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the most important job in the world.

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PARENTING limerick



Information on Parenting Support in Limerick

Because Parenting is the Most Important Job in the World...

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Tips For Parents

Nurturing Your Child's Health Starts with Your Own...

CONNECT

Take the time to connect with those around you and nurture your relationships. These connections are essential to health and happiness.

BE ACTIVE

Getting plenty of exercise, whether it is a gentle walk or a gym workout, really does provide a lift to your mood as well as making your body stronger and healthier.

TAKE NOTICE

Sometimes, the days can rush by in a blur of just getting things done. Take some time to be still, take a deep breath and notice the sounds, smells and sights around you.

KEEP LEARNING

Challenging ourselves to learn something new brings a great sense of satisfaction and keeps our minds active.

GIVE

Doing things for others and knowing that we are making a contribution to the people and community around us can bring a great sense of well-being. Even little things help.

Introduction

Welcome to the third edition of Parenting Limerick's *Information on Parenting Support* in Limerick.

We know that parenting is one of the most important jobs in the world, but it can also be one of the most difficult. All parents and carers need advice and support at some stage. Sometimes, getting the right support at the right time can mean the difference between a family that is thriving and one that is really struggling.

Inside and on our web-site, www.loveparenting.ie, you will find information from agencies across Limerick that are working together to provide high quality parenting and family supports, ranging from information and guidance, to parenting programmes to intensive support for families that are facing significant challenges.

We hope you find the information inside useful. If you have any comments or would like additional information, please get in contact with us through www.loveparenting.ie or on our facebook page.

This brochure is brought to you by Parenting Limerick, which is a network of organisations that provide parenting and family support in Limerick. Parenting Limerick is part of the Limerick Children and Young People's Services Committee (CYPSC). Limerick CYPSC is part of a national initiative that brings together senior level representatives of agencies that have a remit to deliver services to children and families to enhance the coordination of services and improve outcomes for children and families.

Ger Brophy,
Chair, Limerick Children and Young People's Services Committee/Area Manager, Mid-West, Tusla Child and Family Agency

Parenting Programmes



Parenting Programmes are structured programmes delivered to parents in a group setting over a set period of time. They focus on supporting parents to develop their relationship with their child and confidence as a parent.

These programmes may have complementary programmes that focus on children or professionals such as teachers.

Incredible Years

Programme Manager, Incredible Years, PAUL Partnership, Unit 25a Tait Business Centre, Dominic Street, Limerick.

Tel 061-419388
Email info@paulpartnership.ie

The Incredible Years Programme is an international, early intervention programme targeting children ranging in age from young infants to twelve years old to enhance social, emotional and behavioural development. Incredible Years consists of three types of programmes, aimed at parents/guardians, children and teachers.

Each of the programmes aims to achieve long-term positive impacts on children's behaviour. The programmes are offered in a range of community and educational settings.

Parents Plus

Please see www.loveparenting.ie for information on upcoming Parents Plus Programmes

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. Parents Plus programmes are delivered in Limerick in response to demand. Parents Plus offers a suite of programmes including an Early Years Programme, Children's Programme, Adolescent Programme, Parenting When Separated and a programme for young people, Working it Out.

Parents Plus Parenting When Separated

Please see www.loveparenting.ie for information on upcoming Parenting When Separated Programmes.

Parents Plus Parenting When Separated is a practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

It is offered several times a year in response to demand and need.

Strengthening Families

Community Substance Misuse Team Leader, Third Floor, Theatre Court, Mallow Street, Limerick

Tel 061-317688
Web www.csmt.ie

Strengthening Families is a skills based programme for the whole family targeted at parents/carers and young people ages 12-16. It is a 14 week programme that focuses on 3 skill sets: teen skills, parent skills and family skills.

The programme addresses communication issues within the family unit through supporting positive family behaviour. The programmes are offered in a range of community settings.

“I found this course really enjoyable and informative. It has given me loads of confidence that I will use to bring up my daughter to be healthy and happy. I found the group leaders very understanding and empowering.”

Parenting and Family Supports



Parenting and Family Supports include a wide range of supports for parents with different levels of need.

It includes the provision of information, advice, referrals to other services, supports, group supports and parenting programmes.

