

## Press Release

Roscommon Children and Young People's Services Committee launch the findings from extensive consultation process with children in the Roscommon Area

*The Happy and Healthy Volcano Poster explains to parents what children need to be happy and healthy*

**Tuesday, 13<sup>th</sup> March, 2018:** The Roscommon Children and Young People's Services Committee launched the Happy and Healthy Volcano Poster in the Abbey Hotel, Roscommon last Friday (9<sup>th</sup> March). The poster was an outcome of a consultation process undertaken to find out the needs of children within the Roscommon area. The poster was developed to act as an easy reminder for parents on what keeps their children happy and healthy.

The consultations took place in early 2017 in six Preschools in the county. In total, 15 consultation sessions took place involving 120 children (aged 3 ½ - 4 years) with support from the staff in the services. The theme of the consultation was 'What do young children in Co. Roscommon think would help them to live healthier, happier and more active lives?'

Some of the findings included:

- Children need hugs and cuddles from grownups who care about them,
- Children need to spend time with Mammy and/or Daddy having fun,
- Children need to drink lots of water and eat lots of fresh fruit and vegetables

The Ombudsman for Children, Dr. Niall Muldoon opened the event and said, "If we are to provide younger children with the standard of services that they deserve, we have to listen to what they have to say. We also have to be ready to challenge ourselves to take what they say on board. This work is a great example of how this can be achieved".

The event participants also heard about research carried out with parents in the County in terms of what their needs are. The main findings from this research were that parents need support on breastfeeding and promoting healthy eating, more playgrounds to encourage physical activity, more parent and toddler groups in the County and support for parents who are isolated.

Speaking at the event Dr. Phil Jennings, Director of Public Health and National Lead Healthy Childhood Policy Priority Programme, HSE said, "Our early childhood experiences help develop our capacity to learn, get along with others and to respond to daily stresses and challenges. A good foundation in the early years makes a difference through adulthood and this is why this work in Roscommon is so important".

Dr. Sheila Garrity Lecturer in Early Childhood Studies, National University of Ireland, Galway who was also speaking at the event, commented "We are learning all the time what well-being is and how we can preserve it. We are building a compelling evidence base for what works and a huge part of this involves listening to children and what they have to say".

This work will inform the development of the first Health and Well-being Plan for young children in County Roscommon and was made possible with funds from the Children and Young People's Services Committee and Healthy Ireland.

~Ends~

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## Notes to Editor

### About Tusla

On the 1st of January 2014 Tusla became an independent legal entity and now operates under the Child and Family Agency Act of 2013. Tusla is a dedicated State Agency responsible for improving wellbeing and outcomes for children. It represents the most comprehensive reform of child protection, early intervention and family support services ever undertaken in Ireland. It brings together a range of services and agencies including child protection and welfare services, the Family Support Agency and the National Educational Welfare Board, some psychological services and a range of services in relation to domestic, sexual and gender based violence.

For more information see [www.tusla.ie](http://www.tusla.ie)

### About Roscommon CYPSC

Children and Young People's Services Committees (CYPSC) are responsible for securing better outcomes for children and young people in their areas through more effective co-ordination of existing services and interventions. The overall purpose of the Children and Young People's Services Committees is to ensure better outcomes for children and young people in line with the Government's 'Better Outcomes Brighter Futures: The National Policy Framework for Children and Young People 2014-2020'.

Roscommon CYPSC includes representatives of all the main statutory, community and voluntary agencies and organisations working locally on behalf of and with children and young people in Co. Roscommon. The Committee is responsible for improving the lives of children, young people and families in Co. Roscommon through local and community co-ordination, planning and service delivery. Roscommon CYPSC also ensures that professionals and organisations work together to ensure that children, young people and their families receive improved and accessible services.

### Roscommon CYPSC member organisations

Roscommon CYPSC brings together all the main statutory, community and voluntary agencies and organisations working locally on behalf of and with children and young people in Co. Roscommon including:

Tusla – Child and Family Agency, HSE, An Garda Síochána, Roscommon Education and Training Board, Roscommon County Childcare Committee, Roscommon County Council, Irish Primary Principals Network, Probation Service, Roscommon Leader Partnership, Youth Work Ireland, Galway Roscommon Education and Training Board

For further information on Roscommon CYPSC visit [www.cypsc.ie](http://www.cypsc.ie) and click on County Roscommon