

Message from Barnardos to all Families

We hope this email finds you well.

Family life has become a little more complicated that we have to respond to Covid-19. We are contacting you to let you know Barnardos is here to support parents throughout this challenging time.

We have just launched a dedicated telephone and email support service to provide advice to parents on a wide range of issues that may have come up during this time. If you or someone you know needs extra parental support we are here to help.

This service will be staffed by Barnardos project workers who are trained professionals. Some issues that parents may need support on include:

How to talk to your children about the corona virus

Setting a good routine

Managing children's behaviours and sibling dynamics

Managing aggression and family discord

Home schooling/managing school expectations.

Fostering natural learning opportunities in the home

Healthy eating

Accessing fun and educational activities for families and individual children

Managing your child's worries

Self-care for parents

Helping parents manage their own worries and anxieties

Managing children's online activity

You can make contact with this service by phoning 1800 910 123 between 10.00am and 2.00pm Monday to Friday or by emailing parentsupport@barnardos.ie.

We also provide specialist services and support in relation to bereavement, adoption and fostering.