ABC Start Right

PAUL Partnership, Unit 25a Tait Business Centre,
Dominic Street, Limerick.

Tel 061-419388

Email info@loveparenting.ie

Web www.loveparenting.ie

ABC Start Right provides age and stage appropriate developmental checks, information and parenting supports for parents of children ages 0-6 in the Northside and City Centre of Limerick by working in partnership with relevant agencies through the Community Wraparound Model.

ADAPT Domestic Abuse Services

Rosbrien, Limerick

Tel 061-412354

24 hour confidential helpline: 1800 200 504

Web www.adapt.ie

ADAPT Domestic Abuse services provide a wide range of supports to women survivors of domestic abuse and their children including emergency refuge accommodation, outreach services for women who are not staying in the refuge, 24 hour helpline support, one to one support, court accompaniment, support groups, and educational opportunities.

ADAPT provides a range of supports for children and young people who are, or have lived with, domestic abuse including helpline support, one to one support, emotional and practical support, group work programmes, educational support and a play therapy service. We also work with mothers to support them in their parenting role through the Incredible Years Programme and mother and toddler groups.

ADAPT also works with young people in the general community to promote healthy relationships which are based on equality, dignity and mutual respect. We do this by running our Healthy Relationships Programme with young people in schools and youth groups across the region.

Ballyhoura Development

Coote Hall Resource Centre, Killmallock, Co. Limerick

Tel 063-20555

Email info@ballyhoura.org

Web www.ballyhouradevelopment.com

Ballyhoura Development, Ltd. Is a community-based, local development company that provides a wide range of supports. Ballyhoura Development, Killmallock, offers support to parents and those caring for children through the following services: one to one parent support, Family Health and Wellness programmes, Parents Plus Parenting Programme, Literacy for parents, Digital skills for parents, Parent and Toddler groups, Buggy Fit and Homework Clubs for children.

Barnardos Family Support

Barnardos Family Support Service, Limerick South,
373/374 Roseview Drive, O'Malley Park, Southill, Limerick.

Tel 061-319290

Email info@southill.barnardos.ie

Web www.barnardos.ie

Barnardos Family Support Service, Limerick North,1/2
Pineview Gardens, Moyross, Limerick.

Tel 061-329298

Email info_moyross@barnardos.ie

Web www.barnardos.ie

Barnardos Family Support Services, Limerick North and South, offer direct support, information and advice to children and young people (0-18yrs) and their parents/carers across Limerick City and its environs. Our goal is to support children's learning, development, and emotional well-being by working in partnership with their families and the wider community. We respond to individual children and family circumstances by assessing children's needs and tailoring a package of support that takes into account family views and recognises family strengths. We do this by providing the following services: parenting programmes, practical support to help parents and carers develop better home management routines, family or parent/child work to strengthen communication and repair relationships and individual work with children and young people to help them express their feelings and learn positive coping skills.

We provide a number of Group Work Programmes to parents and children, which include Parenting Groups and Parent/Toddler Groups, Breakfast Clubs, Afterschool Groups and groups to support children to manage grief and loss and develop positive social skills.

We also provide a drop-in/phone-in information and advice service Mon-Fri for parents/professionals to seek guidance in relation to issues relating to child development/family well-being. Referrals are accepted from families themselves as well as from other services in contact with the family

Barnardos Homemaker Family Support Service

Barnardos Islandgate, St. Mary's National School,
Bishop's Street, Limerick

Tel 061-493587/061-493588

Email homemaker.limerick@barnardos.ie

Web www.barnardos.ie

The Barnardos *Homemaker* Family Support Service provides early intervention, practical, home-based support (such as helping the family to get ready for school, prepare meals, manage the household, etc.) to families that are struggling to cope with the demands of daily life for a range of reasons. It is a flexible service that works with families at key periods during the day such as mornings/getting ready for school and evenings (family meals, homework, and bedtime), or at other times identified in partnership with the family.

Bedford Row Family Support

Lower Bedford Row, Limerick

Tel 061-315332

Email info@bedfordrow.ie

Web www.bedfordrow.ie

Bedford Row Family Support provides support to families affected by imprisonment. Services include providing hospitality to families at Limerick prison, organising courses based on what the focus group desire, providing support and counselling to families, providing information, referral and advocacy, supporting parents in their responses to children's needs, raising public awareness, research and supporting people who have been in prison to reintegrate. The Project also has a staff member who offers support to the Travelling Community in Limerick.

