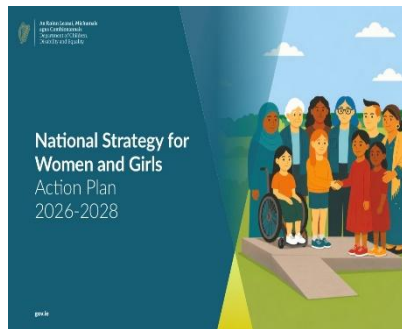


Information Bulletin – Autumn 2026



National Strategy for Women and Girls Action Plan 2026 – 2028: The Minister for Children, Disability and Equality Norma Foley - TD has recently announced the publication of the first Action Plan under the National Strategy for Women and Girls 2025 - 2030. Some of the commitments outlined in the Action Plan include:

- Introduce a Parents Leave Pay-Related Benefit.
- New training for early years educators and school-age childcare practitioners on equality of opportunity for girls in STEM-related activities.
- Further support initiatives to increase the number of women in local politics.

For further information please see [CLICK HERE](#) for press release



First 5 Annual Implementation Report 2025: The Minister for Children, Disability and Equality Norma Foley - TD has recently published the First 5 Annual Implementation Report 2025. First 5, the ten-year Whole-of-Government Strategy for Babies, Young Children and their Families set out an ambitious programme of work to improve services and supports to young children over the ten-year period between 2019 and 2028.

The [report](#) summarises recent progress in implementing First 5 last year.

Key achievements include:

- Two significant action plans for the early learning and care (ELC) and school-age childcare (SAC) sector were launched.
- The Building Blocks Extension scheme for ELC and SAC services commenced in 2025 with 50 projects selected for funding, for extensions to existing premises for both private and community services, and the purchase or construction of new premises for community services.
- Nutrition supports in ELC and SAC services were strengthened with the 2025 launch of the Bia Blasta (Delicious Food) pre-school nutrition programme, providing daily nutritious lunches in over 470 Equal Start targeted settings in disadvantaged areas.
- Work has also begun on developing a new, tailored version of the Access and Inclusion Model (AIM) for children aged 0–3 years in ELC settings.
- The Nurturing Skills Learner Fund continued to support early years educators and SAC practitioners to upskill through contributions to Level 7 and 8 ELC course fees, with over 700 applicants funded since its launch in 2024.
- Children and Young People's Services Committees (CYPSC) continued to play a key role in coordinating services, with the 2025 roll-out of an €81,000 Parenting Supports Awareness Fund across all 27 CYPSCs to promote local parenting supports.
- An increase of 33% (€25,000) to the Parents Peer Support Fund compared to 2024 with a total of €100,000 in funding available in 2025 to organisations working with parents and/or children and young people to facilitate the development of parent peer support projects.

For more information, including key achievements so far, the full press release can be found [HERE](#).



Career and Education Journeys of Care Experienced Young Adults Report 2026: The Care Experiences Programme is a research and data programme examining the lives of children and young people in care, and adults who were in care as children. In July 2026, a report on the career and education journeys of care experienced young adults, a research project undertaken by the Centre for Effective Services was published. A copy of the report is available for download [HERE](#). For further information regarding the Care Experiences Programme and additional publications please [CLICK HERE](#)

Information Bulletin – Autumn 2026



LW CYPSC Child, Youth & Family Events Padlet: The [LW CYPSC Events padlet](#) is now live. This Longford Westmeath local events calendar contains information regarding child, youth and parenting supports and events as well as online programmes and supports available for families. If you have a child/youth or parenting support programme or event coming up please forward details of same to cypscw@tusla.ie. Please submit your information as early as possible to ensure inclusion ahead of your event date. The events Padlet will be updated regularly, so keep an eye out for new events added each week.

Laois & Offaly Child & Youth Services website: Laois Offaly CYPSC [Open Up website](#) is a signposting website to child, youth and family services in Laois and Offaly.

This website can be used to share information across all the services that support children, young people and their families across the counties of Laois and Offaly. Programmes and events are updated regularly so check back regularly to see what is happening in your area.

Midlands Start from the Heart Parent Support: The Start from the Heart Parent Support programme introduces the latest research on neuroscience, brain development, attachment and the impact of childhood trauma. In a supportive environment it explores how stress, relationships and early experiences impacts throughout the parenting journey and share ideas and techniques that will help parents build their self-esteem, self-awareness and enhance their physical and mental health, thus in turn strengthening the parent- child relationship and journey.

