



# Hearing the Voice of Parents of 0-6 year olds in Ballyfermot



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# Introduction and acknowledgements



Hearing the Voice of Parents in Ballyfermot was an opportunity to help establish the needs of parents of young children aged 0-6 years across the Ballyfermot area. This consultation aimed to gather parents' perspectives to shape service delivery and inform any necessary policy and practice adjustments that will better support them in raising their young children. An adapted form of the Lundy Model Framework was used when hearing the parents' voice and views.

Liffey Partnership, Family Matters Area Based Childhood (ABC) staff engaged with parents of 0-6-year-olds in the first half of 2024 across the Dublin 10 area. The following report reflects the parents' qualitative and quantitative answers, with a series of themes, conclusions and recommendations distilled from their combined responses. This consultation has been made possible through the Tusla Parental Participation Seed Fund.

Many thanks to Tusla, Prevention, Partnership and Family Support staff, and the community-based agencies who worked in collaboration with the Liffey Partnership Family Matters Area Based Childhood (ABC) team in making this parent consultation possible. To the members of the steering committee for keeping the project on track; to the facilitator consultant Liz Harper, for her expertise in listening to the parents and communicating their voice throughout this report; and to Esther Blodau, illustrator, for capturing and bringing to life the voice of the parents, in the poster and the images throughout.

In particular, we would like to take the opportunity to thank all the parents in the area that took the time to engage in the parents' questionnaire and discussion groups. It is hoped that this 'Hearing the Voice of Parents of 0-6-year-olds in Ballyfermot' report will draw attention for improved parenting services, policy and practice change, thus resulting in better outcomes for children across our community.



# Policy background

Supporting Parents: *A National Model of Parenting Support Services* is led by the Department of Children, Equality, Disability, Integration and Youth, with input from a wide range of stakeholders across relevant Government Departments, agencies and community and voluntary organisations. The experiences, views and preferences of parents, children and young people were captured through research, online consultation and direct engagement, in forming this national model.

Supporting Parents has also been informed by Irish and international research on the support needs of parents and on the role of parents in achieving better outcomes for children. Other learnings reflected in the model include the parenting challenges and stresses faced by parents and children as a result of Covid-19, public health restrictions, and the responses of services in the public and voluntary sectors, to meet both existing and emerging parenting support needs.

The National Framework's vision is for all parents to be confident in their parenting role, helping to achieve the best outcomes for their children and families.

The Supporting Parents: *A National Model of Parenting Support Services* is contextualised in a broad interdepartmental landscape, which also includes the Community and Voluntary sector agency service providers, Tusla, HSE and Education Training boards, all of which contribute to the overall goals of supporting parents in their parenting journey.



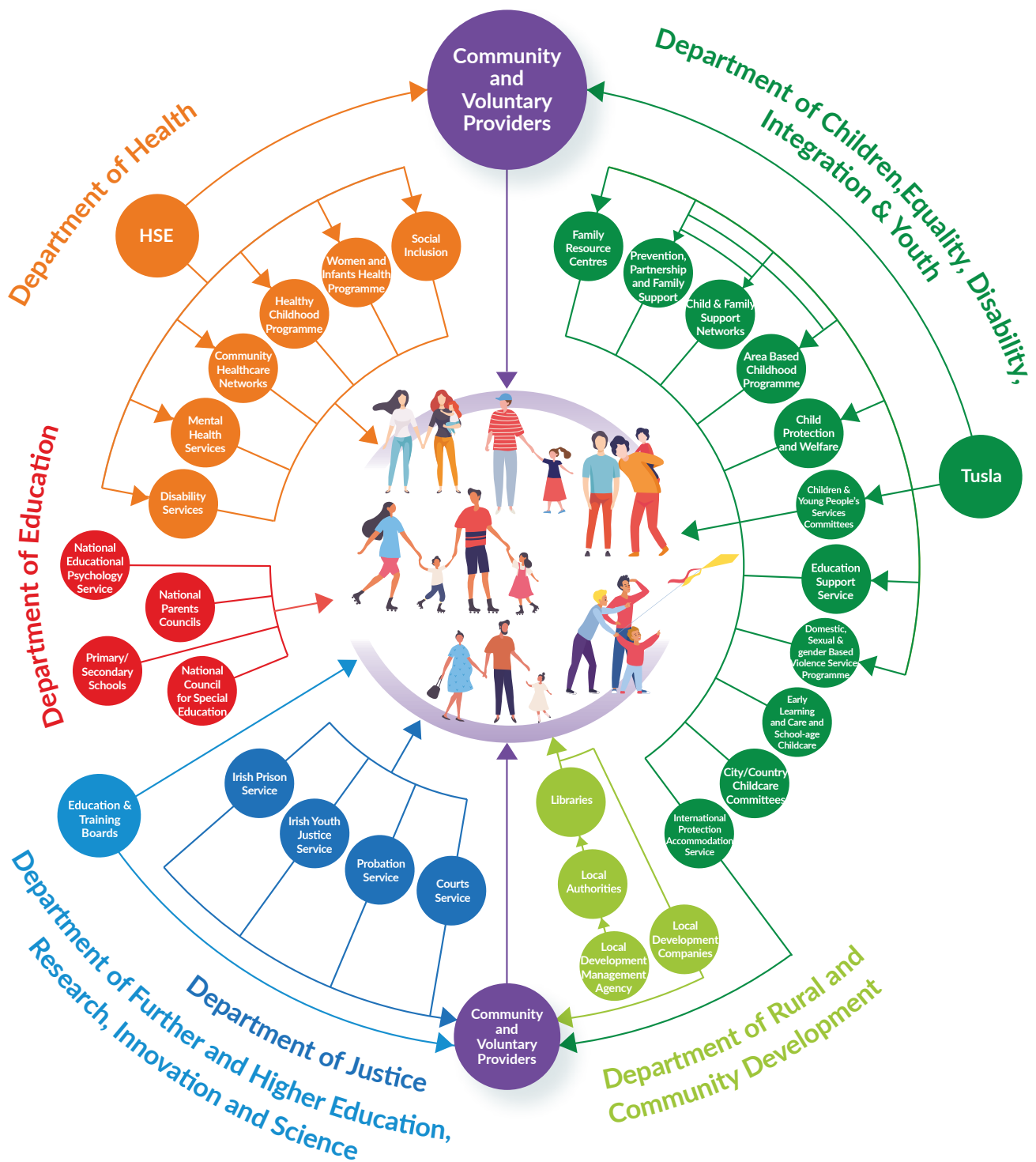
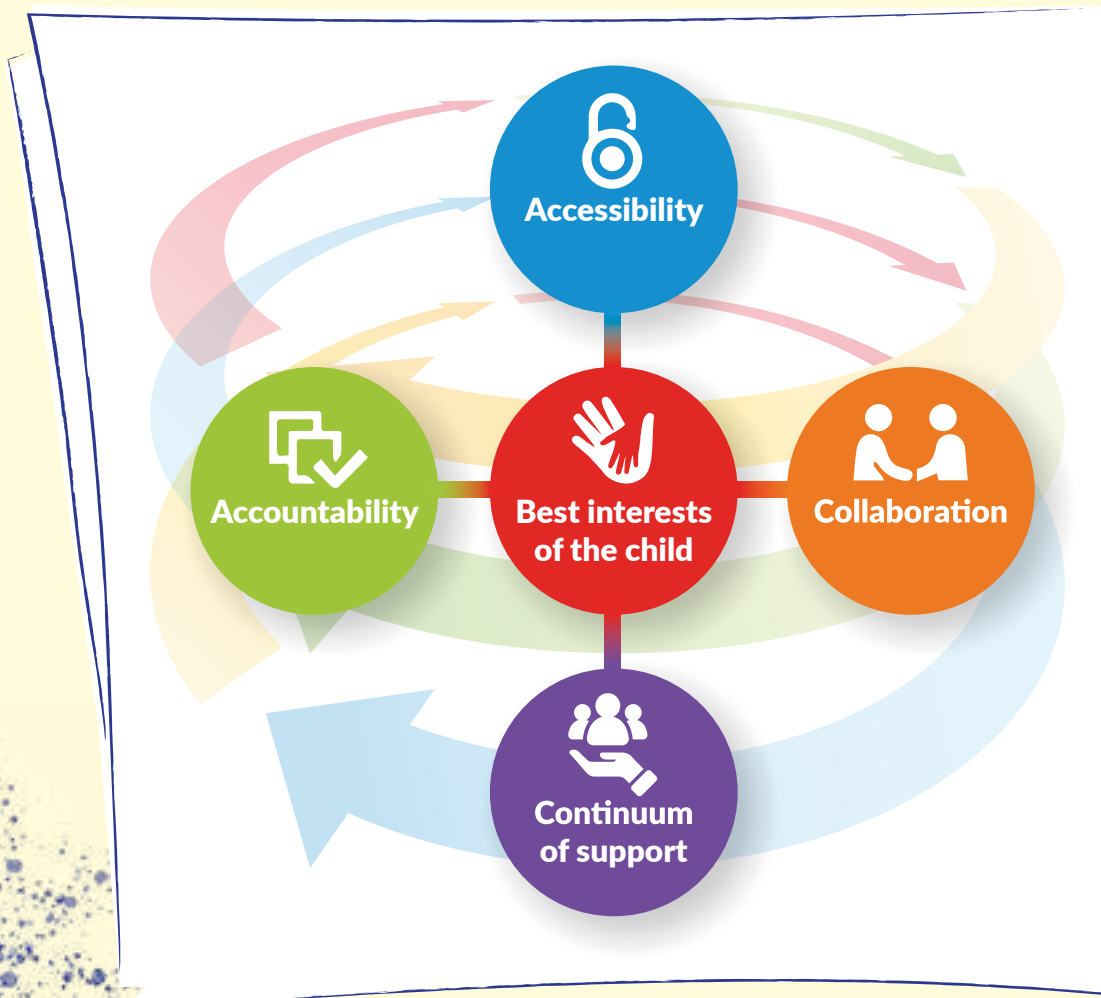


Fig1: Parenting Support Landscape

## Guiding principles of the National Model of Parenting Support Services

As part of the integrated landscape of the National Model of Parenting Support Services are the following Guiding principles:



The Four Goals of the *Supporting Parents: A National Model of Parenting Support Services* are:

- Goal 1** Greater awareness of parenting support services
- Goal 2** Greater access to parenting support services
- Goal 3** More inclusive parenting support services
- Goal 4** Needs led and evidence informed parenting support services

These goals guide the work of quality support to parents in the community and have, informed the work of the Tusla funded services such as Area Based Childhood Projects' (ABC) work with children, parents and their families.

