



# Health & Wellbeing for your Child and Young Person

All the guidance and supports  
available in your local area



Dear Parent/ Guardian,

Welcome to the HSE parent guide to Health&Wellbeing for your Child for Cavan, Donegal, Leitrim, Monaghan and Sligo.

Wellbeing is central to a child's health and their overall happiness. There are many factors which can affect a child's health and wellbeing from nutrition to social and emotional factors and it is these factors that can have a lasting impact on children.

Health & Wellbeing for children includes physical wellbeing, growing and development and emotional wellbeing. As a parent there's lots you can do to help your child be healthy and happy. We all know sometimes parenting can be challenging.

To help you, the HSE has developed this E booklet. It contains useful resources and supports that you, as a parent, can use to help your child be happy and healthy.

Many of the supports within this E Booklet are available within your local area. We hope you enjoy exploring all this booklet has to offer and you find it useful to having a healthy family life.

*Please note; The information contained within this booklet may not apply to some medical conditions and should not replace any advice provided to you by your health professional*

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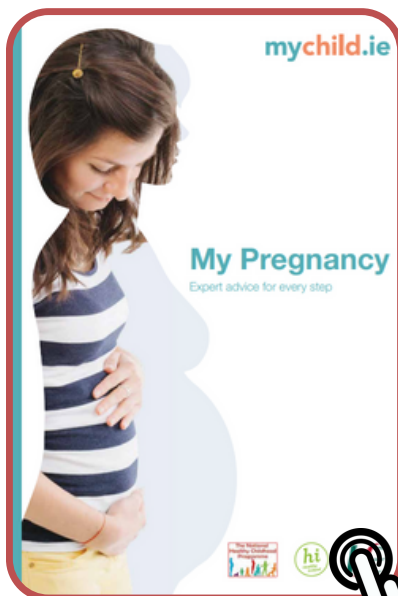
# Important Website and Links

# mychild.ie

Expert advice for every step of pregnancy, baby and toddler health



Click on any image below to access and download the resources







**mychild.ie**

**Click play below to see HSE mychild  
playlist to useful short videos on all  
things pregnancy and child health**



# Parenting Websites where you can find useful advice and supports

## Local Parenting Hubs

Click on any image below to access



# Safety for your Baby and Toddler

Safe sleep  
for your baby -  
reduce the risk of  
cot death

Key Points



[Child Safety Check list](#)



[Traveller Child Safety Check list](#)



[Child Safety Wall chart and basic  
first aid](#)



If you think your child  
has been poisoned, call the  
Public Poisons Line  
**(01) 809 2166**  
8am-10pm every day



[Click here for poison prevention tips](#)

# Breastfeeding Support Groups



Ask our  
Breastfeeding  
Expert



**HSE**  
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Breastfeeding Support in Cavan,  
Monaghan, Longford & Leitrim**

**Useful sources of Information**  
Ask our Breastfeeding expert  
[www2.hse.ie/services/ask-our-breastfeeding-expert](http://www2.hse.ie/services/ask-our-breastfeeding-expert)  
Extended Breastfeeding in Ireland  
[www.facebook.com/groups/extendedbreastfeedinginireland/](https://www.facebook.com/groups/extendedbreastfeedinginireland/)  
[Mychild.ie](http://Mychild.ie)  
Your guide to pregnancy, baby and toddler health  
<https://www2.hse.ie/my-child>



