



Parents Plus Healthy Families Programme

Join our **Parents Plus 'Healthy Families Programme'** and meet other parents in a supportive group to make this a reality.

Support your children to:

- Learn healthy eating habits for life
- Reduce their screen time and increase physical activity
- Have a restful sleep routine
- Develop positive relationships

As a parent, learn how to:

- Take back control from unhealthy environments
- Create a home environment that promotes positive physical and mental health
- Set rules and good habits around screen time
- Develop positive family relationships

Running January to early March 2023

In Springboard Family Support Service, Loughlinstown

For more information please contact (by end of October 2022):

Caroline Jordan 087 7979668 or Susan Lynott 086 7810168

caroline.jordan2@tusla.ie or susan.lynott1@tusla.ie


ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie