



Parent support programme limerick



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The Service is grant aided by



Diocesan fundraising and voluntary contributions.



Parent Support Programme Limerick



Lifelong Parenting Information and Support Community Mothers Programme Teen Support Programme



promoting dignity and growth of all people



'The Parent Support Programme Limerick is a structured programme aimed at enabling parents to enjoy and participate more fully in their child's development, and supporting them in their role by encouragement, sharing experiences and information with other parents'.

This mission statement anchors the programme in the belief that through encouragement and positive affirmation all parents will become more proactive in their child's development.

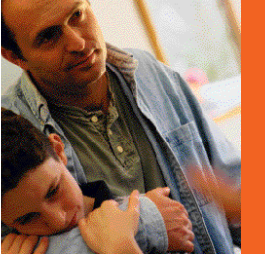
The Parent Support Programme Limerick is made up of three components:

- Lifelong Parenting Information and Support
 - The Community Mothers Programme
 - Teen Parents Support Programme

These services are provided free of charge.



Service available to all parents in Limerick City & County



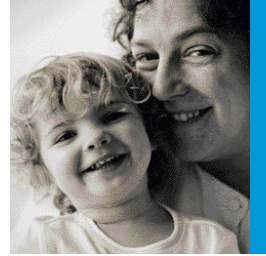
Lifelong Parenting Information and Support

What is Lifelong Parenting Information and Support?
Lifelong Parenting Information and Support covers, where possible, all issues relevant to parenting. This service is available to all parents of children of all ages.

- How does it work?**
It works by offering:
- Group Peer Support
 - One-to-One Support
 - Parent Support Groups
 - Phone contact
 - Parenting facilitation
 - Parenting workshops
 - Information



This programme is funded by the Health Service Executive West in partnership with Limerick Social Service Centre



Community Mothers Programme Limerick City & County

What is the Community Mothers Programme?
This is a home visiting service for parents with new babies/young children. A Community Mother is an experienced mother who is trained to visit parents in their homes and to encourage them to enjoy and participate more fully in their child's life.

- How does it work?**
It works by offering:
- One-to-One Support
 - Parenting Support
 - Parent and Baby/Toddler Groups
 - Information regarding:
 - child's development
 - activities
 - services
 - supports
 - welfare rights and entitlements

How frequent will visits be?
The visits are usually monthly for the first year of the child's life, or more often if requested.



This programme is currently funded by the Health Service Executive West in partnership with Limerick Social Service Council



Teen Parents Support Programme

What is the Teen Parents Support Programme?
It is a confidential support programme for young people who are pregnant or who are parents. Support is also available to the young person's partner and members of their extended families.

- How does it work?**
It works by offering:
- Group Peer Support
 - One-to-One Support
 - Parenting Support
 - Grind and childcare support

- What information will it give?**
- Ante-Natal & Post-Natal Care
 - Health
 - Child development
 - Accommodation
 - Childcare
 - Welfare rights and entitlements
 - Your rights as a parent
 - Remaining/returning to school/college
 - Local Training Programmes
 - Support groups

The Teen Parents Support Programme Limerick is part of the National Teen Parents Support Programme.



This programme is funded by the Health Service Executive West, Dept. of Health and Children, Dept. of Education and Science in partnership with the Limerick Social Service Council



If you would like more information please tick (✓) the appropriate box and return it to

- Lifelong Parenting Information and Support
Limerick Social Service Centre
Upper Henry St, Limerick
- Community Mothers Programme
Limerick Social Service Centre
Upper Henry St, Limerick
- Teen Parents Support Programme
Limerick Social Service Centre
Upper Henry St, Limerick

Date of Birth of Teen Parents only

My child is due on

My child was born on

I have children apart from this child

Name:

Address:

Telephone:

Referred by:
Telephone: