

Local Prevention, Partnership and Family Support Services

Dublin Mid-Leinster

Dublin South Central	01 620 6497
Dublin South East/Wicklow	040 460718
Kildare/West Wicklow	01 468 6200
Midlands	090 644 7035

Dublin North East

Cavan/Monaghan	049 437 7305/6
Dublin North City	01 882 3461
North Dublin	01 897 6883
Louth/Meath	041 987 5297

South

Carlow/Kilkenny/South Tipperary	052 617 7311
Cork	052 617 6687
Kerry	066 719 5793
Waterford/Wexford	051 842948

West

Donegal	074 912 3783
Galway/Roscommon	091 548496
Mayo	094 904 2472
Midwest	061 483392
Sligo/Leitrim/West Cavan	071 915 5139

For more information contact:

Orla Tuohy, National Parenting Lead
Email: parenting24seven@tusla.ie



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The
ATLANTIC
Philanthropies

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

Parenting24seven

Top Tips for Family Wellbeing



www.tusla.ie/parenting-24-seven

Children benefit from positive parenting from birth right through to adulthood.

Tusla - Child and Family Agency and its partners work to support parents to raise their children in a way that improves child wellbeing and outcomes.

Parenting support is both a way of working and a set of activities that provides information, advice and assistance to parents and carers about bringing up their children, so that these children will reach their full potential.

Parenting24Seven is an online resource offering evidence based key messages on what works best for children and families at different stages of childhood and in different situations.

Parenting24Seven promotes 31 messages: 7 general messages that apply to parenting children of all ages and 24 messages that are specific to the different stages in the lifecourse – preparing for and becoming a parent; birth to 5 years; 6 to 12 years; and 13 to 17 years.

See www.tusla.ie/parenting-24-seven for more information.

An initiative of the Parenting Support Strategy.



The Parent/Child Relationship is Key.

Activities to help build the parent/child bond.



Buy Well. Eat Well. Be Well.

Information on diet and advice on encouraging healthy eating.



A Positive Parenting Style Works.

Advice on how to be a positive parent.



Child Safety Practices Reduce Injuries.

Information for keeping children safe on the road, around water, on the internet and more.



Baby See, Baby Do.

Advice on how parents can be good role models for their children.



Name It and Tame It.

Advice for supporting children in times of stress and solving problems together.



Parents Need Good Social Networks.

Information on building support networks for parents.

