

POWERFUL PARENTING



Powerful Parenting



Childhood
Development
Initiative
CDI



Aims of the programme

The Powerful Parenting Programme aims to:

- Improve parental resilience and coping skills.
- Improve parental engagement in children's learning and development.
- Promote positive perinatal and parental wellbeing.
- Promote secure parent-child attachment.

“I feel they give you help and point you in the right direction and, as a first-time mom, when I met the PCF (Parent/Carer Facilitator), she helped me, listened and understood me. I felt she guided me in the right direction.”

- (Parent)

Our Team

The Powerful Parenting programme supports parents of children antenatally up to primary school age in the Tallaght Area.

We have a team of Parent/Carer Facilitators (PCFs) (Family Support Workers) who work directly with parents and carers.

They work with parents:

- within seven Early Childhood Education and Care Centres (ECEC)
- within the wider Tallaght community
- within International Protection Accommodation Services. (IPAS)

Overview of the programme



Parent Carer Facilitators work with parents on a one-to-one basis, meeting them to discuss their parental or family needs, to offer advice and to support them to access other services that their family may need. PCFs may visit families in their home through a home visit as part of their supports.



PCFs hold coffee mornings for parents and carers and host family events. These can include community-based talks, parent-toddler groups and information sessions.



PCFs run different **parenting courses** such as baby massage, Parents Plus, circle of Security, PEEP Learning Together programme or Building Baby from Head-to-Toe Workshops.

Get in touch!

Our PCFs are accessible to the parents of children who attend the seven ECEC services that we partner with. We also support new parents in Tallaght who are expecting a baby or have a child/children under 3 years. Criteria for these supports:

- Live in the Tallaght area
- Be expecting a child or have children aged 0-3 years
- Be willing to engage in support



To refer a parent to our programme, professionals, or parents themselves can contact referrals@cdi.ie by email, or complete the referrals form by scanning this QR code:



Visit our [Parent's Hub](https://www.cdi.ie/parents-hub/) – easy access helpful information for parents and carers. <https://www.cdi.ie/parents-hub/>

Contact Us



www.cdi.ie



info@cdi.ie



01-494 0030



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TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlaigh
Child and Family Agency

Area Based Childhood
Programme

