

Support to Parents & Families

Family Support Service

Family support workers provide targeted home based support to families in their own homes in Sligo town, N Sligo & N Leitrim.

Work undertaken during these visits vary from

- Advise on children's behavior
- De-cluttering
- Early years development & mirroring parenting
- Emotional support to parents
- Financial issues, welfare payments
- Food shopping
- Introducing parents to parent & toddler groups
- Linking with relevant health services
- Parents Plus one to one parenting programmes
- Preparation of healthy meals
- School attendance
- Supporting mothers with breast feeding
- Supporting children with homework
- Support to parents & children with additional needs
- Supporting young mothers
- Working with the parent on basic house hygiene
- Working with teenagers

The time spent with the family depends on their needs

Footprints Crèche

Footprints is a community based not for profit childcare service providing affordable sessional childcare for children up to 6 years old on a once off or continuous agreed basis especially to parents on lower income. Opening hours: Monday – Friday 09:30 – 16:00



Sligo FRC

The outcomes we hope to achieve:

Individuals, families and groups have access to a range of supports and services that enable and promote an active and healthy lifestyle and physical and mental wellbeing.



People actively avail of a variety of community based learning and development opportunities to achieve full potential in learning and development.



Children's holistic development is nourished in a safe, comfortable and fun environment and they feel safe and protected from harm.



Individuals and families are supported in times of need and have the capacity to attain economic security and opportunity.



Minority individuals and groups are empowered to be connected, respected and contributing to their wider world.



(These are based on the 5 National Outcomes – Better Outcomes Brighter Futures: The national policy framework for children and young people 2014-2020)

Sligo Family Resource Centre

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SLIGO FAMILY RESOURCE



SLIGO FAMILY RESOURCE CENTRE

To support individuals, families and communities to reach their full potential and in doing so help to build a stronger healthier community