# Project context

## LIFFEY PARTNERSHIP

Liffey Partnership (formerly Ballyfermot Chapelizod Partnership) was established in 1996 as a response to long term unemployment and poverty. The Partnership hosts and supports a range of programmes dedicated to employment, education, community, enterprise, parenting, health and wellbeing.



### Liffey Partnership's Vision

We envision a future for our communities where poverty is significantly reduced and where people who experience marginalisation and disadvantage are fully supported to realise and fulfil their potential in a way that values inclusion, diversity and equality for all.

### Liffey Partnership's Mission

We offer services, support and advocacy working with adults, children and communities. Using an integrated and collaborative approach, we work to improve economic, social and environmental outcomes and life opportunities.

Liffey Partnership's Strategic plan 2024-2027<sup>1</sup> has a number of goals, including specifically working with parents, children and young people:

*'Providing opportunities for and with parents, children, young people and families to reach their social, educational, emotional and health potential through early intervention and prevention programmes.'*

1. Liffey-Partnership-Strategic-Plan.pdf (liffeypartnership.ie)

## FAMILY MATTERS – AREA BASED CHILDHOOD (ABC) PROGRAMME

Family Matters Area Based Childhood (ABC) Programme works with children and families in the Cherry Orchard, Ballyfermot and Chapelizod areas, to mitigate against child poverty through prevention and early intervention. It does so in partnership with a broad range of agencies and stakeholders from the voluntary and statutory agencies. These agencies include Tusla, HSE, Education providers, Child Disability Network Team (CDNT), Youth Services, Child and Family services and community development organisations, such as Ballyfermot Traveller Action Project and Familibase. Liffey Partnership is the lead agency of Family Matters ABC which is funded by Tusla – The Child and Family Agency.

### Family Matters envisions:

*‘An Ireland where no child is impacted by poverty and all children are supported to reach their full potential’*

Through prevention and early intervention approaches, Family Matters ABC works to deliver better outcomes for children and families living in area. It achieves this by working at three levels namely:

**1. Service delivery. 2. Workforce capacity building. 3. Policy and practice change.**

There are a range of evidence based parent and children support programmes on offer to parents in the community through Family Matters ABC<sup>2</sup> and its partners such as:

- Baby Massage
- Incredible Years (IY) Baby programme
- PEEP parent and child learning through play programme
- Parent Child Plus Home Visting Programme
- Parents Plus Parenting Programmes
- Circle of Security Parenting Programme
- Parenting support workshops.

Hearing the Voice of Ballyfermot Parents 0-6 years sits in the context of the work of Family Matters ABC and the Liffey Partnership Child and Family Programme<sup>3</sup>

2. See Appendix 2 for further details 3. [www.liffeypartnership.ie](http://www.liffeypartnership.ie)

# Hearing the voice of parents of 0-6 year olds in Ballyfermot

The Liffey Partnership Family Matters ABC team, led the Hearing the Voice of Parents consultations in Dublin 10, in the first quarter of 2024, using the Lundy Model, which considers Space, Voice, Audience and Influence. The model has been specifically adapted to hear the voice of parents separate from their children.

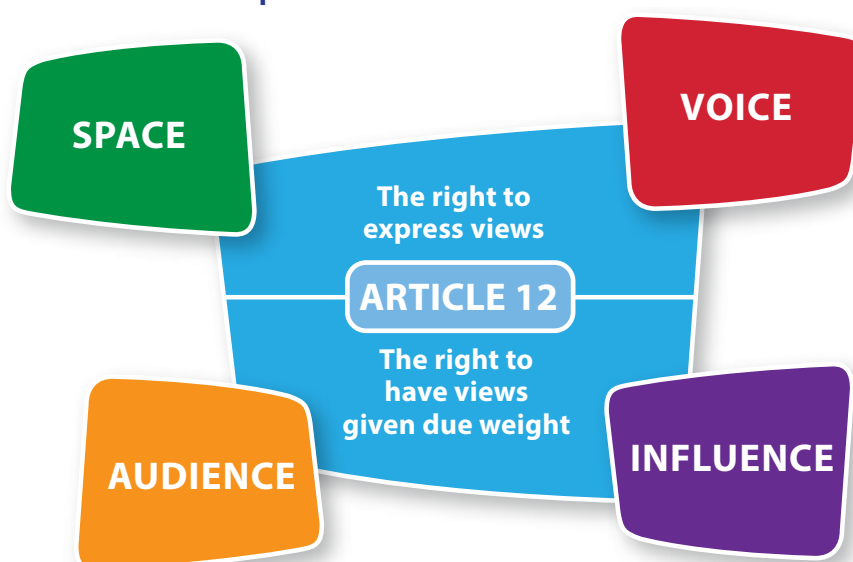
**SPACE** – the consultation began with an anonymous questionnaire, which was circulated online. Subsequently, parents were met and listened to in spaces with whom they and their children were familiar. Family Matters ABC staff, who were known to parents introduced the project and the consultant to parents and co-facilitated the discussion sessions.

**VOICE** – Parents views from the online questionnaire and their voices were recorded in the discussion sessions. Parents direct quotes are used in this report.

**AUDIENCE** – This report documents the views of parents. The launch of this report will provide opportunities for policy makers to hear those views.

**INFLUENCE** – The report will be used to influence actions – improved outcomes for parents locally and nationally.

## Lundy's Model of Participation



This model provides a way of conceptualising Article 12 of the UNCRC which is intended to focus educational decision-makers on the distinct, albeit interrelated, elements of the provision. The four elements have a rational chronological order:

**SPACE:** Children must be given safe, inclusive opportunities to form and express their view

**VOICE:** Children must be facilitated to express their view

**AUDIENCE:** The view must be listened to

**INFLUENCE:** The view must be acted upon, as appropriate

# Methodology

The Hearing the Voice of Ballyfermot Parents consultation was completed in two stages. The first stage was a parents' questionnaire, and the second stage was a series of parent discussion groups. Prior to the second stage, Home Visitor staff were trained in facilitating consultations.

## *Parents' questionnaire*

Stage one entailed a Google forms questionnaire, (see Appendix 1). This was devised by the steering group and tested by a small group of parents, who gave relevant feedback, in advance of the final version of the questionnaire being circulated widely to parents in the community. The questionnaire was advertised and distributed on social media sites locally. Links to the electronic questionnaire were shared with partner agencies that worked with parents and their young children, including family support projects, early years services and schools. Posters with QR codes advertising and inviting parents to participate in the *Hearing the Voice of Parents* questionnaire, were displayed on notice boards in prominent places across the community, such as GP surgeries, early years, schools and community centres. Hard copies were distributed to groups of parents for manual completion, aiding those without access to technology. Those who experienced barriers to participating in completing the online questionnaire, for example, a Traveller parents group and a local parent and toddler group met, and therefore were given the opportunity to fill out the forms in hardcopy.

Explicit consent was sought from parents to use the data given in their answers for the purposes of this report. All parents were given the option to give their contact details for the sole purpose of being eligible to take part in a draw for a €100 One4All gift card.

Additional consent was also sought from parents for their contact details to be used by Liffey Partnership to invite them to part-take in a discussion group, as part of the consultation process, to happen at a later date.



## *Training of Family Matters Home Visitor Staff*

Prior to the first parent discussion group, the consultant completed a training session with the Family Matters Home Visitors staff on facilitation skills and running discussion groups. This was in line with the practice in Liffey Partnership of building the skills capacity of local staff where possible. It was agreed that there would be a debrief after each focus group and a final debrief after the final discussion group.

## *Parent discussion groups*

The second stage of the Hearing the Voice of Ballyfermot Parents was a series of parent discussion groups. After the online questionnaire closed, all of the parents that explicitly gave consent to be contacted by Liffey Partnership to part-take in a discussion group, were contacted by email/text and invited to sign up for a group that was being facilitated at different times and venues across the community.

The parent discussion groups were planned with the following considerations in mind:

To make them as accessible as possible for parents; therefore

- They were held in the area, in community settings that parents were already familiar with
- The groups were also convened at different days and times including morning and evening groups
- Parents, if they needed to, were able to bring small children to the discussion group
- Toys were provided for the children to play with.

A total of five discussion groups were convened: three sessions were held in the Ballyfermot Library and two others were held at the same time as a parent and baby/children's groups in community centres in Cherry Orchard and Ballyfermot. In total, fourteen parents took part in discussions.

At the discussion groups, all parents gave signed consent for their conversations to be voice recorded and for direct quotations to be used as part of this report. Each of the discussion groups were facilitated by a Family Matters Home Visitor staff member and the consultant. The Family Matters Home Visitor facilitated the introductions of each discussion group. Thereafter, the consultant set the context for the group including the process, boundaries and limitations of the consultation, to manage parents' expectations of both the consultation process and its outcomes. The discussions were voice recorded and the Home Visitor took notes on a flip chart sheet, capturing the key points of the parents' discussion.

The initial parent discussion group questions were:

- What do you enjoy about being a parent of an under-6 child?
- Have you been to any support groups? Which ones?
- How did you find out information about the group?
- What's missing in how information gets shared?
- What supports are missing?

On the completion of the report, and in accordance with GDPR, all quotations used were checked to ensure that it was not possible to attribute any quotation in the report to an individual parent and the recordings were subsequently destroyed.

A summary of the direct quotes were collated in the findings under the four goals of the National Model for Parenting Support namely:

- Greater awareness of parenting support services
- Greater access to parenting support services
- More inclusive parenting support services
- Needs led and evidence informed parenting support services.

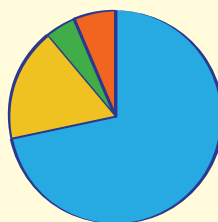
# Questionnaire findings

The findings are made up of quantitative results from the questionnaire which are reproduced below in diagrammatic form. Qualitative results from the questionnaire, in the form of written comments to specific questions and from the discussion groups where the discussions were recorded are then presented under.