Community Substance Misuse Team

Third Floor, Theatre Court, Mallow Street, Limerick

Tel 061-317688

Web www.csmt.ie

Community Substance Misuse Team (CSMT) aims to assist young people, families and communities to develop effective and supportive coping strategies to deal with substance misuse in the Mid-West. CSMT is a multi-disciplinary team responding to under 18s with substance misuse issues. The service works with young people, families and communities to develop effective and supporting coping strategies to deal with substance misuse. It is funded by the Mid-West Regional Drugs and Alcohol Forum.

Croom Family Resource Centre

Scouts Den, High Street, Croom, Co. Limerick

Tel 061-602878

Email familysupport@croomfrc.com

Web www.croomfrc.com

Croom Family Resource Centre provides a variety of family supports in partnership with Tusla and delivers a number of these programmes in Croom, Ballingarry and various other locations in County Limerick. The programme includes parenting courses such as Parents Plus and Incredible Years. We also offer the following services: one to one family support, parent and toddler groups, Baby Massage, Pediatric First Aid, counselling, information provision, Money and Budgeting Advice Service (MABS), adult education and referrals to other services.

Focus Ireland

Parnell Place, Limerick City

Tel 061-317199

Email infoLimerick@focusireland.ie

Web www.focusireland.ie

Focus Ireland provides three key services to single people and families across Limerick. Long term accommodation is provided to single people and families with support to help people become as independent as possible.

In partnership with Limerick City and County Council, Focus Ireland operates a Social Rental Model. Focus Ireland secures private rented homes for families who are in emergency accommodation and provides a key worker to the family to offer support in maintaining their tenancy by providing information, referral to relevant services and practical support on issues such as managing rent arrears and other tenancy issues and

managing conflict. The key worker works in partnership with the family to identify the issues that are putting them at risk of homelessness and drawing up a plan to meet your goals.

Focus Ireland also operates a Tenancy Sustainment Service, which supports families who are at risk of losing their tenancies to maintain their homes.

Home School Community Liaison Scheme (HSCL)

The Home School Community Liaison Programme (HSCL) is a school based preventative programme that is targeted at children and young people who are at risk of not reaching their full potential in the education system. The programme promotes partnership between parents and teachers to enhance children's learning opportunities and promote their retention in the education system. It focuses directly on the adults in children's educational lives and seeks indirect benefits for the children themselves. It involves the designation of teachers in schools who take the lead in this work.

There are Home School Community Liaisons assigned to the following schools. The HSCL can be contacted through the schools.

Primary Schools

Corpus Christi National School	061-455166
Gaelscoil Sheoirse Clancy	061-603293
Le Cheile National School	061-419789
Maria King Presentation	061-412494
Our Lady of Lourdes National School	061-227991
Our Lady Queen of Peace	061-311285
St. Anne's Girls National School	069-64779
St. John the Baptist Boys National School	061-312411
St. Johns Girls and Infant Boys School	061-416752
St. Joseph's Boys National School, Rathkeale	069-64161
St. Mary's National School	061-419264
St. Michael's Infant School	061-317672
Scoil Iosagain	061-413950
Thomond Primary School	061-452755

Secondary Schools

Coláiste Chiaráin	061-397700
Coláiste Iósuef Community College	063-98275
Coláiste Mhichil	061-416628
Desmond College	069-62205
Presentation Secondary	061-410390
Ardscuil Mhuire	061-349014
Thomond College	061-452422

Hospital Family Resource Centre

Hospital Family Resource Centre, Knockainey Road,
Hospital, Co. Limerick

Tel 061-383884
Email hospitalfrc@eircom.net
Web www.hospitalfrc.com

The Hospital Family Resource Centre provides the following supports and services to families in the community: parenting workshops, parent and toddler groups, Strengthening Families Programme, Rainbows Programme (support for children and young people affected by loss or bereavement), Peer Support Group for parents of children with disabilities and life skills programmes for children. An after schools service is also provided for children.

ISPCC Family Support

ISPCC, 115 O'Connell St., Limerick City.

