



'RAISING CHILDREN TOGETHER' COUNTY ROSCOMMON

Building Strong Parenting Supports



PARENTING SUPPORT STRATEGIC PLAN
2025-2029



Raising Children Together

**Supporting People who Parent
in County Roscommon**

Parenting Support Plan 2025 – 2029

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Acknowledgements

We would like to express our deepest gratitude to parents, grandparents, individuals, groups and organisations whose support and contributions have been instrumental in the development of this Parenting Support Plan for County Roscommon.

We are indebted to the members of the research group for their constructive and thoughtful suggestions that greatly enhanced the rigor and depth of both the research process and this subsequent Parenting Support Plan. This Plan stands as a testimony to the collective efforts of the aforementioned parents, grandparents, individuals, groups and organisations.

Your contributions have left an indelible mark on the work of parenting support services across County Roscommon that will lead to an enhancement of services and supports for children, young people and those in a parenting role in the years ahead.

Thank You,

Children & Young People's Services Committee (CYPSC)
Prevention Partnership & Family Support Service Subgroup
& the Parent Support Champions

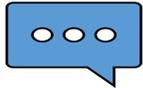
PPFS CYPSC Subgroup

Prevention Partnership & Family Support Children & Young People's Services Committee Subgroup



About Our County Roscommon Parenting Support Plan

In 2024, the exploration of a comprehensive approach to positive and supportive parenting in County Roscommon was initiated by a recommendation from Prevention Partnership and Family Support (PPFS) Subgroup and Parent Support Champions under the County Children and Young People Services Committee¹ (CYPSC). As a result of this recommendation, a county-wide consultation process examined the needs of those in a Parenting role and family support providers across County Roscommon, and sought solutions to address these needs. The consultation process heard from those in a Parenting role (376) and Parenting support services (29) through an on-line survey and discussions.



What those in a Parenting Role and Parenting Advocates said

The rural nature of County Roscommon contributes to distance from services and presents challenges for the delivery and receipt of Parenting supports due to the dispersed populations across scattered settlements and acute dependency on private transport and/or dependency on a poor public transport system. Set against this backdrop a number of parenting support needs were identified:

While recognising that good work is carried out by parenting support agencies across County Roscommon further enhancement of collective and co-ordinated Parenting support efforts are required to energetically publicise the programmes and supports available and ensure the placement of parenting supports where and when parents most need them at a local level. This includes parenting supports at a local community level and provision of peer/group support to support exchange of information, experience as well as having the ability to diminish social isolation.



Parenting advocates and representatives from support organisations in County Roscommon agreed that there was a need for enhanced co-ordination of parenting supports and a need to develop a space that explicitly states the parenting supports that are available to parents in County Roscommon.

The need to offer Parenting supports early and provide support at the significant stages and transitions when most needed and support planning should be tailored to meet these parenting support requirements. Areas in County Roscommon with higher levels of migration and minority ethnic groups require specific information and support interventions to ensure culturally appropriate parenting support services and information available to these populations.

¹ (CYPSC) is responsible for securing better outcomes for children and young people through more effective integration of existing services and interventions. <https://www.cypsc.ie/roscommon>

Specific groups of those in a parenting role identified as requiring particular focus included Traveller, Roma, Ukrainian and new Irish communities as well as building services' capacity to deliver sensitive supports to communities. Language barriers contribute to challenges in delivering Parenting support namely inequalities in information access, communication and messaging, including written materials. Services require different levels of interpreter services particularly in areas with higher proportions of population who do not speak English well or at all. Additionally, levels of inward migration to the county of those who have moved from other parts of Ireland or are returnees to their childhood communities are often driven by a perception that cost of living is less and ability to purchase a home is easier. This has led to low or no connections being established by 'newcomers' in local communities, resulting in limited 'informal' parenting supports so available to previous generations.

Through family and parenting support services own observations childcare infrastructure, disability and mental health service supports are experiencing resource deficits and the challenges arising are impacting significantly on the capacity of many to parent.

To address these needs identified in the consultation process those in a parenting role, parenting advocates and support organisations suggested enhancing further the collaborative approach may help to address these needs.