The quantitative results of the questionnaire are as follows:

## 1. Are you a parent living in (please tick one answer)

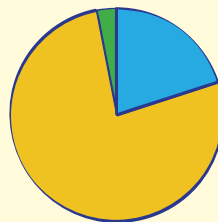
<span style="color: blue;">●</span> Ballyfermot	125
<span style="color: orange;">●</span> Cherry Orchard	30
<span style="color: green;">●</span> Chapelizod	8
<span style="color: red;">●</span> I don't live in Ballyfermot, Cherry Orchard or Chapelizod	11



88% of the 174 responses indicated that they were living in the Dublin 10 area, 71% in Ballyfermot, 17% in Cherry Orchard. 5% of the respondents indicated they lived in Chapelizod, with 6% indicating not living in the catchment area.

## 2. Are you parenting alone?

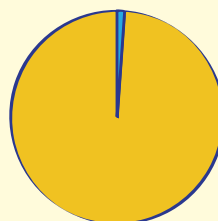
<span style="color: blue;">●</span> Yes	35
<span style="color: orange;">●</span> No	134
<span style="color: green;">●</span> Prefer not to say	5



20% of respondents stated they were parenting alone while 76% indicated they are not and 4% preferred not to say.

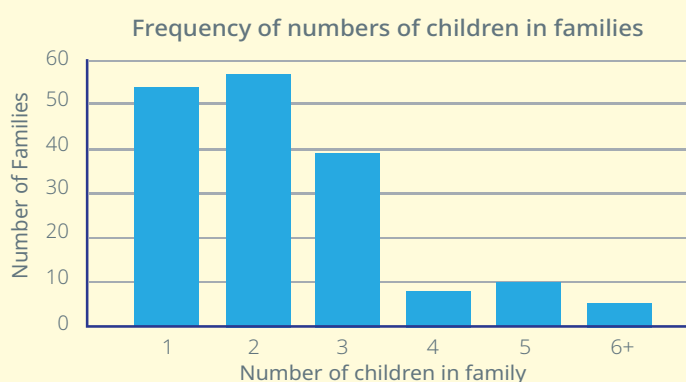
## 3. Are you?

<span style="color: blue;">●</span> Male	2
<span style="color: orange;">●</span> Female	172
<span style="color: green;">●</span> Prefer not to say	0



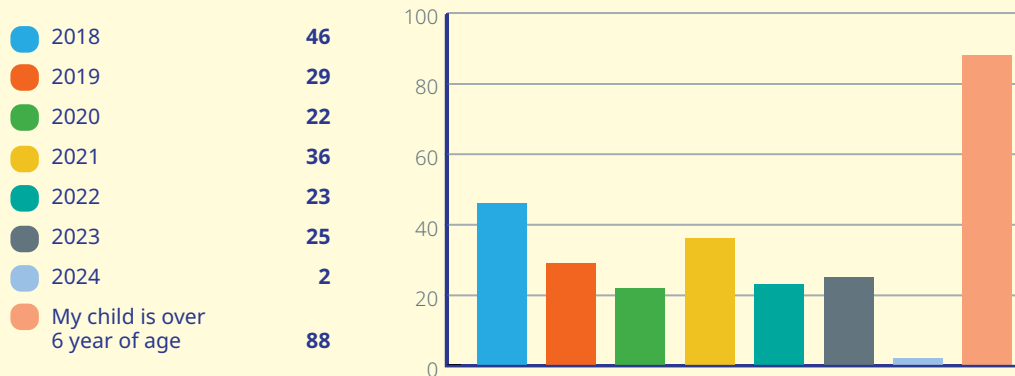
The vast majority 98.8%, of respondents to the questionnaire were female, with 1.2% of those who completed the questionnaire being male.

## 4. How many children do you have?



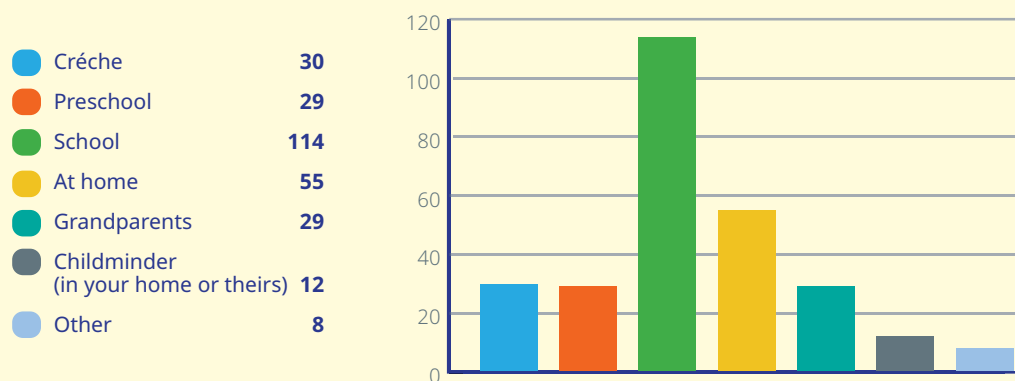
86% of the 173 parents that answered this question had a family size of between 1-3 children. 70% of the children of the 173 parents who completed this question, come from families of 1-3 children in size.

## 5. What year was your child/children born? (please tick all that apply)



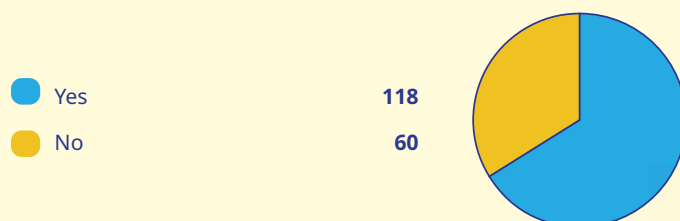
The parents that answered this question, indicated that 68% of their children were 6 years of age or younger. 32% of the children were greater than 6 years of age. All answers were included in the following questions.

## 6. During the day my child/children is attending or being cared for by the following: (Tick all that apply)



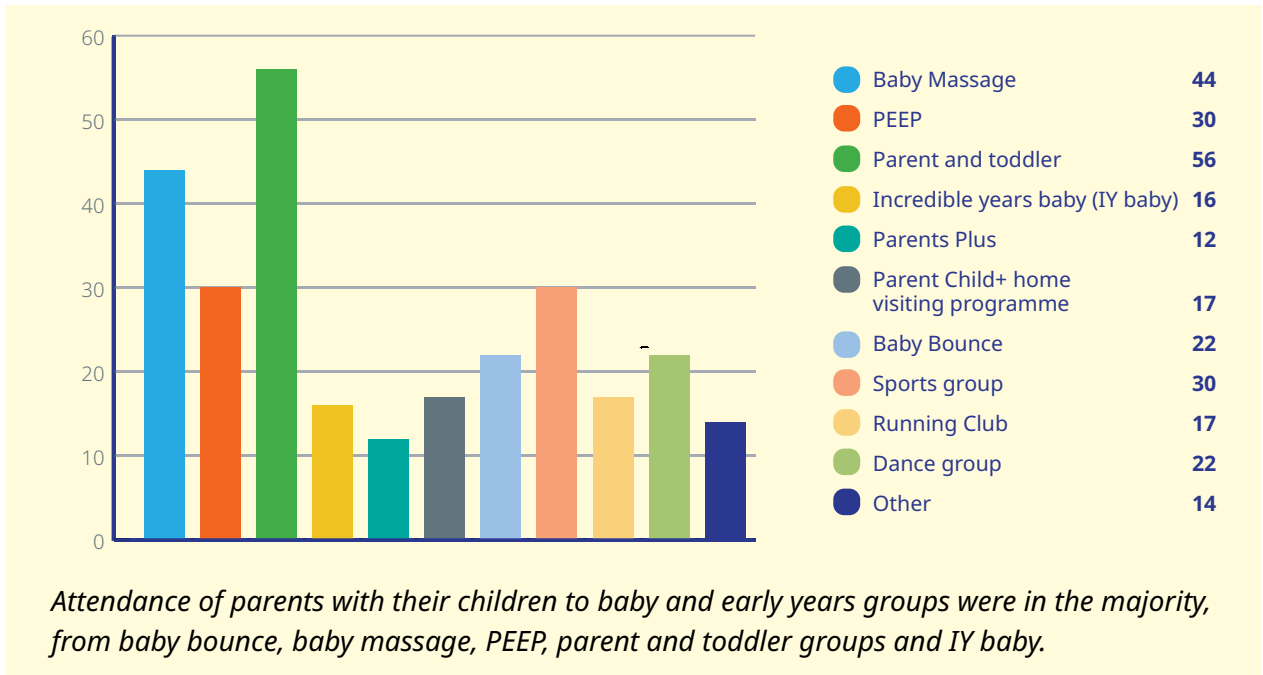
The vast majority of the children were attending school. While many answered that they were being cared for at home, in preschool or crèche. Note a significant number, 29 parents, indicated that their child's grandparents were caring for them.

## 7. In the past 4 years have you and your child/children attended any groups in your area?

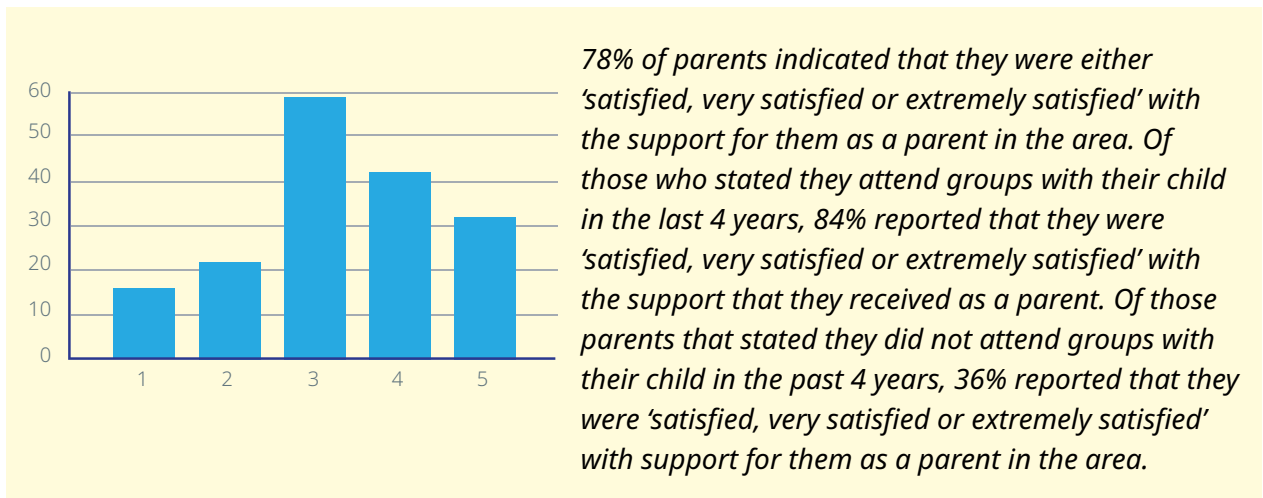


66% of respondents have indicated that they attended a 'parent and child' group in the past four years, while 34% have not attended a parent and child group. (this number loosely correlates with the % of children under 6 years of age and over 6 years of age).