Tel 061 400077/88
Email limerick@ispcc.ie
Web www.ispcc.ie

The ISPCC offers parents and children the support of a Parent Mentor. It is a special, supportive relationship between a parent/carer and a trained volunteer mentor. This is an informal support system that helps parents to make positive social connections and develop positive coping strategies. Mentors listen, guide and support parents to address their individual needs. More formal support can also be accessed for parents who need it.

“These groups give you a reason to get up and out. They stop you from going into yourself. Really, they are like sanity lifelines for fathers and mothers, like myself, who are at home, looking for ways to fill the days and keep the children busy and happy. You're reminded that you're a person in your own right, not just someone's dad.”

Limerick Social Service Council Child and Family Service

Limerick Social Service Centre,
Upper Henry Street, Limerick

Tel 061-314111
Email cfsreferral@lssc.ie
Web www.lssc.ie

Parent and Family Support Programme

Limerick Social Service Council's Parenting and Family Support Programme provides information, support and practical assistance with parenting, child development and childcare. All programmes are aimed at improving the quality of life for children and families.

The following services are offered: one to one support, outreach, parent support groups, parenting workshops, parenting training programmes, information and support for parents experiencing separation. The service also includes Community Social Workers, who provide one to one home-based support, undertake assessments using the Meitheal model and develop and implement parenting support plans.

Teen Parents Support Programme

The Teen Parents Support Programme is a confidential programme for young people who are pregnant or who are parents and offers the following services: group peer support, one to one support, supports for young expectant parents and young parents in education. Support is also available to the young person's partner and members of their extended families.

Community Mothers

Community Mothers is a home visiting service for parents with new babies or 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. It works by offering the following services: one to one support, parenting support, parent and baby/toddler groups, information on child development, activities, services and supports and welfare rights and entitlements.

Baby massage, reflexology and weaning support are also offered.

Family Advocacy Service

The Family Advocacy Service is a confidential support service for parents and families whose children are in care. The purpose of the service is to support parents and families to continue their involvement with their children while they are in care, to advocate on parents behalf and to refer them to relevant services for additional supports if required. It provides one to one and group supports.

Family Support Initiative

The Family Support Initiative provides information, support and advocacy for families and groups living in Limerick City Centre, the Docklands area and Ballinacurra Weston.

Le Cheile Mentoring and Youth Justice Support Services

Le Cheile, Unit 1, Fulflex, Galvone Industrial Estate, Limerick

Tel 061-422385
Web www.lecheile.ie

Le Cheile provides a range of supports including parent mentoring and training programmes such as Parents Plus and Non-Violent Resistance Training. Le Cheile's primary target group is parents and children engaged with Young Person's Probation.

Mid-West Disability Services Early Intervention and School Age Team

Early Intervention and School Age Teams are committed to working in partnership with families of children with disabilities/developmental delay to minimise the impact of disability and maximise opportunities for growth and development. The teams offer assessments for children, with actual or potential developmental difficulties, to determine the nature and extent of a child's difficulties. Early Intervention for very young children supports the child's family in enabling the child to reach his/her potential.

Tree House Early Intervention and School Age Teams

St Gabriels Centre, Springfield Drive, Dooradoyle, Limerick

Tel 061-302733
Web www.stgabriels.ie

East Limerick Early Intervention and School Age Teams

Unit 4, Crossgalla, East Way Business Park, Ballysimon Rd, Limerick

Tel 061-603400
Web www.eastlimerick.ie

Blackberry Park, Early Intervention and School Age Teams

Ballykeeffe, Limerick

Tel 061-498161
Web www.enableireland.ie

West Limerick Children's Services

Adjacent to Desmond Complex, Newcastle West, Co Limerick

Tel 069-61919
Web www.brothersofcharity.ie

St Josephs Foundation

Bakers Road, Charleville, Co. Cork

Tel 063-89252
Web www.stjosephsfoundation.ie

General Information

Web www.mwcds.ie, www.hse.ie

Northside Family Resource Centre

Northside Family Resource Centre Family Support
Clonconnane Road, Ballynanty, Ballynanty, Limerick

Tel 061-326623
Web www.northsidefrfc.ie

Northside Family Resource Centre offers a wide range of services for parents that include parenting programmes such as Incredible Years and Strengthening Families, one to one support and advice, counselling, parent and child groups, classes and literacy support, accredited training courses, rights and entitlement clinics, advocacy, and parent support groups.