Our Strategic Direction

Based on the consultation outcomes, a series of actions for the development of a comprehensive and co-ordinated approach to parenting in County Roscommon has been devised. This community-wide Parenting Support Plan will scaffold further those in a parenting role and parenting support providers throughout County Roscommon. Its focus is on enhancing a support system for those in a parenting role that is intentional, connected, sustainable, and active across the county.

Our plan recognises and emphasises the importance of the relationship between those in a parenting role² and services that respects everyone as learners and fosters collective action. This plan seeks to encourage and support those in a parenting role by providing opportunities to build positive parenting skills and connections with and between parents and service providers in County Roscommon.



² Biological, adoptive, kinship, foster and legal guardians

Our plan is guided by the principles that:

Parenting Supports are for everyone.

Parenting matters and is to be valued.

The right parenting support offered at the right time can make a real difference.

To encourage learning and support by providing opportunities to build positive parenting skills and community connections.



Our Mission



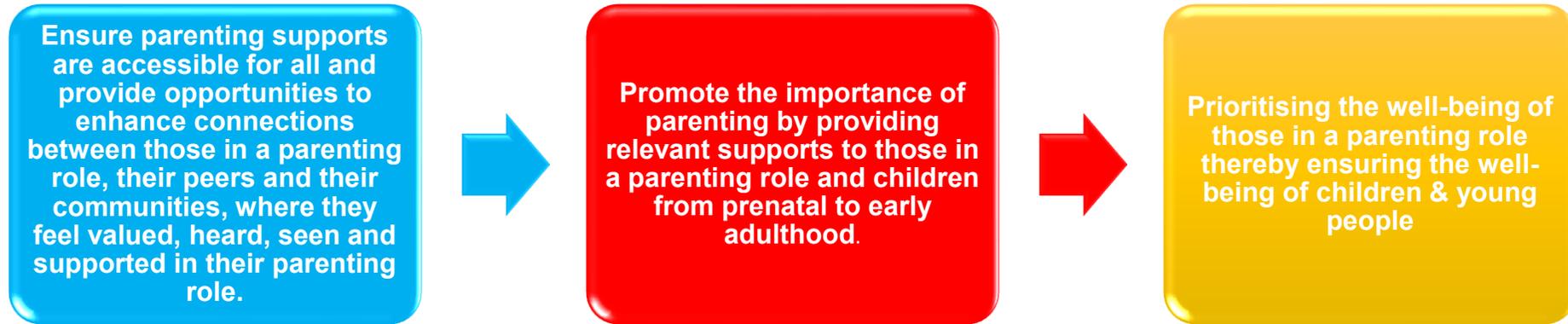
To ensure that parenting is valued and is understood as essential to raising healthy, happy children and young people in County Roscommon.

Our Vision

Together we will seek to support those in a parenting role with:

- **Family-focused** equitable, empathetic, and inclusive approach to serving those in a **parenting** role in our community in County Roscommon.
- **Supporting the empowerment of those in a parenting role** by offering supports when they need it with relevant and timely parenting information and supports.
- **Providing a wide range of support options** for anyone in a **parenting** role to build their parenting skills and support them in their parenting journey including access and referral to relevant community resources.
- **Supporting skills and communication building** for community and education providers to support relevant and impactful connections between those in a **parenting** role and service providers.
- **Providing and tailoring parenting guidance and tools** to successfully navigate parenting circumstances.

The overall objectives of the Parenting Support Plan for County Roscommon are to:



Therefore, our Parenting Support Plan will focus on:

- Recognising that investing in **parenting** is investing in children’s development, health and wellbeing. Promoting the importance of **parenting** and increasing parenting confidence.
- Developing relationships with and between those in a **parenting** role and parenting advocates and support organisations.
- Encouraging pro-social choices that connect those in a **parenting** role to their local communities. Strengthening communication between those in a **parenting** role and community support services.



How we will deliver our Parenting Support Plan

- Establish best and when required, **bespoke practices** for parenting and select models, tools, and resources to meet the needs of those in a parenting role at all stages of **parenting**.
- Establish clear communication pathways to **parenting** supports and information in succinct and accessible ways.
- Leverage strengths and capacities of those in a parenting role and community partners to change according to **parenting** needs and challenges as they emerge.
- Work to support the goals of a collaborative approach that **parenting** is valued as essential to raising healthy, happy children and youth in County Roscommon.
- Commit to on-going **parenting** support worker skills development in order to provide relevant and evidence-based parenting supports to meet the changing needs of those in a parenting role.

