

Parenting & Family Learning Working Group

The Kerry Children's Services Committee (KCSC) has established working groups to address issues which have a significant impact on the lives of children, young people and their families. The objective of the Parenting and Family Learning working group is to support the co-ordination and provision of parenting programmes for parents of children aged 0-18 years old across County Kerry. Membership of the Parenting and Family Learning working group includes: Kerry County Childcare Committee, HSE, South Kerry Development Partnership, North and East Kerry Development, Kerry Education Service, Family Resource Centre, IPPN.



Kerry Children's Services Committee

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Kerry Children's Services Committee



Parenting & Family Learning Services & Supports in Kerry



Information Brochure

Parenting Programmes in Kerry

Parenting Programmes provide opportunities to parents to improve their parenting and confidence in parenting and to positively support their children's social, behavioural and emotional development. The Parents Plus Programme, the Incredible Years Programme and the Strengthening Families Programme are available regularly to parents throughout the county.

Information on opportunities to participate in parenting programmes in Kerry is available on the Kerry County Childcare Website www.kerrycountychildcare.com or by contacting your local PHN, Kerry Education Service, Community Centre, Family Resource Centre or Local Development Company.

The Incredible Years 3-6 & 6-12 parenting programmes strengthen parents abilities and fosters parents' involvement in their children's school experiences in order to promote children's academic, social and emotional competencies and reduce conduct problems. The following 10 week programmes are being delivered via North & East Kerry Development Tralee and the Springboard project in Tralee:

- *Basic Parenting Programme*

There are two versions of the pre-school and school age basic parenting programmes programme, designed to allow the programmes to be delivered in both community and clinical settings.

- *Small Group Dina Programme Teacher*

Is designed to promote social competency development, peer development and pro social functioning, emotional regulation and problem solving in children.

- *Classroom Management Programme*

For teachers and pre-school staff.

- *School Readiness programme*

Is a parenting programme designed to promote children's school readiness.

Parents Plus Programmes

The 6—12 week Parents Plus Programmes are based on well-researched ideas about child development, and parent-child communication. The Parents Plus 'Early Years' Programme is ideal for parents who want to maximise their children's learning, language and social development, as well as reduce behaviour problems, while ensuring their children grow up happy and emotionally secure.

Early Years (1-6 years)

The course will cover the following topics:

- Being a responsive parent
- Encouraging and supporting children
- Promoting children's language and development
- Helping children concentrate and learn
- Building cooperation in Young Children
- Managing tantrums, misbehaviour and problems

Children (6-11 years)

The Parents Plus Programmes are practical and positive video-based parenting courses designed to support and empower parents to manage and solve discipline problems, to create satisfying and enjoyable family relationships and to help children and young people grow up and reach their full potential.

Adolescents (11-16 years)

This programme is for parents with teenagers between 11-16 years old. It considers how parents can connect and build good relationships with their teenage children while also being firm and influential in their lives.



The Strengthening Families Programme (SFP) is a 14-session family skills training programme for families. The Strengthening Families Programme is designed to allow parents and their children build new, healthy parent/teen communication skills that build up positive relationships with families.. The programme is delivered to families with children generally in the 10 to 17 age range.

Programme Delivery:

The SFP is delivered over 14 weeks where three classes are run:

- Parent skills training
- Teen skills training
- Family life skills training

All the groups are run by facilitators who have trained in SFP and have experience of working with children and families. The group meets for 2 1/2 hours once a week. Families will meet for the first half hour for a hot meal and socialise with group leaders and other members of the group. For the first hour families will separate into two groups: (1) Parents/Caregivers and (2) Teens. In the second hour, families will join together to discuss skills as a whole group.