Northstar Family Support Project

Hopeful House, 28 John Street, Limerick City

Tel 061-459260

Web www.northstarproject.ie

The Northstar Family Support Project is a community based project that provides non-judgemental, confidential support to family members and friends who are affected by, and trying to cope with drug and alcohol misuse.

Novas Intensive Family Support Service

Novas Initiatives, 1 Mungret Street, Limerick

Tel 061-468033

Email info@novas.ie

Web www.novas.ie

Novas Intensive Family Support Service provides assessment and comprehensive support plans with clients in order to prevent homelessness and sustain tenancies. Once tenancies are stable, additional needs are identified and families are supported in addressing these. In instances where families have already lost their home or the home is considered sub-standard to requirements, seeking suitable accommodation or improving the existing residence is prioritised.

Southhill Family Resource Centre

Southhill Family Resource Centre Family Support, 267-268 Avondale Court, O'Malley Park, Southhill, Limerick

Tel 061-440250

Email omalleypark@eircom.net

Southhill Family Resource Centre provides support and advice to parents. In partnership with local schools, HSE, Tusla and other community based organisations, we deliver a wide range of programmes that respond to the needs of local children and their families including the Incredible Years Programmes, Parents Plus and Strengthening Families. We also provide a counselling service for parents who are experiencing difficulties, therapy for children who encounter difficulties with their emotional, social, behavioural and or intellectual development and one to one support and advocacy.

Tusla Child and Family Agency

Tusla, Child and Family Agency, HSE Offices, Raheen Business Park, Ballycummin Avenue, Raheen, Limerick

Tel 061-483592

Web www.parenting24seven.ie

Parent Support Programme

Tusla Parent Support provides support and advice in the delivery of a broad range of parenting programmes and supports; provides information on existing parent/toddler groups and supports the development of new groups; delivers a range of parenting programmes including Incredible Years, Strengthening Families and Parents Plus in partnership with community programmes.

Prevention, Partnership and Family Support (PPFS)

A programme of early intervention work to support families to improve outcomes for children. This includes the Meitheal National Practice Model, the Parenting Support Programme (see above) and signposting to relevant services.

West Limerick Resources

St. Mary's Road, Newcastle West, Co. Limerick.

Tel 069-62222

Email info@wlr.ie

Web www.wlr.ie

West Limerick Resources (WLR) provides information and supports to parents, families and children in the West Limerick area through a range of programmes. WLR has established four Family and Community Hubs in the main towns of Abbeyfeale, Askeaton, Newcastle West and Rathkeale. Key activities for parents include parent and toddler groups, one to one parenting support, information, group based activities, workshops and opportunities to access other WLR supports such as employment, education and training and referrals to other supports in the community.

Specialist Parenting Programmes



These are specialised training programmes that provide support to parents and children around particular issues.

Let's Learn About Drugs Together

Post-Primary Substance Use Education Worker,
Mid-West Regional Drugs and Alcohol Forum, HSE
Corporate House, Mungret St., Limerick City.

Tel 086-467 8010

This programme, developed in partnership between the HSE and the Mid-West Regional Drugs Task Forum, aims at engaging parents and pupils in a shared learning experience about substance use. The programme is delivered with the support of local schools and is an additional support to schools and teachers delivering the SPHE Substance Use module at Junior Cycle.

Bedford Row Support Groups for Parents

Bedford Row Family Project Lower Bedford Row,
Limerick

Tel 061-315332

Email info@bedfordrow.ie

Lifeskills and other formal and non-formal groups that focus on family responsibilities at the core of which is 'good enough' parenting

Parenting Support and Sexual Health and Education Programme

Limerick Social Services Centre, Upper Henry Street,
Limerick.

Tel 061-314111

Email cfsreferral@lssc.ie

Web www.lssc.ie

The programme is part of the Limerick Social Service Council Parents Support Programme. It supports parents of teenagers and teenagers around the issues of parenting, relationships, sexual health and communication. This support is provided through one to one support and group work. The service is available to parents of teenagers and teenagers living in Limerick City and County.

Referrals can be made by parents, secondary schools and centres of education, youth, community and family support agencies, GPs, Social Workers, etc.