**HSE**

**Breastfeeding  
Support Groups  
in Donegal**

|             |  |
|-------------|--|
| Letterkenny | Fridays 10-12 Pastoral Care Centre P204P66<br>Mary McFeely 087 7449552                             |
| Stranorlar  | Tuesdays 10-12 Family Resource Centre P206T28<br>Phyllis Stranorlar 074 9131920                    |
| Stranorlar  | Thursdays 10-12 The Water Tea Room,<br>Janis La Leche League 098 070502                            |
| Downings    | 1st and 3rd Wednesday Navagh Resource Centre P20RX3C<br>074 9125555 Phyllis Eileen Duggan          |
| Dunfahugh   | Tuesdays 10-12 Family Resource Centre P22VY13<br>074 9125548<br>Phyllis Lachlan Temple             |
| Buncrana    | Thursdays 10-12 Buncrana RCC P20E12W<br>074 9898832<br>Phyllis Eileen McDermott/Denise Friel       |
| Buncrana    | 2nd Monday of each month Buncrana Library P20VY88<br>Eileen Quigley, Cuddy Counselling 087 7490249 |
| Camnagh     | Wednesdays 10-12 Sport Ára Stíobh P20HY07<br>074 9373305<br>Phyllis Anna McLaughlin / Mary McFeely |

**hi mychild.ie** **Saolta** **Cúaidh** **CLANN SLÁNTE FORAS**



**HSE**

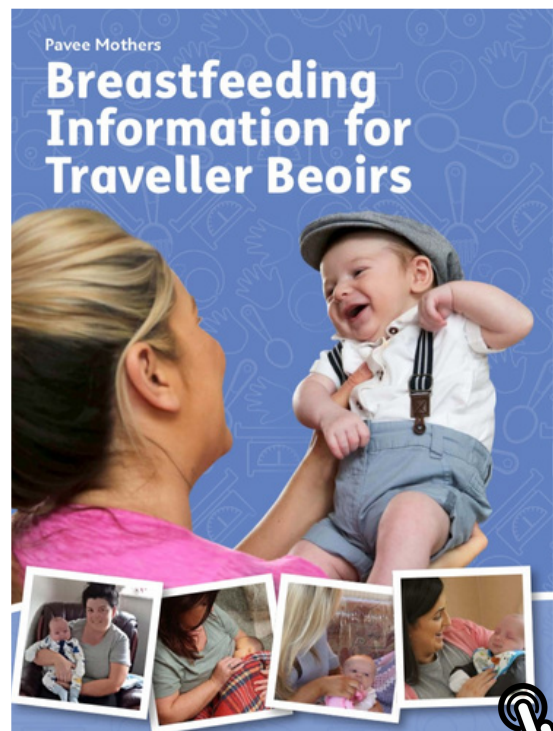
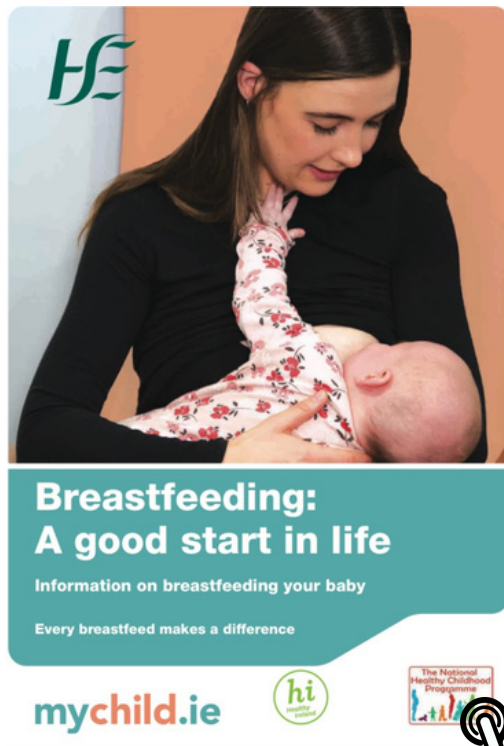
**Breastfeeding Support  
Sligo Leitrim West Cavan South Donegal**

