

Comments from parents who previously completed Family Matters courses:

"Very good course, as well as talking about topics like playing with your child, we had a great laugh in the group - will miss the course"

"It's useful to talk to other mams, in the baby class, lovely to have the support, you're not on your own"

"It was an amazing course, myself and Sonya enjoyed it every week, raging it's over!"

"I think it's great to talk about things we have noticed in our babies during the last week, but also adding a section each week to raise any 'worries' from the week would be helpful"

"Found this course amazing, the support and especially learning about the pause button"

"Found learning more about listening, compromising and been consistent the most useful parts of the course"



If you would like to find out more or book a place on any of our courses for parents and children, please contact our parenting support workers:

**Family Matters ABC**

Liffey Partnership  
4 Drumfinn Park  
Dublin 10

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

**Telephone** 01 623 5612

**Manager** 087 748 7375

Parenting Support - call or text  
087 342 4472 or 087 104 0704



# Family Matters

Parent & Child Programmes



## Family Matters ABC - Programmes for parents

Family Matters ABC is here to support children, parents and families in the Ballyfermot, Cherry Orchard and Chapelizod areas. We focus on supporting you the parents to help your child grow and reach their full potential. Our dream is that all the children will be healthy, happy, learn as much as they can, play and have friends. We hope that they will be able to build healthy relationships and to bounce back when life is challenging. Our parenting programmes and workshops are here to support you at every stage of your child's life.



### Upto2 Programme

The Up to 2 programme focuses on children's development and ways to build healthy relationships and attachment with your child from birth up to 2 years of age. Playing and having fun with your child is key. Family Matters in partnership with other local services, coordinate the delivery of Parent, Baby and Toddler groups: Art, Sensory and Storytime Workshops, Baby Weaning, Sleep and First Aid courses.

### Baby Massage

This class is for you and your newborn baby up to 6 months. It runs over 5-6 weeks in a community venue near you.

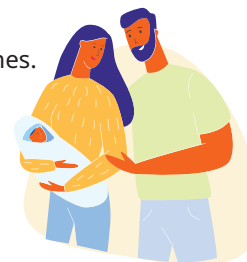
- This class can help with getting to know your baby more, their brain development, digestion and helping your baby manage how they feel and respond to you and the world around them.
- This is a nice social outlet for parents with new babies to meet other parents at the same stage as themselves, while still learning about their baby. We have seen some friendships form in these groups and have had parents request to come back for other courses because they enjoyed it so much! We will run at least 8 courses per year across the community.

### Incredible Years Baby Parenting Programme

This is a supportive course for all parents and babies up to 6 months. The Parent and Baby programme include topics on your baby's:

Sleeping, feeding and weaning routines.

- Chatting with your baby.
- Minding yourself as a new parent.
- Different baby cries.
- Baby safety.



### Parent Child Plus Home Visiting Programme

This home visiting programme is for children aged 15 months-3 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 keep. As you are your child's first and best teacher, she will show you ways to play with the toy and book which can help your child to develop, learn their motor skills, speech and language development and to manage their feelings and emotions. Play helps your child learn new skills such as; early reading, vocabulary, counting, colours and feelings.

**PEEP** parent baby and toddler play groups show parents how to support their children to learn and develop early speech, language and social and motor skills.

### 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. We offer Parents Plus Parenting Courses to parents of children aged 1-18 years, living in the community. We run these parenting courses throughout the year both mornings and evenings. These courses are for adults only:

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

Some of the topics covered on the courses are: 'tuning into your child', 'parents self-care', 'support for parents around child behaviour and routines', 'supporting children's confidence, independence and problem solving'.



### Speech and Language Parent Workshops

Workshops are provided to parents of children in early year's settings and primary schools to help you support your child's speech and language needs, vocabulary development and to help your child's early talking and understanding.

### Circle of Security Parenting Programme

This is an 8 session programme for parents/caregivers of children aged 4 months-7 years. Sometimes parents or children might feel anxious or unsure. We also may feel confused about what our child needs from us.

The Circle of Security Parenting™ programme can help support parents to feel more confident, build secure relationships and enhance the development of their child's self-esteem.