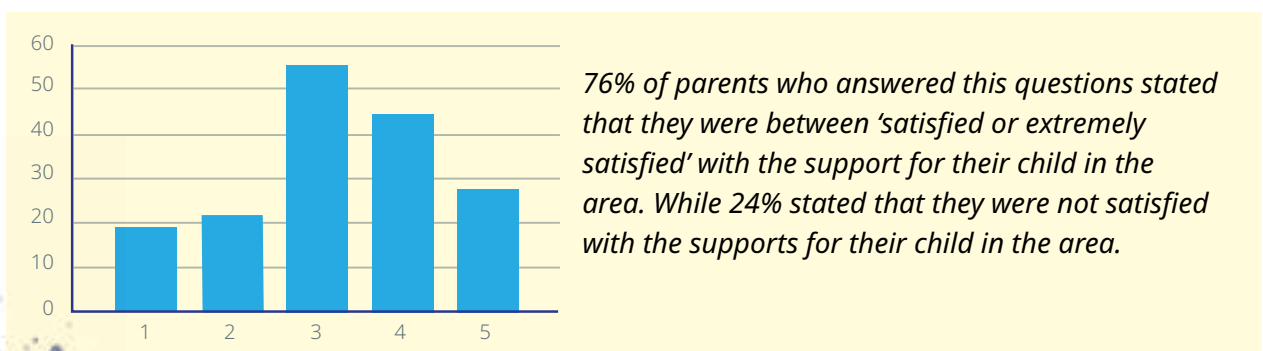
## 8. If yes, please tick any groups you have attended with your child



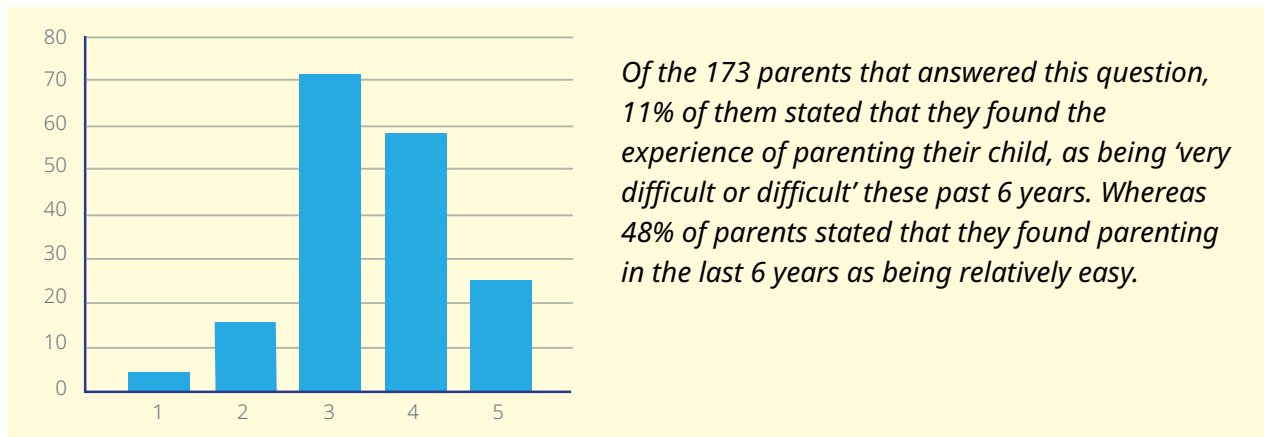
## 9. How satisfied are you with supports for you as a parent in your area? Select your answer with 1 being extremely unsatisfied and 5 being extremely satisfied



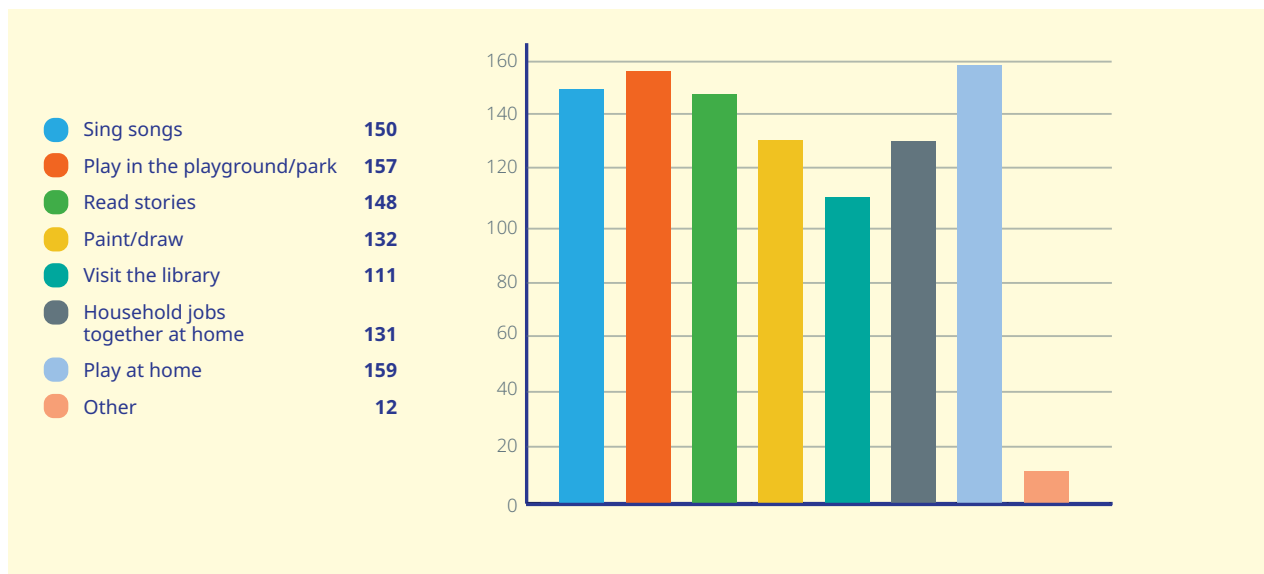
## 11. How satisfied are you with supports for your child/children aged 0-6yrs in your area? Select your answer with 1 being extremely unsatisfied and 5 being extremely satisfied



**13. How have you experienced parenting your child these past 6 years. Select your answer with 1 being difficult 5 being easy**



**15. Do you engage in any of the following activities with your child? Tick all that apply**



**How have you experienced parenting your child these past six years? Please explain your answer:**

Parents were asked to further explain how they rated their parenting experience in the last 6 years. Their collated answers to this question are summarised as follows:

**Issue of Covid 19**

Many parents referenced COVID as an issue for them and for their children, this was hard when juggling with work – most outlined difficulties

- Pandemic made it really hard as was working long hours and face to face groups cancelled.
- Covid had a big impact on this for my youngest child I felt.

- Covid delayed important socialising skills for our youngest but he seems to have adjusted since starting school.
- It's been nearly impossible to get services or to attend all appointments as many were cancelled with COVID and then with the excuse of backlogs.
- The isolation of early parenthood because of Covid, none of the usual supports such as parent and baby groups running, no family nearby, major breastfeeding and sleep challenges all made for a difficult transition to first time parenting that I was not prepared for.
- Realising now that lockdowns did put a strain on me as a mother, as did returning to work. Currently on mat leave again and finding more of a rhythm to life and more connections in the area.

### **One parent recognised the challenges for them but also identified the time of Covid as a positive**

- Three boys aged 3, 5 and 8. Difficult with COVID-19 restrictions. Hard juggling full-time work, COVID happened and we are a tight knit family and we were at home more obviously so I had the time to teach him things that I didn't have on my first.

### **Parents of children with additional needs wrote about their challenges**

- Very little guidance and support for parents of children with additional needs. I have found it quite stressful trying to navigate these waters.
- My son has hyper mobility and dislikes to leave the house or engage in social activities it is a struggle for us as any activities do not suit him due to fear of outdoors/noise and over stimulation.
- It's hard not having much to do with a child with sensory issues because normal activities do not suit their needs – Or having to travel far to find something that suits their needs.
- Both of my children are autistic – the past few years have been very difficult. We are trying to get them to communicate as they are still not talking or are toilet trained. We are also fighting for services for them and trying to make life easy as possible for them.

### **Parents that are parenting alone also wrote about their challenges**

- Parenting alone can be extremely difficult at times. The stress, anxiety & guilt you can feel on a daily basis is unexplainable. Trying to get a parent to be involved it's stressful. Then trying to explain to the kids why that parent won't come visit is extremely hard.

- Single parent full time job running a house. All hard.
- Did it all on my own with no support this place is a joke there is no support out there.
- Single parent, traumatic birth, number of health issues.
- There is no supports that don't have 2+yr waiting lists for clubs etc. that cater for 5+yr olds unless you pay for them & when you do there is no adult inclusion.

**Parents talked about the joys and challenges of parenting – Challenges include accessing child-minding and the cost of same, dealing with post-partum depression and the positive difference that support makes and dealing with anti-social behaviour**

- Every stage brought it owns difficulties and also joy. Parenting is a roller coaster I had my 1st child at age 21 years old and listened more to outside advice (in laws, friends etc) whereas I had my 2nd at 35 years old and did everything differently... listened to outside advice but done what I felt was best, breastfed, went with awake windows for naps etc.
- No parenting plan is ever 100% easy... life would be great if everything was easy.
- Everything has good days and bad days. It's rarely all good or all bad.
- It's been difficult as he is my first child but I have a lot of support.
- No child is easy – each child is different and have very different needs and having the right supports is essential.
- I've had support from family and friends but childminding has been the biggest concern, both the cost and availability.
- I struggled with postpartum depression in the beginning but I've since got help.
- It's extremely hard to earn a living and also parent to your best ability...Without family help.
- Trying to hide antisocial behaviour from young children is becoming more difficult in our area.
- It is difficult being a working parent and struggling with the juggle of parenthood and working full time.
- I have a very supportive family that I am thankful for. But again, I find it hard during the summer time and school holidays as a working parent.

# Qualitative findings

Qualitative findings from the discussion groups and comments in the questionnaires have been collated under the four goals of:

**Supporting Parents:  
A National Model of  
Parenting Support Service,  
(Government of Ireland):**



## Goals

1. Greater awareness of parenting support services

2. Greater access to parenting support services

3. More inclusive parenting support services

4. Needs-led and evidence-informed parenting support services



## Greater awareness of parenting support services

Those who took part in the discussion groups had already taken part in Liffey Partnership or other local parenting support services. Of the 178 people who indicated their participation in groups with their children, 118 had done so and 60 had not.

### Some parents know about, use and are appreciative of parenting supports

- There is a great array of supports, particularly handy for first time parents
- I think the fact that there is so many groups offered for free in our area is amazing
- Ballyfermot is a fantastic area for supporting parents.



### And others have had different experiences

- Doesn't seem to be a lot and if there is, they are not well advertised
- There are some supports but not very well advertised, I've only ever heard of different groups through friends or family
- There are lot of services in the area but not everyone knows about them
- I can't really give a valid answer because I haven't really tried to access any of these services. I suffer with my mental health and literally just surviving. I am going to look into them because of this survey.

### Word of mouth was the way most parents heard about services

- My younger sister found out from a friend
- From other Mammies
- I found out through a friend. Word of mouth.
- I was talking to my neighbour and she doesn't really know anything about what's happening. She doesn't know how to get started. She's on WhatsApp
- Only that my neighbour said that this morning – Spread the word – She's not on social media – she's on WhatsApp but how do you get to her
- Didn't hear from professionals
- My friend – her little one goes here, she sent me the info.



### Some actively looked for services

- 🗨️ Went on a walk to every centre – Found out through the parent and toddler group. Lots of services did not know what is going on in area
- 🗨️ I walked and walked and asked
- 🗨️ Googled partnership baby groups
- 🗨️ I didn't even know about what's happening in my local park
- 🗨️ I never knew there were groups. My older kids are 8 and 10.

### Some parents heard about groups through social media:

#### WhatsApp was most frequently mentioned

- 🗨️ We have a WhatsApp group any new people we put into it
- 🗨️ My daughter found out – She looked up online
- 🗨️ I saw it on Facebook. Familibase up there
- 🗨️ If you use Facebook, you'll see it – if not you won't
- 🗨️ St Vincent's – leaflets additional needs from the school
- 🗨️ Inclusive groups – neurodiverse groups Facebook pages
- 🗨️ Found out on Facebook.



### Others heard from health professionals

- 🗨️ Only that I asked the Baby nurse
- 🗨️ Baby nurse – you have to ask
- 🗨️ Baby nurse – when you ask her
- 🗨️ I was going through a bit of loneliness I went to the baby nurse
- 🗨️ Baby nurse – Not just one time
- 🗨️ I was struggling with mental health – my GP didn't know where to point me to
- 🗨️ A lot of pressure when baby nurse rolls up. They're not as in touch locally. Mine has gone. My own experience was she only did a hearing test in Clondalkin. Years ago
- 🗨️ If the nurse followed up – have you been to the classes?



### Or from schools/preschools/Crèches

- 🗨️ Saw leaflets in preschool
- 🗨️ Not enough follow up after groups form sign in sheets at groups
- 🗨️ School sends info – WhatsApp.

- 🗨 It just so happened that the preschool sent me a flier
- 🗨 St Vincent 's – leaflets additional needs from the school
- 🗨 If there was a form in the school
- 🗨 Worked in a crèche so I heard about it
- 🗨 Stand around and chat... (at the school gate with other parents).

### Or from groups

- 🗨 From Home visits – you gave me a lot of information about the groups
- 🗨 Baby massage
- 🗨 Early years
- 🗨 Home visiting programme
- 🗨 Parents plus – additional needs
- 🗨 Coming to PEEP group I heard about Parents Plus.



### There were examples of women having to ask for help before they found out about supports

- 🗨 Have to ask
- 🗨 When you are struggling it's offered
- 🗨 When you look for support its there.



### Others said that when and how the information was provided was important

- 🗨 My Public Health Nurse told me – but you're after having a new baby and it goes over your head. She gave me this book and a lot of information at once...
- 🗨 First PHN visit – too soon
- 🗨 The first couple of health visitor visits I wouldn't have taken it in. Three months is probably too late
- 🗨 Info given earlier.



### And many said that once you're in... you get the information

- 🗨 Coming to PEEP group I heard about Parent plus
- 🗨 Once you're linked in with one group – you hear about them all
- 🗨 Once you hear about one club you hear about the others.

## However, it's also easy to fall out

- When you're in a group its grand but it's easy to fall out of it
- You usually sign in phone number and email address – follow up information would be good. Hoping to hear if it will start back – assuming I'll get a text or a phone call
- Not enough follow up after groups from sign in sheets at groups

## When asked for ideas for how people might get information in the future the following were suggested

- Groups could be promoted when discharged from hospital
- Advertised as a list of events
- Poster in Coffee shops, Pharmacies, Centra
- To get new people in a leaflet drop
- Old school – Timetable – Ballyfermot in the 90s there was a summer project – a leaflet went through each door with a timetable and people signed up
- Leaflet through the door
- A flyer with all the clubs
- Everything all on the one place – One place to find out info and what is available for parents and young children
- Poster or flyer with information. Needs to be pointed to all the clubs/groups.



## Social Media – Messaging services

- Social Media advertising – Instagram
- Instagram
- Our own Instagram
- Don't see social media posts – Instagram – not aware of social media
- Tic Tok
- A WhatsApp group
- WhatsApp – Familibase do it. A WhatsApp group
- You always send it on to me WhatsApp... a Digital flier... send it to all the families
- On your app or unless you're telling me – WhatsApp or schools apps otherwise you wouldn't see anything
- WhatsApp group for parents in programmes.



- 🗨 Our programmes advertise on Facebook page – Liffey Partnership Facebook
- 🗨 Inclusive groups neurodiverse groups Facebook page – A lot of the stuff is miles away miles away... In Santry. Others afraid of their babies
- 🗨 If you use Facebook – you’ll see it if you don’t you won’t
- 🗨 If you don’t interact on Facebook it’s not going to come up on your feed and you’re not going to see it
- 🗨 Need to interact with page. To get it coming up on your feed
- 🗨 Website/more posters
- 🗨 Even with social media Word of mouth and personal contact works best.

### Opportunities with change of Partnership name

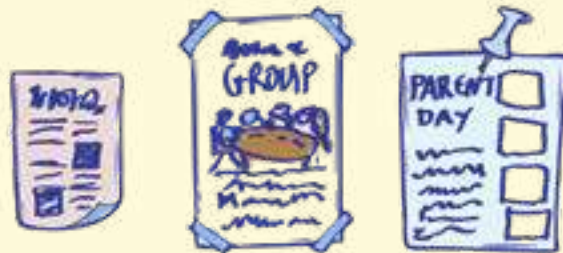
- 🗨 Changing signage
- 🗨 Liffey Partnership
- 🗨 If Liffey Partnership had information on their website.

I moved here when he was one and a half – I didn’t know anyone.



### Other possible locations for sharing information were

- 🗨 The library – Library staff
- 🗨 Library does these things on Saturday. Not for babies
- 🗨 Clondalkin library on a Saturday morning they do a session
- 🗨 South Dublin Library have a catalogue
- 🗨 City Library
- 🗨 GP Surgery
- 🗨 Pharmacy
- 🗨 Crèche.



### And many others said they’d take a photograph of posters/flyers and share on their feed

- 🗨 The poster needs photographs – there no way I’d read it without photographs
- 🗨 Snap a photo and send it – my friend does that – puts it into the group
- 🗨 If there was a leaflet you could take a photograph.

### Greater awareness of supports would

- 🗨 Encourage people to come in and stay in the service and not fall out of the loop.



## Greater access to parenting support services

### People are very appreciative of the existing groups and supports

- 🗨️ You've been great accommodating me – flexibility important – I work in homecare, and I could get a call anytime
- 🗨️ So much going on
- 🗨️ The partnership is amazing, the staff are so welcoming and friendly
- 🗨️ Fantastic breastfeeding groups
- 🗨️ Felt very safe in groups
- 🗨️ Really good
- 🗨️ Baby massage and baby bounce was great for my baby, have not been to toddler group yet
- 🗨️ I love coming here mixing with others, he's mixing with children, pickup diseases which make him stronger when he goes to big school
- 🗨️ She has to be here – her brother is nonverbal.



### Other Groups/Supports that parents use are

- 🗨️ PEEP
- 🗨️ Baby Massage
- 🗨️ Loads for the small ones when they get to 5-6-year-olds there's not so much
- 🗨️ Parents plus – additional needs
- 🗨️ Baby classes
- 🗨️ Playgroup in resource centre
- 🗨️ The one on Friday
- 🗨️ Parent Plus
- 🗨️ Sensory ones
- 🗨️ Ones in Familibase
- 🗨️ Baby massage.



### *A comment about how supports are described*

- 🗨️ Home visitor programme – I almost wasn't going to do it because of the way it was pitched. I heard home visitor and I thought oh you're checking up on me. I told my husband about it and checking up. It's fantastic initially when they were talking about it, I wondered if they could see me doing something. I wondered – Do I have to clean?

### *The Circus was frequently mentioned*

- 🗨️ Dublin Circus – jumped around loved it. On the mats
- 🗨️ Circus was missing this year
- 🗨️ Circus is brilliant
- 🗨️ Circus – outside company quite expensive – do our own.

### *And parents recognise that there is need for more universal supports*

- 🗨️ More spaces in crèches. He's on a waiting list
- 🗨️ More places for childcare
- 🗨️ More places in schools – Already worried about secondary school – not enough places. Don't want to send to a primary school with no secondary to continue to. Will separate from friends.

