



## Parenting NI

Dear Parents,

Mrs Adele May, a representative from Parenting NI has provided me with some resources which are available to all parents. Parenting NI was established as a Parents Advice Centre in 1979 and is now a leading parenting support organisation which is committed to delivering high quality services. There is a Parents Helpline, a Parenting Forum and Parenting Education Programme and Resources which include a selection of 'Top Tip' cards covering a range of topics relevant to our children in today's society. The CYPSP (Children and Young People's Strategic Partnership) would like to ensure that parents are involved in the design and development of support services for families across Northern Ireland and would value feedback from parents which will help to inform their planning for future services. If you are interested in completing the on-line Questionnaire, it can be accessed at: <https://familysupportsurvey2018-19.questionpro.com> or a hard copy is available on request at the school.

Below is a list of the 'Top Tip' cards which are available in school.

- E-Safety
- Mental Health
- Managing Emotions
- Improving Self-esteem
- Improving Communication
- Dealing with Bullying
- Promoting Independence
- Building Resilience
- Friendship Skills
- Managing Child Behaviour

If you are interested in finding out more about the programme you can look at the website [www.parentingni.org](http://www.parentingni.org).

On Monday 28<sup>th</sup> January, there will be a parent training programme designed to provide parents with information about typical childhood worries and basic strategies to promote their child's emotional wellbeing and confidence and reduce worries and anxieties. This training programme is being taken by RISE (Regional Integrated Support for Education) at 7pm to 9pm at St. Mary's Primary School, Maghery. Everyone is very welcome to attend.

Yours sincerely

Patricia Watson