**Focus 1: Co-ordination of Parenting Supports & Programmes in County Roscommon:
Development of a coordinated approach to providing parenting support to all those in a Parenting role.**

Objective(s)	Actions	Timeframe	Lead & Partners	Measure(s)
<p>Establish local infrastructure to develop ‘joined up’ parenting support offer</p>	<p>Creation of a combination of central planning and more localised supports by: 1.Co-ordinating formal parenting programmes to be delivered. 2.Developing a calendar of programmes and events. 3.Ensure programmes are available in a variety of locations in different formats based on local needs in collaboration with PHNs. 4.Appoint a Parenting Lead for County Roscommon.</p>	<p>Annually Plan annually & revise quarterly On-going 2029</p>	<p>Lead: CYPSC PPFS Sub-group Partners: Tusla HSE Parent Support Champions Parent Hub Family Resource Centres (FRC’s)</p>	<p>Number of Parenting Support Programmes developed & distributed Greater diversification of location delivery (Number & Areas) Appointment of a Parenting Lead</p>
<p>Identify programmes and supports on offer across the continuum of need for parents, incorporating a trauma informed ethos to all approaches.</p>	<p>1.Define the parenting support offer including universal, targeted and specialist parenting support services. 2.Work together to provide a range of options (i.e. timing, in person, on-line) in the delivery of parenting supports. 3.Evaluate parent programmes for length, accessibility (what can be delivered on-line, in person or blended approach) to ascertain effectiveness of the process of delivery. 4.Devise and deliver pre & post evaluations for every parenting programme offered.</p>	<p>Annually</p>	<p>Lead: CYPSC PPFS Sub-group Partners: Tusla Parent Support Champions Parent Hub Family Resource Centres.</p>	<p>Number, type and target of parenting support programmes per annum Number of trained facilitators of parenting programmes identified. Number of evaluations carried out/returned</p>

Focus 2: Communication of Parenting Information in County Roscommon: Services to improve communication with those in a Parenting role and increase understanding of what each service does, when and how.

Objective(s)	Actions	Timeframe	Lead & Partners	Measure(s)
<p>Develop an Information & Communication Plan for 1. those in a parenting role and 2. services to improve parenting support information</p>	<p>1. Develop a communication plan and ensure actions are implemented to improve those in a parenting role around access to, take up of and satisfaction with information. 2. Develop & circulate local and county wide directory succinctly stating what each service is, who it is for and contact details. 3. Develop a specific one-page infographic for schools to assist with signposting by category. 4. Link with Dept. of Children, Disability and Equality geo-mapping process. 5. Promote the use of Childcare & ME App. 6. Maintain & promote parent hub Facebook page by ensuring dedicated protected time is allocated. 7. Consider all promotional opportunities and mediums to increase awareness and use of parent hub. 8. Explore and develop the creation of welcome/drop-in spaces (Parent hubs). 9. Develop and deliver promotional parenting awareness events (e.g. delivery in local supermarkets, schools, sports clubs, libraries etc.). 10. Promote the circulation of information through established communication pathways (e.g. schools' circulation list).</p>	<p>2025 – 2029</p> <p>2025</p> <p>Annually 2025</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Annually</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p>	<p>Lead: CYPSC PPFS Sub-group</p> <p>Partners: Tusla HSE Parent Support Champions Parent Hub Local schools Local Tusla family support services. Department of Children, Disability and Equality. Roscommon County Childcare Committee. Family Resource Centres.</p>	<p>Information on local & county wide list of parenting supports and programmes produced and regularly maintained</p> <p>Infographic mapping of parenting programmes produced.</p> <p>Increased take up of parenting support activities (number monitored & reported per annum)</p> <p>Number of parents that report increased awareness of local parenting support services (midway & end of strategy e-survey)</p> <p>Number of parenting support awareness programmes events delivered</p> <p>Number of those in a parenting role engaging in programmes</p> <p>Number of schools receiving information per annum</p>

Focus 2: Communication of Parenting Information (cont'd):

Services to improve communication with those in a Parenting role and increase understanding of what each service does, when and how.

