

LW CYPSC Family Wellness Initiative – Parenting Webinar Series – Additional Information & Resources

Meditations for your child and you:

Meditation for children by Louise Shanagher:

<https://www.youtube.com/watch?v=9CLMCraXBpk>

Loving Kindness **meditation for YOU the parent:**

<https://www.youtube.com/watch?v=mILRWPdQPKs>

Supports and Resources as mentioned by Gráinne Powell during the webinar series

<https://www.drugs.ie/> HSE Website

<https://www.healthpromotion.ie/> HSE Health Promotion Resources

https://www.esri.ie/system/files/publications/RS112_1.pdf TALKING ABOUT SEX AND SEXUAL

BEHAVIOUR OF YOUNG PEOPLE IN IRELAND November 2020

Treoir Federation of services for unmarried parents and their children

Tel: 01 670 0120, info@treoir.ie | www.treoir.ie

The Legal Aid Board Lo call: 0818 615 200, Tel: 066 947 1000, info@legalaidboard.ie | www.legalaidboard.ie

Free Legal Advice Centres Tel: 01 906 1010 | www.flac.ie

Safe Ireland National Freephone Helpline Tel: 1800 341 900

Supports/ Helplines/ Books/Resources:

As mentioned on the webinar series there are many supports available in the local community, please see links below regarding some of the supports available.

[Tusla Family Community Support – Prevention Partnership and Family Support](#)

[Tusla Child and Family Support Networks – Contact Details of CFSN Coordinators – 121 Networks in Ireland](#)

[Info regarding Meitheal - Early Intervention Model](#)

[Over 120 Family Resource Centres in Ireland – Interactive Map/ Contact details for each centre](#)

Parentline - Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Phone 01 873 3500

Barnardos - Barnardos Family Support Services are provided throughout Ireland in communities
Barnardos Parent Supportline – 1800 910 123 (Open to all parents)

Find your local Barnardos Service - <https://www.barnardos.ie/our-services/service-by-location>

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Longford Westmeath CYPSC Youth Forums – Don't Ban us, Understand Us video series:

[Let's Chat SnapChat](#)

[Cyberbullying](#)

[Investigating Instagram](#)

[Lets Talk Tik Tok](#)

[Finding Facebook](#)

[Let's Get Smart on Social Media](#)

Additional Book Recommendations/ Websites/ Resources which may be of interest:

The Whole-Brain Child : 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson

Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents by Eli R. Lebowitz

Love In, Love Out: A Compassionate Approach to Parenting Your Anxious Child by Dr Malie Coyne

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids Series) by Dawn Huebner

Outsmarting Worry (An Older Kid's Guide to Managing Anxiety) by Dawn Huebner

[New Authority Parenting Website](#) – Co-founded by Tara Kelly

Wellbeing and Mental Health Articles by Prof. John Sharry - [Mental Health – Welcome to SolutionTalk, John Sharry's Website | www.solutiontalk.ie](#)

[Parents Plus Website](#) – founded by Professor John Sharry

[Jigsaw](#) have resources on their website as well as online support service for 12 -25 year olds across Ireland.

This resource list has been collated based on discussions and recommendations made during the LW CYPSC Parenting Webinar Series November 2023 and is not exhaustive of all resources currently available. This list has been collated as a tool to assist parents. LW CYPSC are not affiliated with any of the resources being promoted in this document however our member organisations have found the resources contained within to be of value in their work with children and families.