| Antenatal Breastfeeding Preparation Class       | Book your place when attending your HSE antenatal education class<br>Email: <a href="mailto:maria.kennedy@hse.ie">maria.kennedy@hse.ie</a>                             |
|---|--|
| Sligo town and surrounding areas                | Sligo Family Resource Centre P21 XRSB<br>Breastfeeding Support 1st and 3rd Thursday of every month<br>10.00am-11.30am<br>Contact Liz King 087 5143640                  |
| Ballymote and surrounding areas                 | Ballymote Family Resource Centre P26 R332<br>2nd and 4th Thursday of every month<br>10.00am-11.30am<br>Phone 071 91 91913  |
| South Donegal<br>Ballyshannon                   | Level 2 An Cloicheir, Ballyshannon FM 10X<br>2nd and 4th Wednesday of every month<br>11am-12.30pm<br>Led by Public Health Nurses<br>No booking necessary - All welcome |
| Leitrim<br>Carrick on Shannon                   | Primary Care Centre Carrick on Shannon N61 E2C9<br>Tuesdays 10.30am-11.30am<br>Michelle Coyne 087 6962955  |
| Leitrim<br>Muhill                               | Friends of Breastfeeding<br>Muhill Library, Castle St N61 H29<br>1st and 3rd Wednesday and 1st Saturday of every month<br>10.00am<br>Contact Cara Bohan 087 6212096    |
| Leitrim<br>Ballymore                            | Ballymore Breastfeeding Support<br>The Island Theatre, Ballymore<br>2nd and 4th Monday of every month 10.00am<br>No booking necessary - All welcome                    |
| Boyle   | Boyle Breastfeeding Support<br>Last Friday of every month<br>Boyle Family Resource Centre 10am-11.30am<br>Heather Rose 085 8771595                                     |
| Infant Feeding Specialist Lactation Consultants | Sligo University Hospital Lymra Cunningham 087 180294<br>Community Practice Carrol 071 9331864   |
| Online National Supports                        | Ask our Breastfeeding Expert for online or live chat support<br>Visit <a href="http://www.mychild.ie">www.mychild.ie</a>   |

**hi mychild.ie**



# Other Breastfeeding Resources



## Breastfeeding Resources In Other Languages





# Other Breastfeeding Resources

[MY CHILD -  
Positioning](#) 

[My Child -  
Engorgment](#) 

[My Child  
How to  
Express](#) 



# We're Breastfeeding Friendly Initiative



**We're Breastfeeding Friendly is an initiative focusing on publicly accessible buildings and services in counties Sligo, Leitrim & Monaghan.**

**By signing up to 'We're Breastfeeding Friendly', private, community and statutory organisations can show they welcome and support breastfeeding mothers and families by some easy and no-cost actions.**

**When mothers see this sign displayed on the door/window – they know that this business / organisation has signed up to the initiative.**

**This initiative will be available in Donegal and Cavan soon.**

**LEARN MORE**



# Childhood Immunisations

[Your child was born before 1st October 2024](#)

[Your child was born on or after 1st October 2024](#)

**Primary Childhood Immunisation Schedule**  
Babies born on or after 1 October 2016

| Age  | Vaccination   |
|--|---|
| 2 months   | <b>Visit 1</b> 6 in 1+PCV+MenB+Rotavirus<br>3 Injections+Oral Drops |
| 4 months   | <b>Visit 2</b> 6 in 1+MenB+Rotavirus<br>2 Injections+Oral Drops     |
| 6 months   | <b>Visit 3</b> 6 in 1+PCV+MenC<br>3 Injections                      |
| No Rotavirus vaccine on or after 6 months 0 days |   |
| 12 months  | <b>Visit 4</b> MMR+MenB<br>2 Injections                             |
| 13 months  | <b>Visit 5</b> Hib/MenC+PCV<br>2 Injections                         |

Remember to give your baby 2 doses of Rotavirus vaccine on or after the 2 and 4 month visits.  
1. Give 2.5 ml (50 mg) liquid into a spoon at the time of the 2nd visit or shortly after.  
2. Give a second dose of 2.5 ml (50 mg) 4 to 6 weeks after the first dose.  
3. Give a third dose of 2.5 ml (50 mg) 3 to 6 weeks after the second dose.

Remember five visits to your GP (doctor) [www.immunisation.ie](http://www.immunisation.ie)

**Protect your baby with vaccines**  
Babies born on or after 1 October 2024

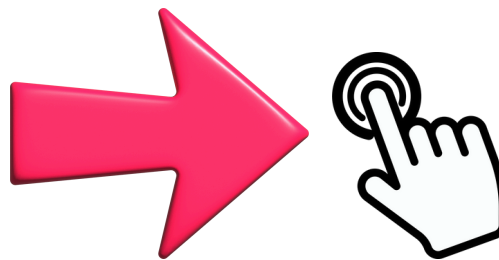
|  |   |
|--|---|
| 2 months   | <b>Visit 1</b> 6 in 1+PCV+MenB+Rotavirus<br>3 Injections+Oral Drops |
| 4 months   | <b>Visit 2</b> 6 in 1+MenB+Rotavirus<br>2 Injections+Oral Drops     |
| 6 months   | <b>Visit 3</b> 6 in 1+PCV<br>2 Injections                           |
| No Rotavirus vaccine on or after 6 months 0 days |   |
| 12 months  | <b>Visit 4</b> MMR+MenB+Chickenpox<br>3 Injections                  |
| 13 months  | <b>Visit 5</b> 6 in 1+MenC+PCV<br>3 Injections                      |

Remember to give your baby 3 doses of your infant pertussis and after the 2 and 4 month visits.

Remember five visits to your GP (doctor) [www.immunisation.ie](http://www.immunisation.ie)



[Click to show how immunisations are important in preventing diseases in our children](#)



# Tips to support you and your newborn in the early days

**Soothing your baby when they cry**



**Helping your baby with their emotions**



**Settling baby for sleep**





# Nurturing the relationship with your baby

**Responding to  
baby cues**



**Developing your  
relationship  
with your  
baby**



**Bonding with  
your baby**



**Connecting and  
communicating  
with  
your baby**





# Supporting your child's development

**Telling  
stories  
with  
children**



**Following  
child's  
lead in  
play**



**Settling  
into  
childcare**



# Thinking about introducing family foods to your baby?

Click on your local area to get information on workshops on Introducing Family Foods to your Baby run by HSE Public Health Nurses and Dietitians

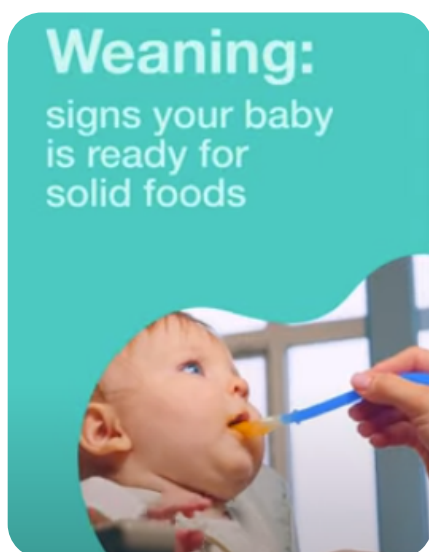
Cavan / Monaghan  
online workshop



Sligo, Leitrim  
West Cavan,  
South Donegal  
face to face  
workshop



Donegal online  
workshop



Weaning and  
healthy eating



**WATCH NOW**

# #TalkAboutFood



**Click the image to see the  
#TalkAboutFood campaign**

## What we want people to do - #TalkAboutFood

- Be aware of the food that surrounds us – our food environment.
- Recognise how the food environment influences our food and health choices.
- Learn about how the food environment is harmful to our health and children's.
- Start talking to others about the food that surrounds us.
- Know that some work is already happening but think about what else needs to be done.

