and snacking habits. Practical steps include having less treats available in your home and offering healthier snacks makes it so much easier to bridge that gap between wanting to be a hero and feeling we have to give in. Shifting rewards for good behaviour from food treats to praise, a hug or a game, and giving attention to our children when they chose healthy snacks, all help too. It never helps when we beat ourselves up, so if you do give in, don't despair. Instead, reflect on what happened and decide what you can change for the next time. It's really important to stay positive and if treats are a long-term habit, it may require patience for healthy snacking to become the norm."

The START campaign aims to support parents in getting small daily wins in achieving a healthy diet and lifestyle for their child. Parents can find ten tips for reducing treats and more support and practical tools to reduce treats including videos and advice on how to make a healthy, positive start on the START campaign website www.makeastart.ie



Managing Anxiety in Children

Dr. Elizabeth McQuaid, Senior Clinical Psychologist, Donegal Psychology Department

Anxiety is a normal part of being human and can occur in adults and children. Some level of anxiety is perfectly normal and can actually help us to try new things or to perform better at activities. Anxiety is considered to be a problem when the level of anxiety is out of proportion to the stressful situation or when the feeling of anxiety continues after a stressful situation is over. It is also considered to be outside of the typical range if it appears for no apparent reason or if it significantly affects a child's quality of life.

Symptoms of anxiety in children include frequent tummy aches or headaches, excessive shyness, difficulty taking part in activities and wanting to avoid situations. Anxiety may also make it difficult for children to be away from their caregivers and they may be clingy, cry or have tantrums on separation.

Parenting an anxious child can be really tough as caregivers are often unsure what to do or say. There are a few key points to remember when children are anxious:

- ♦ Anxiety in children is experienced by them as very real. It is not 'attention seeking' or 'bad behaviour'.
- ♦ Anxiety can be even harder for children to deal with because their brains are still developing and they don't, as yet, have the words or problem solving skills to cope.
- ♦ It is important that we don't dismiss children's worries or tell them that they're being silly.
- ♦ It's important that they can talk to those they love about what is bothering them.
- ♦ Relaxation, mindfulness & yoga for children have been shown by research to help anxiety. Groups are available locally.
- ♦ Boosting confidence by encouraging children to participate in other activities that they can do well can also help. Martial arts, scouting groups, music, art classes and non-team sports may be easier for the anxious child.
- ♦ It is important for caregivers to manage their own stress levels. If we are stressed, our children will also be stressed. It is important that children get to spend quality, fun time with the people they love. Stress management groups for adults are run, free of charge, locally by the HSE and are available to all.
- ♦ Many great books have been written on helping children cope with anxiety. The names of some of these can be found on the Parent Hub website <https://parenthubdonegal.ie/> and many are available in the local library.



A difficult time for Parenting Support in Donegal

Parentstop CLG ceased operating at the end of November. The Parentstop service has been an invaluable service for parents in Donegal over the past 15 years. The experienced staff group supported many families through difficult times and made parenting a little bit more manageable for many parents across the county. Parentstop were a key partner in the Parent Hub and were the fiscal partners supporting the Parent Hub Coordinator role. Funding for the Parent Hub Coordinator has also come to an end and the post will be winding up in the coming weeks. The post had been funded under Parental Participation Seed Funding through Tusla and despite efforts to secure ongoing funding this has not materialised. The remaining Parent Hub members will be meeting up in the New Year to look at how the work of the Parent Hub will be sustained in the absence of a Coordinator. We are eager as a group to try to keep some aspects of the work, undertaken by the Coordinator, ongoing into the future and will keep you updated through the Facebook Page.

There is some light at the end of the tunnel for Parent Support in the county in 2020 following a meeting in late November between Parentstop management, Tusla Officials, a number of Donegal Politicians and the Minister for Children and Youth Affairs and the Minister for Education. It is hoped that a new Parenting Support entity will be the result in 2020.

The Parent Hub would like to take this opportunity to thank the Manager of Parentstop, Patricia, and Staff members Gertrude, Sarah and Julie for all their dedication, collaboration and support down through the years and wish them all the best in the future. We would also like to thank Bairbre, the Parent Hub Coordinator for her commitment to the Parent Hub over the past two and a half years and for the wonderful work she has done in building up the profile of the Hub, organising Parents Programmes and keeping the Website and Facebook Page up to date. Many Thanks from the Parent Hub Donegal Partners



Make One
Change prize
giving celebrations

International
Parents' Day
celebrations



As the Coordinator of Parent Hub Donegal I would like to express my gratitude to all those who facilitated parenting programmes over the past year and all the services who released staff so that they could do so. We know that these programmes have made a really important difference in the lives of many families. Bairbre Cahill

Go raibh maith agaibh



Facilitators have been trained in all the Parents Plus programmes and the Lifestart Spirals programme