Non-Violent Resistance Training

Mentoring Programme Co-ordinator, Le Cheile, Youth Space, Galvone Industrial Estate, Southill, Limerick

Tel 061-422385

Non Violent Resistance (NVR) is an innovative 8-12 week therapy programme, which has been developed to target aggressive, violent, controlling, and risk-taking behaviour in young people. Running this therapy in a group setting has ensured that parents can share experiences and encourage each other to practice the techniques. In Limerick, it is available through Le Cheile and referrals are currently accepted from Young Person's Probation.

“We had a good sense of humour in the group - some of the Tutors were not embarrassed to tell us that they were not ‘perfect’ parents themselves either. Some of their stories made us laugh and made them seem ‘human’... This also helped us to open up more and be able to talk about things that really bothered us in a much more honest way.”

NATIONAL SUPPORT LINES

Below is information on national parenting support lines that may provide useful support and information.

Parentline

Lo Call 1890 927 277 or 01 8733500 or info@parentline.ie
Monday-Thursday 10:00am-9:30pm
Friday 10:00am-4:30pm

Parentline offers support, guidance and information on all aspects of being a parent and the reassurance that, whatever the problem, you're not the first parent to face it.

ISPCC

Call 01 6767960 for more information.
Monday-Friday 10:00am-4:30pm

The ISPCC provides a helpline for parents or members of the public who may be concerned about the welfare of a child and who need more information and support.

One Family

Call 01-6629212 or email: support@onefamily.ie
Monday-Friday 10:00am-4:30pm

askonefamily is the helpline for people parenting alone, sharing parenting, separating, or experiencing a crisis pregnancy.

Treoir

Lo Call 1890 252084 or info@treoir
Monday-Friday 10:00am-1:00pm; 2:00pm-4:00pm

We provide a free, confidential, specialist information service for unmarried parents, living together or apart, their extended families and those working with them.

If you are concerned about the safety or welfare of any child in Limerick, ring the Tusla Duty Social Work Team on 061-483098 Monday-Friday 9:00am-5:00pm

Any query or concern in relation to the welfare or safety of children out of hours should be reported immediately to An Garda Síochána.

Top Tips for Family Well-Being

1. The Parent-Child Relationship is Key

A strong, loving relationship with a parent or carer is the most important thing for a child. It helps them to be healthy, happy and resilient. Remember it is never too early or late to start spending special time together.

2. Buy well, Eat well, Be well

Healthy food is important for all the family and is especially important for children's growth. Include them in planning the menu, shopping and cooking meals. Try to eat at least one meal as a family each day. This is a simple way for everyone to connect.

3. A Positive Parenting Style Works

Give your child positive attention, lots of affection and specific praise. Set routines, rules and boundaries and try to be consistent—children thrive with a routine. Try to remain calm and model positive ways (deep breathing, taking a walk) of dealing with powerful emotions such as anger or frustration.

4. Child Safety is Key

Toddler proofing your home, using car seats, teaching road safety, learning basic first aid, supervising young children and knowing where older children are and who they are with all helps in terms of reducing child injury and raising happier children.

5. Baby see, Baby do

Be the role model your children deserve. Children learn by watching their parents. Modelling appropriate, respectful behaviour works much better than telling them what to do.

6. Name it and Tame It

Communicating with your child is so important at every age. Parents and children who can talk to each other, share problems and address challenges together will have strong, healthy relationships. This will help you to cope with any challenging behaviour or crisis in a positive way.

7. Parents Need Good Social Networks

Parents need good social networks. Parenting is easier when you can talk with others or spend some time looking after yourself. If you are really struggling, talk to your GP, PHN or other trusted professional or friend to get some support.

These key messages were developed by Tusla, Child and Family Agency. For more information, please see www.parenting24seven.ie.

“I didn't have any family support close by after the birth of my baby. I was lost. I was invited to a weaning workshop at a routine PHN visit. My baby was still tiny so I didn't think I needed to even attend but looking back now I'm so glad I did as that was what got the ball rolling for me and my engagement with parenting services. My son has blossomed into an 18 month old social butterfly who runs in the door of each new activity, loves to meet new people and get involved in whatever is going on. The friends I have made along the way have become invaluable to me.”