Start from the Heart Parents Programme is delivered across Longford, Westmeath, Laois and Offaly and is supported by LW and LO CYPSC. Keep an eye on the [LW CYPSC Events Padlet](#) and the [LO CYPSC Open Up website](#) for upcoming programme dates. Details of programmes will also be shared on our social media platforms.

Midlands Non-Violent Resistance (NVR) Programme: Are you walking on eggshells around your child? NVR is a non-judgemental programme that helps re-build confidence in parents / carers. The [NVR programme](#) is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour.

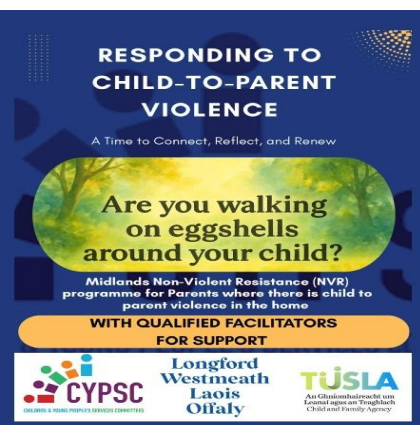
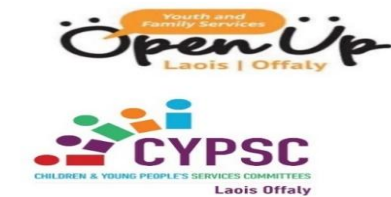
NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child. The NVR programme is delivered across Longford, Westmeath, Laois and Offaly. Keep an eye on the [LW CYPSC Events Padlet](#) and the [LO CYPSC Open Up website](#) for upcoming programme dates. Details of programmes will also be shared on our social media platforms.

LW CYPSC Healthy Ireland Fund Programme 2026: The LW CYPSC Healthy Ireland Funded Programmes for 2026, namely the Family Wellness and Our Voice Our Wellbeing youth programmes, will continue this Autumn across multiple venues in Longford and Westmeath.

A summary video about the programmes can be viewed [HERE](#).

Keep an eye on the [LW CYPSC Events Padlet](#) for details of upcoming workshops, details will also be shared on our social media platforms.

For further information please contact cypscw@tusla.ie



Information Bulletin – Autumn 2026



Laois Offaly Parents Hub: Parenting is one of the most rewarding and important jobs in the world. However we all know that it can be challenging sometimes.

As parents, we all need information or support at different times during our children's development. All parents are busy meeting the demands of everyday life with children and it can be difficult to know where to look or who to turn to for this advice and support. The Laois Offaly Parents Hub is a "one stop shop", providing easily accessible information for parents and carers on upcoming talks and parenting programmes available in Laois and Offaly.

To visit the hub [CLICK HERE](#) or you email laisoffalyparenthub@barnardos.ie



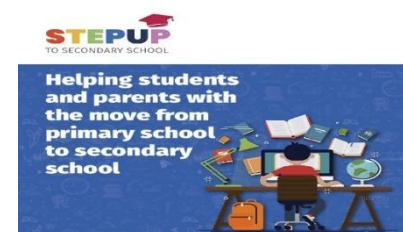
Supporting Parents: Parenting is rewarding and challenging. Supporting Parents is a national model for parenting support services, which takes a whole-of-government approach to improving supports for parenting. The Supporting Parents webpage brings together trusted, high quality resources in one place, to help parents navigate their parenting journey. Whatever age your child is and no matter how experienced you are, all parents will benefit from a little support and advice.

The [Supporting Parents webpage](#) is continuously updated as new resources become available locally and nationally.



Let's Get Ready: The [Let's Get Ready](#) webpage focuses on children's transitions to pre-school, school and childcare services. It include lots of information and resources to help parents and children "Get Ready" as well as child friendly video clips addressing this transitional period. The Let's Get Ready campaign by the Department of Children, Disability and Equality (DCDE) aims to support parents & children and help them know what to expect when they start pre-school, crèche, school or go to a childminder.

For further information [CLICK HERE](#)



StepUp to Secondary School: The [StepUp website](#) has been developed in order to assist both students and their parents in making the move between primary and secondary school. This website contains many resources to assist young people in preparing for secondary school. StepUp is written first and foremost for young people but parents also find it a useful tool in helping prepare their child for secondary school.

For more information, please [CLICK HERE](#) StepUp is a part of the Planet Youth initiative.

Many thanks to all for forwarding information and links,
please continue to forward your updates for sharing and continue to tag
LW CYPSC on [Facebook](#) or LO CYPSC on [Facebook](#)
or you can email us at cypscnw@tusla.ie and cypsc.laoisoffaly@tusla.ie
www.cypsc.ie