

Louth Directory of Local Parenting Programmes

www.louthchildcare.ie



Louth County Childcare
Committee Limited
Coiste Cúram Leanaí Chontae Lú Teo



Introduction

In 2010 the HSE Family Support & Child Welfare Manager identified a need to look strategically at the development and availability of parenting programmes in Co. Louth.

Louth Parenting Forum was formed and it drew its membership from the statutory and voluntary sectors. All of its members had a role in promoting and delivering parenting programmes.

The group developed the following terms of reference.

Terms of Reference

- To provide a forum where information on available parenting programmes can be shared and collated.
- To identify the gaps in the availability of parenting education programmes.
- To examine the possibilities of sharing resources on an interagency multi-disciplinary basis to deliver parenting programmes.
- To develop and promote an information matrix for parenting programmes and parent supports which are available in Louth.

To ensure that parents are able to access information in relation to parenting the group prioritised the development of a directory which will be available through the internet.

This parenting programme directory is the first initiative of this group. This online directory will enable parents and those who work with parents to have access to the providers of parenting programmes in their local area. It will be updated on an annual basis.

I would like to acknowledge the work of the inter-agency group and in particular Louth County Childcare Committee who have agreed to host the directory on its web-site.

Fiona Kearney
HSE, Louth Family Support & Child Welfare Services



Louth Parenting Forum

Membership:

- HSE
- Louth County Childcare Committee
- Drogheda RAPID
- Dundalk RAPID
- NEPS
- VEC
- Connect Family Resource Centre
- Louth Leader Partnership
- Muirhevnamór Springboard Initiative
- Early Years Organization (Northern Ireland)



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- ISPCC – Parent Mentoring Service



Parenting Plus Programmes

This Project is specifically for:

Parent of Children and Teenagers

How will this course help me?

- The course will help you with solving childhood/ teenage problems
- Managing misbehaviour
- Establishing routines
- Enhancing relationships between parent and child

How long does the course last?

The course is a 2 hour programme each week for 8 weeks

Where is the course available?

The course is available from County Louth Child & Adolescent Psychiatry Service

Who do I contact?

The person to contact is Grainne Murphy, HSE Child & Family Centre, Dublin Road, Drogheda, Co Louth

Email: grainnep.murphy@hse.ie

Phone: 041 983 2963



Parents Plus Families & Adolescents Programme

This Project is specifically for:

Parents of Children aged 12 to 18 years

How will this course help me?

- This course will help you with
- Positive communication
- Getting along with your teenager
- Communicating effectively
- Dealing with conflict
- Discipline for teenagers
- Problem- solving and talking through problems

How long does the course last?

The course is a 2 hour programme each week for 8 weeks

Where is the course available?

The course is available in Dundalk, Drogheda and Ardee

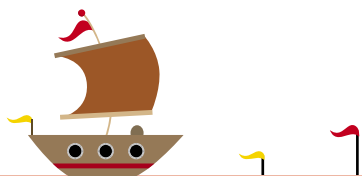
Who do I contact?

The person to contact is Psychology Secretary, Peter Street Primary Care Unit,
Laurence Centre, Peter Street, Drogheda, Co Louth

Or

Primary Care Unit, St.Alphonsus Road, Dundalk, Co Louth

Phone: Drogheda 041 987 5700 or Dundalk 042 682 0000



Parents Plus Early Years

This Project is specifically for:

Parents of Children aged between 0 to 6 years

How will this course help me?

- The course will help you with tuning into your child
- Child-centred play and communication
- Encouraging and supporting your child
- Expanding your child's language
- Understanding and responding to misbehaviour
- The Praise-Ignore principle
- Being an assertive parent
- Using rewards and routines to teach children

How long does the course last?

The course is a 2 hour programme each week for 8 weeks

Where is the course available?

The course is available in the Drogheda, Dundalk and Ardee

Who do I contact?

The person to contact is Psychology Secretary, Peter Street Primary Care Unit,
Laurence Centre, Peter Street, Drogheda. Co. Louth

Or

Primary Care Unit, St. Alphonsus Road, Dundalk, Co Louth

Phone: Drogheda 041 987 5700 or Dundalk 042 682 0000



Parents Plus Children's Programme

This Project is specifically for:

Parents of Children aged between 7 to 11 years

How will this course help me?

- This course will help you with understanding and responding to childhood problems
- Play and special time with children
- Encouraging and supporting your child
- Establishing routines and using rewards to teach children
- Setting rules with children
- Responding to misbehaviour
- Using sanction systems
- Problem-solving and talking through problems

How long does the course last?

This course is a 2 hour programme each week for 8 weeks

Where is the course available?

The course is available in the Drogheda, Dundalk and Ardee

Who do I contact?