Objective(s)	Actions	Timeframe	Lead & Partners	Measure(s)
<p align="center">Ensure targeted, universal and specialist parenting supports/programmes are communicated and based on needs of parents in local areas</p>	<p>1. Build a network of parent fora at local level to enable those in a parenting role to feed into local & national planning of parenting supports.</p> <p>2. Develop a progress (<i>feedback loop</i>) report produced on an annual basis.</p> <p>3. Gain support & resources through Roscommon Commissioning process.</p> <p>4. Consider all formats and information pathways to those in a parenting role who wish to receive information by text, email or phone.</p>	<p>2025- 2029</p> <p>Annually</p> <p>2025-2029</p> <p>Ongoing</p>	<p>Lead: CYPSC PPFS Sub-group</p> <p>Partners: Tusla Parent Hub Parent Support Champions Family Resources Centres</p>	<p>Number of parent fora in place with clear terms of reference.</p> <p>Number of fora held and number of locations per annum.</p> <p>Progress report agreed, published and widely circulated annually</p>

Focus 3: Provision of Parenting Supports in County Roscommon(cont'd):

Provision of Parenting support at specific times of transitions and throughout the stages of each child's life.

Objective	Actions	Timeframe	Lead & Partners	Measure(s)
<p align="center">Provide information to new parents & promote positive prenatal and perinatal mental wellbeing</p>	1. Provide parenting support information in GP centres, Health Clinics and antenatal programmes.	Ongoing	<p>Lead: CYPSC PPFS Subgroup Partners: Tusla HSE Antenatal educators in maternity settings PHNs, GP, early years providers Local community group/facilities, Roscommon Infant Mental Health Working Group, Family Resource Centres (FRCs)</p>	<p>Increased awareness of parenting supports from pregnancy Midway & end of strategy e-survey Agreed pathways for dissemination of parent support information established to HSE services (PHNs, GP services, maternity clinics) Number of peer support groups established and number of locations Number of those in a parenting role engaging in early years programmes</p>
	2. Provide parenting support information to PHNs for circulation to new parents and at developmental checks.	Quarterly to PHNs		
	3. Map & promote peer support groups & linking with local services.	Annually		
	4. Expand and promote early years attachment programmes.	Annually		
	5. Develop an Infant Mental Health Network for County Roscommon.	2025-2026		
5. Promote attachment information for partners/fathers.	Ongoing			

Focus 3: Provision of Parenting Supports in County Roscommon:

Provision of Parenting support at specific times of transitions and throughout the stages of each child's life.

Objective	Actions	Timeframe	Lead & Partners	Measure(s)
<p>Plan and deliver parenting support at key transition points (0-12 months, 12 months-36 months, pre-school, primary school & secondary school)</p>	<p>1. Parent programmes offered across the different ages and stages. 2. Provide thematic information at key transition points to those in a parenting role in collaboration with local partners.</p>	<p>Ongoing Ongoing</p>	<p>Lead: CYPSC PPFS Subgroup Partners: Local schools School Principal Network Roscommon CCC Tusla Planet Youth Family Resource Centres (FRCs)</p>	<p>Number of information connections with those in a parenting role at key transition points</p> <p>Those in a parenting role more knowledgeable and confident about accessing support (survey in 2027, 2029) midway & end of strategy e-survey.</p>

**Focus 4: Development of parenting supports in County Roscommon:
Develop and implement specific supports for those in a parenting role requiring specific needs**

Objective(s)	Actions	Timeframe	Lead & Partners	Measure(s)
<p>Those parenting children with a disability</p>	<p>1. Create robust links with CDNT and CAMHs. 2. Explore avenues to support and advocate for parents of children with a disability such as Meitheal process, parent advocacy workshops, parent fora.</p>	<p>2026 - 2029 Ongoing</p>	<p>Lead: CYPSC PPFS Subgroup Partners: Tusla HSE CDNT CAMHS Parent Support Champions Family Resource Centres (FRCs)</p>	<p>Increased number of fora for those in a parenting role in County Roscommon Evidence of increased linkages though annual review by CYPSC PPFS Subgroup</p>
<p>Those parenting children living in IPAS / ROC & New Communities</p>	<p>1. Research and deliver bespoke parenting supports/programmes to improve parental resilience and coping skills. 2. Develop fora for those in a parenting role in new communities.</p>	<p>2026-2029 Ongoing</p>	<p>Lead: CYPSC PPFS Subgroup Partners: Local Authority Integration Team Family Resource Centres (FRCs) Tusla Parenting Support Champions</p>	<p>Number of parenting programmes delivered. Number of fora for those in a parenting role</p>

Focus 4: Development of parenting supports in County Roscommon (cont'd):
Develop and implement specific supports for those in a Parenting role requiring specific needs

Objective(s)	Actions	Timeframe	Lead & Partners	Measure(s)
<p>Those in a parenting role that require well-being and capacity building supports</p>	<p>1.Deliver home-based support, where needed. 2.Deliver a responsive tailored approach to practical, social and emotional support to those in a parenting role, where needed. 3.Build the capacity and skills of those in a parenting role to better cope and thrive, particularly in times of crisis.</p>	<p>2025 - 2029</p>	<p>Lead: CYPSC PPFS Subgroup</p> <p>Partners: Parenting Support Champions Family Resource Centres Tusla</p>	<p>Number of those in a parenting role receiving support.</p> <p>Documentation of the type of tailored practical, social and emotional supports available to those in a parenting role</p>

**Focus 5: Resourcing parenting supports in County Roscommon:
Parenting support strategy resources, outcomes, milestones and measurement tools are produced and implemented.**

Objective(s)	Actions	Timeframe	Lead & Partners	Measure(s)
<p>Resource capacity to implement all aspects of the Parenting support plan 2025 - 2029</p>	<p>1.Ensure those in receipt of parenting supports and programmes are offered assessment / evaluation opportunities and these are collated. 2. Analysis of evaluation data to inform future planning 3.Engage a communications resource/ Coordinator to develop a communications strategy. 4.Continuing professional development plan and range of training and development opportunities for parenting support practitioners devised.</p>	<p>Ongoing Annually 2026 On-going</p>	<p>Lead: CYPSC PPFS Subgroup Partners: Parent Support Champions Family Resource Centres (FRCs) Tusla</p>	<p>Number of evaluations acquired. Evidence of annual review of evaluation date Number of training events annually Number of staff attending training events</p>

Parenting Support Information

Family Resource Centres

FRC	Email	Phone	Web	Facebook Scan me
Ballaghaderreen Eircode- F45 EK13	coordinator@ballaghaderreenfrc.ie	086 604 8560	www.ballaghaderreenfrc.ie	
Boyle Eircode-F52 H674	info@boylefrc.ie	071 966 3000	www.boylefrc.ie	
Castlerea Eircode-F45 K282	castlereacfrc@gmail.com	086 461 5537		
South Roscommon Eircode-F42 N971 Vita House Outreach Centre Monksland Eircode- N37 K163	southrosfrc@vitahouse.org cdanova@vitahouse.org	090 66 28621 089 496 0519	www.vitahouse.org	

Parenting Support Information

Contact Details

Name	Email	Phone	Scan me!	
Roscommon Parenting Hub Connecting parents & families with support to suit your needs signposting to community service tips for managing the challenges of parenting	earlyyearssupport@ridc.ie	087 621 4456	parenting24seven.ie 	Facebook 
Project Leader Family Support Services North Roscommon	Sinead.ONeill7@tusla.ie	087 190 7681		
Project Leader Family Support Services South Roscommon	Annemarie.Kenny2@tusla.ie	087 989 4160		
Roscommon County Childcare Committee Knock Road, Castlerea	info@roscommonchildcare.ie	094 96 22540		
Preparing for Life Home Visiting Co-Ordinator, Ballaghaderreen and Surrounds.	pflcoordinator@ballaghaderreenfrc.ie	094 986 0767 or 086 822 4887		

Parenting Support Information

Contact Details

Name	Email	Phone	Scan me!	
<p style="text-align: center;">Foróige Roscommon Youth Service.</p> <p>UBU Projects</p> <ul style="list-style-type: none"> • Boyle • Ballaghaderreen • Castlerea • Roscommon Town. 	<p>Rosemary.Finnerty@foroige.ie</p>	<p>086 1927301</p>	 	
<p>Foróige Youth & Family Support Project Roscommon</p>	<p>Noreen.OCallaghan@foroige.ie</p>	<p>086 3880738</p>		
<p>Foróige RAD Youth Diversion Project Eimear Kelly, Senior Youth Officer</p>	<p>Eimear.Kelly@foroige.ie</p>	<p>086 0348450</p>		

Parenting Support Information Contact Details

Name	Email	Phone	Scan me!
Senior Child and Family Support Network Coordinator Roscommon	Denise.Swanick@tusla.ie	086 0443116	
Prevention, Partnership and Family Support Manager Roscommon	Michelle.Moran@tusla.ie	086 020 3838	
Children and Young People's Services Committee Roscommon	Louise.Moran@tusla.ie	087 365 5390	

Family Support Drop In Clinics

County Roscommon

FAMILY SUPPORT DROP IN CLINIC



WE PROVIDE:

- A SAFE AND CONFIDENTIAL SPACE
- SUPPORT & SIGNPOSTING
- INFORMATION & GUIDANCE
- A LISTENING EAR
- LINKS TO OTHER SERVICES & ORGANISATIONS

No appointment necessary

Monday Ballaghaderreen FRC	Tuesday Castlereagh FRC	Wednesday Boyle FRC	Thursday South Roscommon FRC & Vita House Outreach Centre, Monksland
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9.30am to 12noon - During primary school term



‘Support for everyone and a little more support for those who need it’

PPFS CYPSC Subgroup

Prevention Partnership & Family Support, Children & Young People's Services Committee Subgroup

Name		Organisation
Katie	Carty	An Garda Síochana
Teresa	Conlon	HSE- PHN Department
Margaret	Cunningham	Tusla Child and Family Agency
Rebecca	Donoghue	Roscommon Safe Link
Aisling	Dunne	Roscommon County Council, Healthy Ireland
Martina	Durkan	Ballaghaderreen FRC
Anne Marie	Kenny	Tusla Child and Family Agency
Felicia	Loughrey	South Roscommon Family Resource Centre
Deirdre	Malone	Tusla Child and Family Agency
Aine	Mannion	Castlerea Family Resource Centre
Michelle	McMorrow	Tusla Child and Family Agency
Sarajane	McNaboe	Roscommon County Council, Integration Team
Sinead	McQuaid	Roscommon County Childcare Committee
Louise	Moran	Tusla Child and Family Agency , CYPSC
Michelle	Moran	Tusla Child and Family Agency, PPFS
Noreen	O'Callaghan	Foroige
Sinead	O'Neill	Tusla Child and Family Agency
Joanna	O'Reilly	Tusla Child and Family Agency/RIDC
Denise	Swanick	Tusla Child and Family Agency, CFSN
Sandra	Walsh	Roscommon County Council, Integration Team
Olivia	Ward	Comans Wood Primary School

Glossary of Terms

Acronym	Description
AGS	An Garda Síochana
CAMHS	Child and Adolescent Mental Health Services
CCC	County Childcare Committee
CDNT	Children's Disability Network Team Services
CFSN	Child and Family Support Network
CYPSC	Children & Young People's Services Committee
FSS	Family Support Services
FRC	Family Resource Centre
GRETB	Galway Roscommon Education Training Board
GP	General Practitioner
HSE	Health Service Executive
LAIT	Local Authority Integration Team
PFL	Preparing For Life
PHN	Public Health Nurse
PPFS	Prevention Partnership & Family Support
PSC	Parent Support Champion
RIDC	Roscommon Integrated Development Company

Roscommon Child and Family Support Network

These services have come together to form the Child and Family Support Network in County Roscommon. This Network aims to support better outcomes, brighter futures for children and families in County Roscommon.



If you have any personal or community concerns please contact the Network in confidence on Email: denise.swanick@tusla.ie and someone will contact you without delay.



‘It takes a village to raise a child’



**‘RAISING CHILDREN TOGETHER’
COUNTY ROSCOMMON**

