



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



“Supporting your child’s positive mental health in the early years”

Dear Parents,

We are excited to announce a series of **FREE online information sessions** on “Supporting your child’s positive mental health in the early years” hosted by the National Parents Council (NPC).

Why Attend?

The first five years of a child’s life are crucial for their long-term positive mental health. Our programme, developed in partnership with St. Patrick’s Mental Health Services, aims to equip you with the knowledge and tools to support your young child’s mental health at home.

Session Details:

These sessions will be held online via Zoom, offering you flexibility to join from the comfort of your home during the week of the **21st of October 2024**.

Dates and Times:	Wednesday 23rd: 10am & 7.30pm
Monday 21st: 7.30pm	Thursday 24th: 7.30pm
Tuesday 22nd: 10am & 7.30pm	Friday 25th: 10am

What You Will Learn:

- **Meeting your child’s needs:** Understanding how everyday life impacts mental health.
- **Coping with challenges:** Helping your child manage emotions and overcome obstacles.
- **Nurturing relationships:** Developing a strong, positive bond with your child.
- **Building resilience:** Supporting your child to become resilient.
- **Children’s Rights:** Ensuring your child has the opportunity to live a mentally healthy life.
- **Five Ways to Wellbeing:** Practical tips for maintaining mental well-being.

How to Register:

Secure your spot now for free by [clicking here](#)

Don’t miss this opportunity to enhance your parenting skills and support your child’s mental well-being. We look forward to seeing you online!

Places are limited and will be allocated on a first-come, first-served basis.

This program is designed to empower parents with valuable insights on supporting their children's mental health through everyday interactions. We encourage you to take advantage of this opportunity to gain valuable knowledge and skills in supporting your child's mental health journey.

Warm Regards,

National Parents Council