### *And they have real concerns about waiting lists*

- 🗨️ Waiting lists for primary schools/secondary schools
- 🗨️ Waiting list for everything – years long
- 🗨️ When the apartments are built – no school – 900 and something and then the ones down Chapelizod
- 🗨️ Waiting lists already.



### *Services which are no longer locally based*

- 🗨️ A need for locally based stuff
- 🗨️ No nurses up there – had to bring them to Inchicore
- 🗨️ Bringing babies to Inchicore for assessment.

### *The need for specialised supports which are accessible locally*

- 🗨️ No speech and Language services, no occupational therapy services
- 🗨️ No basic services.

- 🗨️ No occupational therapy – waiting list since he was 1 – he's now 9 –  
No appointment Where do you go?

### And the need for more access to activities, groups

- 🗨️ 5,6,7 older kids no groups
- 🗨️ Non-competitive groups for children
- 🗨️ Breakfast Club
- 🗨️ Dance classes 2–3-year-olds – nothing for 4-year-olds for 4 years up
- 🗨️ I need to bring her to groups to learn from other children – her brother is nonverbal
- 🗨️ There's loads for me. I've a 5-year-old... I pay for swimming
- 🗨️ Loads teen groups on Wednesdays
- 🗨️ More groups for school + age
- 🗨️ Younger social groups – sport
- 🗨️ Creative groups for children
- 🗨️ Theatre
- 🗨️ Music classes
- 🗨️ Scouts
- 🗨️ Lego
- 🗨️ Healthy eating for toddlers
- 🗨️ More family events in the area.



### A 'Fourth trimester' (the three months after a baby is born) group was considered important

- 🗨️ Smaller babies – good
- 🗨️ Fantastic breastfeeding groups – Is there Breastfeeding group? – HSE one was great. Does it have to be led by a nurse? I can't go to that because I'm not breastfeeding.



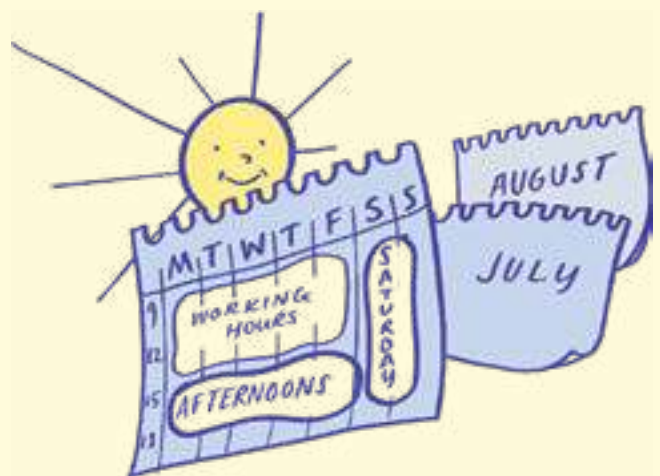
## There is also a need for more supports for children with additional needs and their families in the area

- More sensory stuff – not a lot in Ballyfermot
- Specialist groups. Children with additional needs
- Services for children with additional needs
- So many kids have autism
- Lots of services did not know what is going on in area
- Access within area
- Driving to locations far away for short sessions
- No sensory playground/play area.



## Timing of groups/supports

- Need for afternoon groups, Saturday groups
- Only one group in afternoons
- Timings – between 9 and one. Nothing in the afternoon
- I'm back to work – I feel a little bit excluded because I can't go to the groups during the day
- One Saturday – meet up
- Parents would like stuff on the weekends – working during the week
- Would there be a market for stuff on weekends – for me no – I work on Saturday, and it would suit me personally
- Gap on Saturday – once a month even for working Mums
- Monday to Friday a lot of stuff
- One Saturday a month
- All the way through the year. Over the summer
- During the summer – stress?
- Summer groups
- Break it up – the summer – 8 weeks – If you're working you feel guilty
- Midterms
- Timings – between 9 and one. Nothing in the afternoon.



### Concerns about older children/young people

- Teens – not much. I do be sweating at the thought of 14-year-old daughter afraid of her roaming the roads
- Worry – If you don't have them in a hobby.



### Groups for particular ages

- Babies only – not toddlers
- Mothers with both can't come, Feel excluded
- Schools do groups as well – painting groups in certain schools but you can't bring your child into the parents group.



### Parents support groups are important

- Coffee morning for parents – It was good
- Three hours to myself
- 9-1 in crèche – I didn't know what to do with myself
- Stare at the walls for three hours
- Do the classes
- While the kids are in school a social morning
- Social groups/walk and talk/coffee morning/mental health – self care.



### Costs for supports, groups, services

- A lot of them are private
- Not in the area. Ok if you drive. What do you do if you can't drive?
- Waiting list
- Pay for it a fiver – A five a week for art – Its reasonable
- I've to travel outside the area.



## Older women who mind grandchildren talked about changes in provision over the years

- 🗨️ My son is 27 now, I used to be able to pick a playschool
- 🗨️ Preschools came in, Playschools are needed again – should be opened
- 🗨️ Childcare is very expensive, especially if the two of them are working
- 🗨️ I mind on Tuesday, Wednesday, and Thursday, I like coming up here
- 🗨️ I started minding my grandchild, lovely getting a cup of tea handed to you.

## Other supports that parents have used were identified as

- 🗨️ Cooking – Cooking course still going
- 🗨️ Bungalow
- 🗨️ Arts and crafts
- 🗨️ Women's empowerment course.



## Parents who work mentioned their issues

- 🗨️ Juggling
- 🗨️ She's in crèche... trying to work around that – Trying to find a job that allows me to pick her up
- 🗨️ I work mornings and evenings – not so much in the afternoons
- 🗨️ Trying to fit stuff in such a Catch 22 – school.



## Physical Activities which were used were

- 🗨️ Running club
- 🗨️ Physical activity – loved it
- 🗨️ We can have 40 kids twice a week – we do a summer programme running
- 🗨️ Keeping them active. Park run on a Sunday
- 🗨️ Sports, swimming some afternoon things
- 🗨️ Summer project – 60-70 kids. Look forward to it. Something so simple and the amount of kids that love it
- 🗨️ Picnic in the park, games in the park
- 🗨️ Sports
- 🗨️ GAA
- 🗨️ Dancing.



## Physical activities that parents would like were

- 🗨 Swimming hard to get for weekends
- 🗨 Covered football field
- 🗨 A soft play area
- 🗨 Free family trips at the weekend
- 🗨 More afternoon sports
- 🗨 Sports groups for the under 5s.



## Outdoor activities for their children

- 🗨 Playgrounds - cleaner playgrounds
- 🗨 Outdoor activities in the park
- 🗨 Playground in Drumfinn for small kids.



## Open to which children?

- 🗨 Not being clear about what groups were going to be suitable for what ages
- 🗨 I didn't think I could bring my 2 and half year old
- 🗨 Parent and toddler - I thought she was too small
- 🗨 Missing out by 2 days nearly 6 starting school no intake after Christmas gap. Trying to organise my own groups
- 🗨 She has additional needs - so it's difficult.

## Questionnaire respondents also asked for

- 🗨 Priority for local kids in the pool as there are not enough places
- 🗨 More social clubs for parents in the evening
- 🗨 Better drop off system for cars in schools
- 🗨 More Gardai walking the streets and talking to young people and a drop in centre in Cherry Orchard.



## More inclusive parenting support services

Many parents highlighted the lack of basic therapeutic services and assessments. They also reported frustration in their struggle to access services

- Occupational therapy he's now nine... he's halfway through childhood and he's had no occupational therapy
- Therapies for all ages
- Waiting lists
- No speech/language services
- Number of children with complex needs in Ballyfermot
- The HSE services are shocking e.g. CAHMS, Tusla giving no help
- Greater supports for children of all ages with additional needs and ASD.



### And assessments

- Assessments – needing to take out a loan
- Luck of the draw getting assessments – using other people's addresses to get an assessment
- I had to pay for an assessment for my little one. I got rejected for an extension. I needed changes to the house
- Putting in for things like that. If you had support – It's real intimidating when you get a form that thick. It would be good to have support to fill out forms.



### Supports and services that work for children with additional needs

- Santry – a party for a child – no noise. Baby gym
- The Partnership ran the teddy bears picnic – a smaller group for kids with additional needs an hour earlier – a smaller group
- Dinoland Artane
- Imaginosity – pretend to be builders – Swords
- In Clondalkin sensory garden... I bring him up all the time
- Group in Sandyford sand pit/safe space you did not feel like she was standing out. I wasn't taking her off tables and she had a ball not getting stared at. I drove for 45 minutes for a 40-minute party. I'd do it again.



- 🗨️ I drive to Wicklow every Saturday 1.5 hours for equine therapy half an hour
- 🗨️ A place over in Walkinstown running a summer camp for 3 plus for kids with additional needs you could leave your kid there you didn't have to stay. If it was going to be a tenner/twenty euro...
- 🗨️ My son has hyper mobility and dislikes to leave the house or engage in social activities it is a struggle for us as any activities do not suit him due to fear of outdoors/noise and over stimulation.

### Children with multiple needs – parents seeking support and access for their child with additional needs

- 🗨️ Delayed development
- 🗨️ Falling between services
- 🗨️ Parents with multiple children
- 🗨️ Children with multiple needs
- 🗨️ Older brother non-verbal important for younger child
- 🗨️ Trying to get them set up. I have a little boy who is 9. He's deaf and Autistic and he falls in between services. He's nonverbal. 'As I Am' caters for autism and not for deaf.



### Groups – for children with additional needs

- 🗨️ Kids that are like other kids connect with each other
- 🗨️ He gets overwhelmed in a regular group. Needs a group
- 🗨️ Sports class for additional needs was good – Only ran once
- 🗨️ She likes being on her own. Gymnastics is all she does
- 🗨️ More additional needs groups
- 🗨️ More sensory events
- 🗨️ Not sure – I don't want to label her. I have other kids. Need to normalise it
- 🗨️ Clubs in the Summers – sensory ones – so expensive – Civic Centre for Halloween.

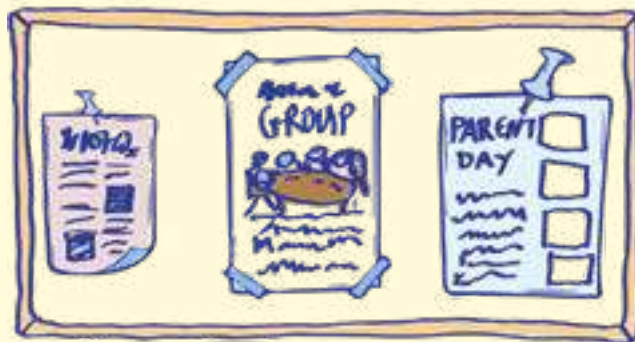


## Groups for children where children with special needs are included

- 🗨️ I think it's good – my daughter is Autistic – She likes the balls – She loves all that. Toddler mornings she likes but she doesn't like too many other kids. I brought her to the toddler group this morning and I had to take her out. She loves banging. Staff are good with her. Great for all the other kids
- 🗨️ Familibase set up a corner for her. It did not meet her needs and made others uncomfortable
- 🗨️ I like her to mix with other kids.

## Parental support

- 🗨️ Not really... most support I get is from my parents, my sister. Special needs things
- 🗨️ Coffee morning/support for additional needs
- 🗨️ More parent support groups for additional needs.



## Needs led and evidence informed parenting support services

### Benefits for children were apparent

- 🗨️ Fascinating seeing how they grow and change and become a little person. Their little attitudes
- 🗨️ How quick they learn in a group and become independent
- 🗨️ I used to bring her before she could walk. They take in so much. She walked early because of the clubs... copying the others.



### Benefits for parents too

- 🗨️ Quality - connections you make - deep soul topics connections - I felt really safe
- 🗨️ Stuff which allows you to connect on all sort of different levels
- 🗨️ If I stay at home my anxiety goes up the wall. I saw the difference in her Her speech
- 🗨️ I went to baby classes at three months, we still talk, and the kids are two
- 🗨️ I was buzzing - lovely to have that support - you're not on our own
- 🗨️ It's useful to talk to other mams
- 🗨️ It's great - the group - two hours to myself and you can talk. I'm not on my own. I thought it was good
- 🗨️ Incredible years programme a bit dated - didn't matter because the inclusion you feel is so important
- 🗨️ Once you get into the programme it's for the child and for the parent.



# Summary of findings

## Greater awareness of parenting support services

- In relation to information about supports there was a sense that once you were 'in', in groups or services, such as ABC groups, you get to hear about other supports available. Generally, parents heard initially through 'word of mouth' or through contacts/events shared on WhatsApp pages. Printed leaflets/flyers also worked – they were photographed and shared on social media.
- Parents said it was easy to miss the information as it is currently provided. Social media channels are clearly important for how individuals get their information. Currently information is on the Partnership's Facebook page – which was stated is fine if people are on Facebook – and are friends of the Partnership on Facebook. If not, they may not get information about supports. Several people had searched online and ultimately stated that they had got information about groups and services 'by word of mouth'.

## Greater access to parenting support services

- There was very positive feedback from parents on the activities provided by Family Matters ABC and the Partnership. Parents were very appreciative of the supports they receive currently and especially for the easy access through Partnership staff, and the fact that there are no fees. They clearly articulated the benefits for them and for their children.
- Parents would like to see more of the same – some of the groups were perceived as being hard to get into. There was more demand than could be accommodated.
- There is a need for a 'fourth trimester' group especially for first time mothers. A group where new mothers can meet and share experiences. Many mentioned this time as being very isolating – if mothers do not have close family or friends living nearby (like a breastfeeding support group except you don't have to be breastfeeding)
- Costs were frequently mentioned as a concern, if families are making provision for several children even small fees can add up. Transport also was a concern. Not all parents can drive, have access to a car or to Public Transport which is suitable.
- Parents would like to see supports offered at different times and on different days. Several parents also work and cannot access supports during the week. They would like to be able to attend groups at the weekends and/or in the evening.

- Parents are very concerned about Crèche places and talked about the difficulty of juggling childcare and work – looking for work that fits in with childcare arrangements. Some parents are concerned about other basic services – worries about waiting lists for primary schools and a concern for the future regarding second level places in schools, as local schools have closed at a time when there is a lot of construction of new housing.
- Many parents mentioned the Public Health Nurse (PHN) or baby nurse as a key person providing support. There was a lot of discussion about how and when information could or should be provided by the PHN and in what format. There was also a sense that the role of the PHN has changed and that parents now need to travel outside the area for basic checks as well as more specialised supports. The GP's role in relation to supporting mother and baby was not specifically highlighted by parents.

### More Inclusive parenting support services

- Parents of children with additional needs talked about the need for more inclusive supports and activities. Sensory gardens/rooms were identified as being useful for all children. Parents want their children with additional needs to have access to specific supports such as Occupational Therapy, Speech and Language therapy and Equine Therapy. They do not want their children to have to travel or be isolated from their peers or other members of their families. Currently parents may have to travel long distances for their child to avail of therapies such as Equine therapy which is not available locally. This is only possible where parents can drive and have the time.
- The importance of assessments for children with additional needs was underlined. They are necessary to qualify for some services. There are waiting lists for assessment, and they can be expensive. Several parents said they paid privately or took out loans to pay for assessments.

### Needs-led and evidence informed parenting support services

- Parents were able to identify benefits for themselves and for their children from their participation in activities locally. Parents who attended groups with their child, reported higher levels of satisfaction with the supports for them as a parent in the area, in contrast with the parents who did not attend a group with their child in the last four years.
- Parents generally didn't say anything about the supports being designed with an evidence base. More emphasis on this aspect of supports, either in the delivery or how supports are described could be useful.



# Recommendations

The final recommendations in this section, synthesise the consultation findings with consideration to the national policy context 'Supporting Parents: A National Model of Parenting Support Services' which lists as its guiding principles –

- Best interest of the child
- Accessibility
- Accountability
- Collaboration and
- Continuation of support.



In summary, the consultation heard the voice of parents in their needs and their rights to be able to access different parenting programmes and supports that respond to each stage of their parenting journey. What was also heard throughout was that all parents wanted the best for their child.

## **The following rights for parents in Dublin 10 have been identified:**

- 1.** Information and awareness about services and supports relevant to parents should be more accessible, in a central location for parents in the area. Information should be provided in a variety of formats. An area based Parents' Information hub and Parents' Forum should be explored, to aid parents with the timely flow of information, awareness raising and influencing.
- 2.** All parents should have the right and be able to access different parenting programmes at each stage of their parenting journey, from antenatal parenting to adolescent parenting and the many stages in-between. Thus, giving parents the tools and strategies for their parenting role and the opportunity for group based peer support for themselves also.
- 3.** All parents should have access to quality childcare for their children, which is flexible and accessible to facilitate their children to learn develop and grow, as well as facilitating parents to participate in parenting education. In the context of high levels of poverty experienced by many families, parenting alone, as well as the expanding housing and population in the Ballyfermot area, access to quality childcare is an essential factor which is known to aid in poverty prevention and reduction.

4. All Parents should have access to regular ante and post-natal community based health check-ups for themselves and their children.
5. All parents should have access to appropriate early years, primary and post primary education places for their children without having to travel outside of the area or worry about waiting lists.
6. All Parents should have access to timely free assessments for their children where needed, particularly when in many situations, assessments are required to access universal and targeted child services and education supports.

**Additionally what has been distilled from the voices of parents has been that:**

1. A co-ordinated interagency collaborative approach is needed across the community, in support of parents of children with additional needs. A new community based multi-disciplinary team, in HSE primary care, should be made available to children with mild to moderate levels of additional needs, complementary to the service provided by Community Disability Network Team (CDNT). Increased respite supports for parents of children with additional needs would also be beneficial for children, parents and families.
2. Given the identified perinatal parenting struggles coupled with the challenges of Public Health Nurse recruitment and retention in the area, an Ante-natal and post-natal community based home visiting service would be recommended.
3. While current parenting supports are delivered in the area with a strong evidence base, parents may not be aware of this. Service staff should emphasise this fact when publicising events and courses; thus supporting parents in understanding the positive outcomes for their children, when the skills, tips, tools, strategies and approaches from the evidenced based courses, are integrated into their parenting practice at home.



# Final comments

This project '*Hearing the Voice of Parents of 0-6 year olds in Ballyfermot*' highlights the importance of listening to parents, particularly to what is important to them in relation to the parenting of their children.

Using the Lundy Framework of Space, Voice, Audience and Influence acted as a guide to those facilitating this consultation, kept them on track and reminded them to ask, is this really what the parents said and in what context?

It is clear from this report that appropriate gatherings 'Space' were provided, that the parents' 'Voices' were facilitated and listened to attentively and will now be given an 'Audience' through this report, presentation to the stakeholders at local launch in Ballyfermot.

What remains are the challenges posed to and by the parents to service providers and policy makers:

- Ballyfermot parents differing **awareness** of the parenting support services that are available to them.
- Lack of **equitable and timely access** of parents to universal and specialist support services for themselves as parents and their children across the community.

In the context of significant change in our community, will the Ballyfermot parents' voice be acted upon, in line with Lundy's 'Influence' for positive change, and become a reality for them and their children in the years to come, and for future generations?

Will policy makers and service providers, take account of what parents are saying, heed their voice, so that Ballyfermot has the environment, infrastructure, services and supports that help parents and their children reach their full potential?



*Parents must be given safe,  
inclusive opportunities to form  
and express their view...*

*Parents must be facilitated  
to express their view...*

*Their views must  
be listened to...*

*Their views must be acted  
upon, as appropriate.*



# Appendix I: The Questionnaire

## Hearing the Voice of Parents of Young Children in Ballyfermot



Ballyfermot Chapelizod Partnership (BCP), with Family Matters, Area Based Childhood (ABC) programme is seeking to listen to the voice of parents of children aged 0-6years in our area. We hope your voice will help us and other agencies understand and support parents better into the future.

We need your help!

We are hoping to gather views from parents in two ways, first by asking you to fill out this questionnaire below and then we are organising parent discussion groups. At these groups we will ask parents to shares their views on what supports parenting in the area. All views given will be written up in a report. Any answers you give in this questionnaire will be anonymous and individuals will not be identified.