The person to contact is Psychology Secretary, Peter Street Primary Care Unit,
Laurence Centre, Peter Street, Drogheda. Co. Louth

Or

Primary Care Unit, St. Alphonsus Road, Dundalk, Co Louth

Phone: Drogheda 041 987 5700 or Dundalk 042 682 0000



Swings and Slides

This Project is specifically for:

Parent's of Children aged between 0 to 10 years

How will this course help me?

- This course will help you with routines
- Setting boundaries
- Play
- Healthy eating

How long does the course last?

The course is a 2 hour programme each week for 6 weeks and can be offered in a group setting or one to one setting dependent on your needs

Where is the course available?

The course is available in County Louth

Who do I contact?

The person to contact is Karen Byrne

Email: karenm.byrne1@hse.ie

Phone: 041 987 5294



Father Focus Project

This Project is specifically for:

This Project is specifically for Young Fathers between the ages of 16 and 25 years of age

How will this course help me?

- It will advise you on how your Baby will grow and how you can support the needs of your growing Baby
- It will support you emotionally
- It will advise you on legal issues

How long does the course last?

The course takes 4 to 5 weeks to complete and can be offered in a group setting or one to one setting dependent on your needs

Where is the course available?

The course is available in the North East Region

Who do I contact?

The person to contact is Karen Byrne

Email: karent.Byrne1@hse.ie

Phone: 041 987 5294



Connect Family Resource Centre

This Project is specifically for:

This project is specifically for families, children, teenagers and one parent families.
Programme types : Swings & Slides, One to one family communications

How will this course help me?

- This course will help you with Communication Styles
- Needs and emotions
- Active listening skills
- Crisis management
- Parenting teenagers decision making and problem solving
- Finding and linking with proper outside support services

How long does the course last?

The course is a 2 hour programme once a week for 6 to 8 weeks and can be offered in a group setting or one to one setting dependent on your needs

Where is the course available?

The course is available at Connect Family Resource Centre
171 Moneymore Estate, Drogheda. Co. Louth

Who do I contact?

The person to contact is Nicola Coffey or John Ruddy

Email: connectfrc@gmail.com

Phone: 041 984 6608



Spirals (Teen Parents – group based programme) Drogheda Lifestart

This Project is specifically for:

All Parents and carers of children between the ages of birth to 5 years

How will this course help me?

- This course will help you with Bonding with your baby
- Feeding and nutrition
- Parenting styles
- Child safety
- Child Development – including physical well being, identity and belonging, exploring, thinking and communicating with your child

How long does the course last?

The course is one morning a week for 6 weeks and can be offered in a group setting or one to one setting dependent on your needs

Where is the course available?

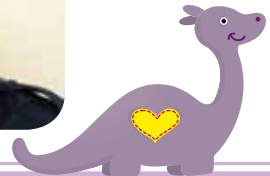
The course is available in the Drogheda area

Who do I contact?

The person to contact is Carol Harkin, Drogheda Lifestart, The Lifestyle Centre, Ballsgrove, Drogheda. Co. Louth

Email: droghedalifestart@eircom.net

Phone: 041 984 2078



Muirhevnamor Springboard Initiative

Incredible Years Infant Parenting Programme

This Project is specifically for:

Parents of Newborn Children

How will this course help me?

- This course will help you with Infant Play
- Cognitive Development of Babies
- Weening
- Healthy Eating
- Baby Massage
- Infant First Aid
- Creche selection and suitability

How long does the course last?

The course will be 2.5 hours per week for 14 weeks

Where is the course available?

The course is available in Muirhevnamor, Dundalk. Co. Louth

Who do I contact?

The person to contact is Alice Malone at Muirhevnamor Springboard Initiative, St. Joseph's NS, Dundalk. Co. Louth

Email: alice.malone1@hse.ie

Phone: 042 935 1680



Muirhevnamor Springboard Initiative

Incredible Years Basic Parenting Programme

This Project is specifically for:

Parents of Children aged between 3 and 6 years of age living in or at School / pre-school / crèche in Muirhevnamòr

How will this course help me?

- This course will help you with Child directed play promotes positive relationships
- Play – Academic and persistence coaching
- Play – Social and emotional coaching
- Using praise and incentives to encourage cooperative behaviours
- Household rules, routines & effective limit setting
- Positive discipline, handling misbehaviour
- Teaching children to problem solve

How long does the course last?

The course will be 2.5 hours per week for 14 weeks

Where is the course available?

The course is available in Muirhevnamor, Dundalk. Co. Louth

Who do I contact?

The person to contact is Alice Malone at Muirhevnamor Springboard Initiative, St. Joseph's NS, Dundalk. Co. Louth

Email: alice.malone1@hse.ie

Phone: 042 935 1680



Muirhevnamor Springboard Initiative

Swings and Slides Parenting Programme

This Project is specifically for:

Parents of Children aged between 0 and 10 years

How will this course help me?