**[Click here for the main  
#TalkAboutFood campaign video](#)**

# Active Play Every Day

Click on the image below to  
access and download the resources





# Healthy Food Made Easy



## COOKERY SKILLS

This programme is a group cookery and nutrition course that helps people learn how to eat healthier, plan on a budget and make simple nutritious meals. The 6 session X 2.5 hour's course content is based on the most up-to-date healthy eating guidelines.

## Healthy Food Made Easy

HFME aims to (1) Encourage healthy eating (2) Improve knowledge of nutrition when preparing meals at home (3) Assist when buying food on a tight budget and understanding of food labels. A dietitian will attend for 1 hour during the course to address specific questions.



LEARN MORE



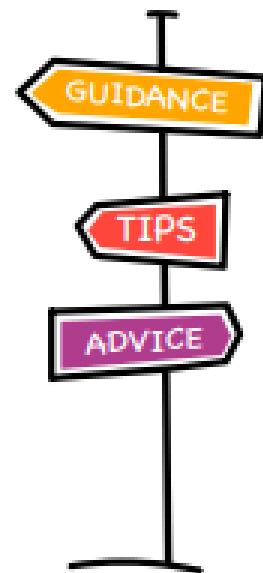
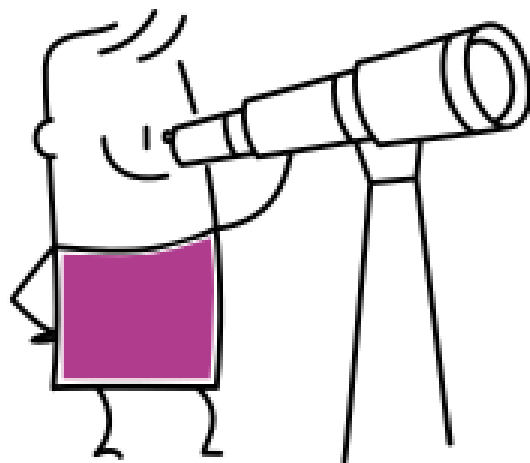