Please take a few minutes to fill out the below. one lucky person that gives their feedback will WIN a €100 one4all voucher

Thank you!

\* Required

### 1. Are you a parent living in (please tick one answer)

- Ballyfermot
- Cherry Orchard
- Chapelizod
- I don't live in Ballyfermot, Cherry Orchard or Chapelizod

### 2. Are you parenting alone?

- Yes
- No
- Prefer not to say

### 3. Are you?

- Male
- Female
- Prefer not to say

### 4. How many children do you have?

.....

### 5. What year was your child/children born (please tick all that apply)

- 2018
- 2019
- 2020
- 2021
- 2022
- 2023
- 2024
- My child is over 6 years of age

### 6. During the day my child/children is attending or being cared for by the following: (Tick all that apply)

- Crèche
- Preschool
- School
- At home
- Grandparents
- Childminder (your home or theirs)
- Other

**7.** In the past 4 years have you **and** your child/ children attended any groups in your area?

- Yes
- No

**8.** If yes, please tick any groups you have attended with your child

- Baby Massage
- PEEP
- Parent and toddler
- Incredible Years baby (IY baby)
- Parents Plus
- Parent Child+ home visiting programme
- Baby Bounce
- Sports groups
- Running Club
- Dance group
- Other

**9.** How satisfied are you with supports for you as a parent in your area? Select your answer with 1 being extremely unsatisfied and 5 being extremely satisfied

1	2	3	4	5
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**10.** If you wish, please explain your answer

.....

**11.** How satisfied are you with supports **for** your child/children aged 0-6yrs in your area? Select your answer with 1 being extremely unsatisfied and 5 being extremely satisfied

1	2	3	4	5
---	---	---	---	---

**12.** If you wish, please explain your answer

.....

.....

**13.** How have you experienced parenting your child these past 6 years. Select your answer with 1 being difficult 5 being easy

1	2	3	4	5
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**14.** If you wish, please explain your answer

.....  
.....

**15.** Do you engage in any of the following activities with your child? Tick all that apply

- Sing songs
- Play in the playground/Park
- Read stories
- Paint/draw
- Visit the library
- Household jobs together at home
- Play at home
- Other

**16.** What supports would you like to see more of in your area for you and your child?

.....

**17.** I consent to taking part in this survey and the use of my data (anonymous answers) \*

- Yes
- No

**18.** I consent to my name and number being used to be contacted for discussion group (Please leave your details below)

.....  
.....

**19.** I consent to my name and number being used to be contacted for raffle for €100 voucher (Pleaseleave your details below)

.....

.....

# Appendix 2: Family Matters ABC

## Parenting programmes

### Upto2 Programme

The Up to 2 programme supports you to build healthy relationships and attachment with your child from birth through to 2 years of age. There is strong attention around play and having fun with your child, as we know that it is through play that children's brains develop and learn. These supports include courses and workshops for you and your child, such as

- Weaning Workshops
- Infant First Aid
- Sleep Workshops
- Mother and baby Physiotherapy.

**Baby Massage:** Baby massage helps build the parents bond with their baby. The parents learns massage skills to help the baby's digestion, movement, circulation, coordination and brain development. This course is also a chance to get support. Parents can ask questions, share experiences, and connect with other parents.

**Incredible Years Baby (IY Baby):** This is a supportive course for all parents and babies up to 6 months. This helps parents understand their baby and what their different cries mean, how to establish sleeping and eating routines and covers baby first aid.

**PEEP:** PEEP evidenced based play programme, support parents and children in groups during different stages of development. The groups focus on a different topic of child development each week, such as speech, shapes, movement, maths, rhymes, self-esteem, emotions, and helps the parents understand and foster this development at home through every day activities with play, singing and reading.

**Parent Child+:** This home visiting programme is for children aged 15 months-2 years. A trained local Home Visitor will visit you and your child in your home for 30 mins twice a week over the course of 46 weeks. The Home Visitor brings a free new toy or book each week for your child to play with and keep. She will show you ways to play with the toy and book which can help your child

to develop and learn their motor skills, speech and language and to manage their feelings and emotions. Through playing with you and by themselves, your child learns new skills such as; early reading skills, vocabulary, counting, colours and feelings. This will help your child to be ready physically and emotionally for Preschool Early Years Learning.

### Parents Plus parenting Programmes

We believe that all parents, mothers and fathers, should have an opportunity to attend a free parenting course at every stage of their child's life, baby, toddler, child and adolescent stages. We offer to all parents in the community Parents Plus Parenting Courses that are suitable for parents of children aged 1-18 years. There are three different parenting courses depending on the age of your child.

- Parents Plus Early Years (1-6 years)
- Parents Plus Children's (6-12years)
- Parents Plus Adolescence (12-18 years)

These groups cover various topics such as tuning into your child, Self-care for parents, supporting parents around behaviour and routines, supporting children's learning through play, supporting children's self-esteem and confidence, supporting children's independence and problem solving.

Parents are made aware of these groups via Liffey Partnership's Facebook page and by using posters and leaflets that are put in local shops.

### Circle of Security Parenting Programme

Circle of Security is an evidence-based parenting programme that supports parent and children to build positive, warm attachments. This is an eight week group programme that will help parents to:

- Understanding children's behaviour
- Respond to their cues
- Create a secure base from which children can explore their world safely
- Consider your own needs when parenting.

# Appendix 3: Hearing the Voice of Ballyfermot Parents Poster



**HEARING THE VOICE OF PARENTS IN BALLYFERMOT**  
of children aged 0-6yrs

**We want to hear what you have to say!**

Hearing the Voice of Parents of Young Children in Ballyfermot

One Lucky parent will **WIN** a €100 One4all gift card for answering questionnaire

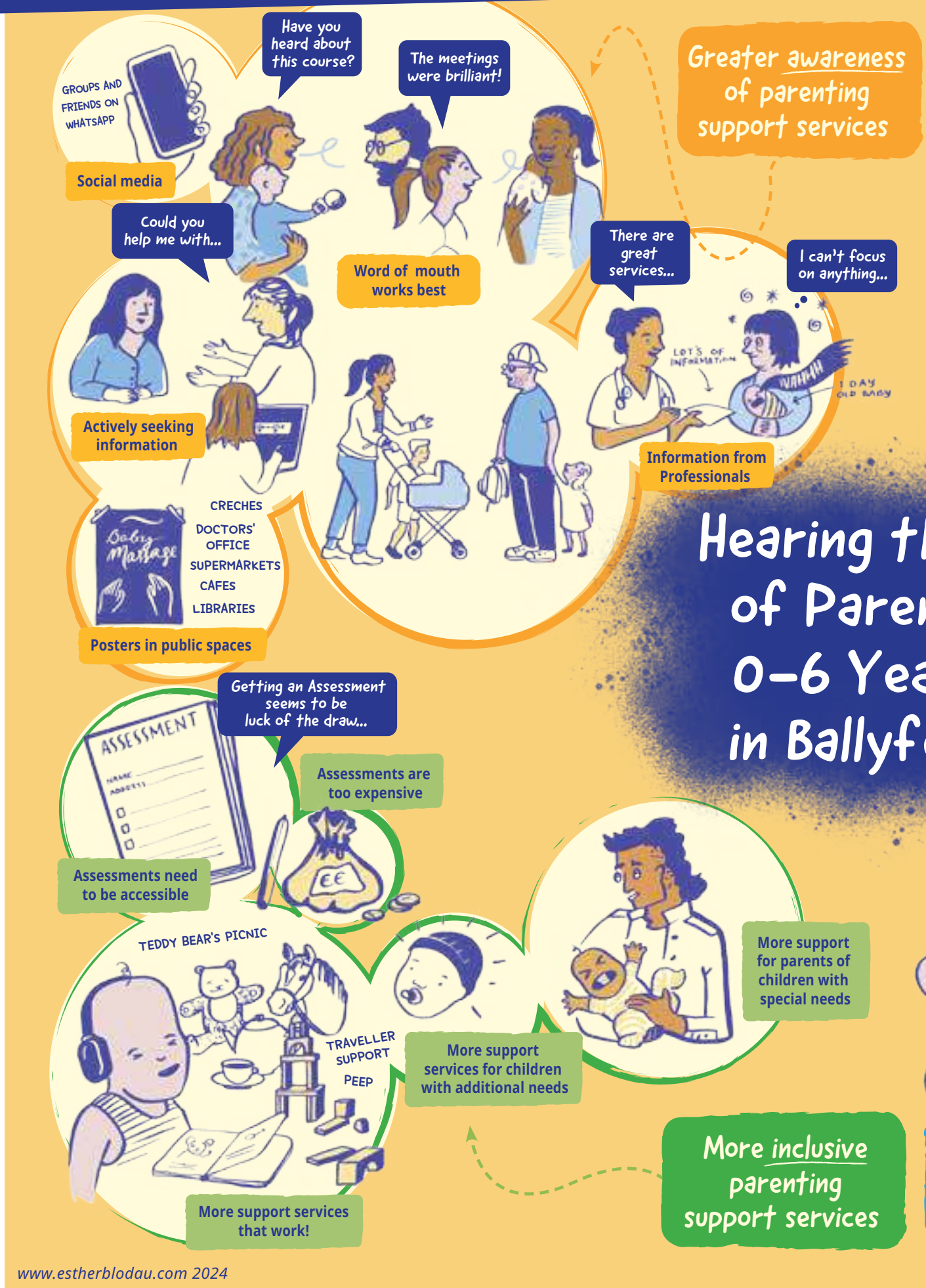


Scan for questionnaire



Ballyfermot Chapellized Partnership  
Building an inclusive community

# Appendix 4: Hearing the Voice of Ballyfermot Parents consultation illustration



# Greater access to parenting support services

The breastfeeding course was great!



Parents are appreciative of existing supports



# The Voice of Older Parents



Socialising with other parents is great!



More activities for teens needed



Supports are too baby focused. More offers needed for other age groups

I've made new friendships

The inclusion I felt was important



Making connections & sharing experiences

I was able to let go of my anxiety

It's fascinating to see the children grow!



BABY MASSAGE

TY BABY



PEEP

# Needs Led, Evidence Informed Support Services





Further information

Tel: 01 623 5612

[www.liffeypartnership.ie](http://www.liffeypartnership.ie)