- This course will help you with Importance of Play
- Healthy Eating
- Encouraging and Supporting your Child
- Household Rules and Routines
- Importance of Praise and Reward
- Managing Behaviour

How long does the course last?

The course will be 2 hours per week for 6 weeks

Where is the course available?

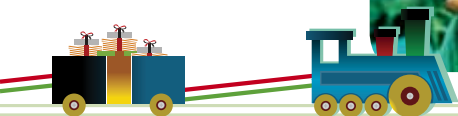
The course is available in Muirhevnamor, Dundalk. Co. Louth

Who do I contact?

The person to contact is Alice Malone at Muirhevnamor Springboard Initiative, St. Joseph's NS, Dundalk. Co. Louth

Email: alice.malone1@hse.ie

Phone: 042 935 1680



Le Chèile – Strengthening Families Programme (SFP)

This Project is specifically for:

Young People and Families engaged in the criminal justice system

How will this course help me?

- This course will help you with Getting started and dreams
- Speaking and listening
- Staying cool in conflicts
- Being who you want to be
- Speaking for yourself
- Speaking up in your family
- Handling peer pressure and temptation
- Friends, dating and sexuality
- Managing emotions
- Handling criticism
- Coping with anger
- What teens are like & how to manage stress
- Encouraging good behaviour
- Goals and objectives
- Communication for better relationships
- Communication and family meetings
- Helping your teen handle peer pressure
- Alcohol, drugs and families
- Solving problems and giving directions
- Relationships, love and sexuality
- Setting Limits I
- Setting Limits II
- Contracts for changing behaviour

How long does the course last?

The course is a 2 hour programme once a week for 14 weeks

Where is the course available?

The course is available Nationally

Who do I contact?

The person to contact is Lyndsey McCabe

3rd Floor, Social Welfare Building, Main Street, Ballymun, Dublin 9

Email: lyndsey@lecheile.ie

Phone: 087 291 6145



ISPCC – Parenting Mentoring Service

This Project is specifically for:

Parents/carers of children aged between 0 – 18 years who need support around enhancing and developing parenting skills.

How will this course help me?

- The parent mentoring service increases the coping capacity of parents/carers and enhances parenting skills through the provision of a supportive mentor.
- The mentor will provide a listening ear, help problem solve and develop social support networks for parents and carers.
- The service will give parents/carers access to one to one support individually rather than indirectly through their child
- The mentor will work with parents/carers to develop a plan, building on strength of each parent/carer and within the family.

How long does the course last?

Parent mentoring can last for up to 1 year and will be based on the needs of each individual parent/carer.

Where is the course available?

The service is available to all areas in the county of Louth

Who do I contact?

The person to contact is Tracey Monson
Unit 15-4 Workspace Centre, Mayoralty Street, Drogheda. Co. Louth

Email: tmonson@ispcc.ie

Phone: 041 983 3406



The Incredible Years Parenting Programme

This Project is specifically for:

Parents of children aged between 3 and 12 years of age living in or attending school*/pre-school in Drogheda or Dundalk

How will this course help me?

The Incredible Years Parent Programme is focused on strengthening parenting competencies (monitoring, positive discipline, confidence) and fostering parents' involvement in children's school experiences in order to promote children's academic, social and emotional competencies and reduce conduct problems.

How long does the course last?

The course is for 2.5 hours per week for 14 weeks

Where is the course available?

The programme is run in conjunction with the following schools:

*If your children do not attend one of the schools participating in the programme it may still be possible for you to obtain a place on a course

Dundalk:

- St. Joseph's National School
- Redeemer Girls' School
- Redeemer Boys' School
- Gaelscoil Dhún Dealgan
- Castletown Girls' School
- Scoil Eoin Baiste
- St. Nicholas National School
- De La Salle Boys School
- St. Nicholas Monastery National School

Drogheda:

- St. John's Junior National School
- Marymount Girls' National School
- St. Patrick's Boys' National School
- St. Brigid's Girls' National School

(see www.dundalkincredibleyears.ie for more information)

Who do I contact?

The person to contact is Hugh Doogan, Education Coordinator, Louth Leader Partnership

Drogheda Office: Workspace, Mayoralty Street, Drogheda, Co Louth

Dundalk Office: Partnership Court, Park Street, Dundalk, Co Louth

Email: hugh.doogan@louthleaderpartnership.ie

Phone: 041 984 2088 / 042 933 0288



NOTES



This booklet was compiled and published by Louth County Childcare Committee



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Heilthseasánuacht na Seirbhíse Sláinte
Health Service Executive



An Roinn Leanaí
agus Góibhéal Óige
Department of
Children and Youth Affairs



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government supporting communities