# Talking to your child about health and weight



## Talking to your child about health and weight

A guide for parents and caregivers of children



# Additional parent resources – click on the icons

# mychild.ie

Expert advice for every step of  
pregnancy, baby and toddler health



Good bed time routine



Healthy routine start  
with sleep



Screen time



**Please click the icon to  
gain access to websites**



Keeping your  
kids active



Healthy  
Lunchboxes



Fussy eater



Suitable drinks  
for kids



# Additional parent resources

Click on the image below to  
gain access the websites

## Physical Activity Fun games to play with your child



## Healthy Eating

Healthy eating for  
1 to 4 yr olds

Sample meal plans  
for children 1-4 yrs



# Parenting Platform - A one stop destination for happy, healthy children

## Using the Platform



*Search*

**The Parenting Platform**  
*on YouTube*

*Or*

*Follow the link*

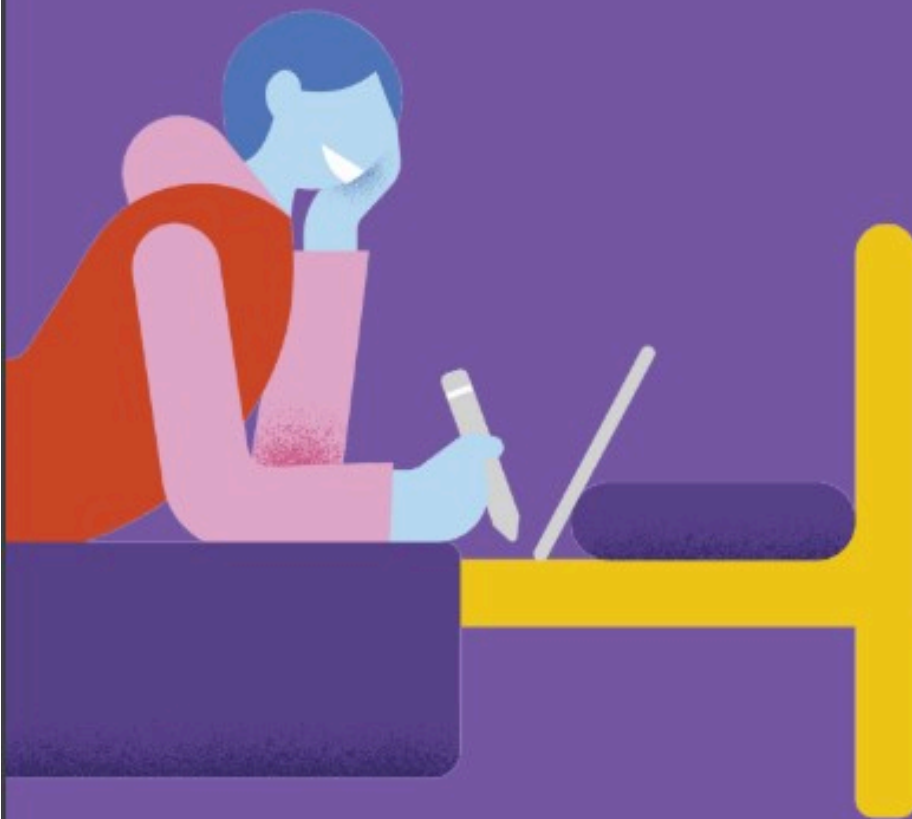
[www.youtube.com/@theparentingplatform](https://www.youtube.com/@theparentingplatform)



# Support for an Anxious Child or Teen

## Supporting an Anxious Child or Teen

Guided Self-Care Digital Programmes  
Information for Parents

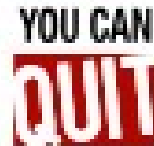


**childline**  
by ISPCC





# Vaping and e-cigarettes



## Vaping and e-cigarettes

A HSE information booklet for parents,  
guardians and young people



# Dental Hygiene

Click on the image below to  
access and download the resources

**0-2  
years old**

Strong teeth are a great start to your baby's overall health, helping them to eat well, speak well and have a bright smile.

From birth, taking care of your baby's gums and teeth will set them up with a healthy mouth for life.

As soon as a child's first tooth appears, they are at risk of tooth decay.



**DHF**  
Dental Health  
Foundation  
Ireland

[www.dentalhealth.ie](http://www.dentalhealth.ie) | [info@dentalhealth.ie](mailto:info@dentalhealth.ie)

**2-7  
years old**

Healthy habits last a lifetime.

Primary (baby) teeth hold the space for adult teeth to come. They play an important role in how your child learns to chew, talk, smile and boost self-confidence.



**DHF**  
Dental Health  
Foundation  
Ireland

[www.dentalhealth.ie](http://www.dentalhealth.ie) | [info@dentalhealth.ie](mailto:info@dentalhealth.ie)

Charity No. 6200

**8-12  
years old**

Your smile is amazing!

Your smile is one of the first things that people notice about you - here are some tips for great oral health to help prevent tooth decay, tooth wear and gum disease.



**DHF**  
Dental Health  
Foundation  
Ireland

[www.dentalhealth.ie](http://www.dentalhealth.ie) | [info@dentalhealth.ie](mailto:info@dentalhealth.ie)

Charity No. 6200

**13-17  
years old**

Everyone smiles in the same language!

Take control of your oral health and avoid problems like tooth decay, tooth wear, gum disease and bad breath with great oral hygiene and a healthy diet.



**DHF**  
Dental Health  
Foundation  
Ireland

[www.dentalhealth.ie](http://www.dentalhealth.ie) | [info@dentalhealth.ie](mailto:info@dentalhealth.ie)

Charity No. 6200



Updated Oct 2024



Produced by HSE Healthy Weight for Children Committee  
Cavan Donegal Leitrim Monaghan Sligo