

	A	B	C	D	E	F	G
1		Themes	Number of respondents	Support required	Services currently offering supports	Planned Supports	links
2	1	Internet safety and screen time	142	Internet Safety/ Screen time	Webwise, My child- HSE, National Parents Council, Home Youth Liaison Service (HYLS) - Internet safety workshop for parents & student. HSE - The Parenting Platform.	CYPSC to organise event/ support aimed at young people.	https://www.youtube.com/@theparentingplatform
3	2	Anxiety	99	Anxiety	CAMHS (moderate - severe), Mulhern Play Therapy and Counselling, GP & Public Health Nurse, Social Prescribing at Sligo FRC and Breffni FRC. Family Resource Centres, Tubbercurry FRC, Mohill FSC's & Mulhern Counselling and Play Therapy. 'Silvercloud' HSE - online (referral from GP for over 18 year old's)		https://www.ispcc.ie/guided-digital-programmes/
4	3	Challenging behaviours	94	Behaviour Challenges	NVR through Foroige Sligo and Leitrim. Barnardos offer webinars to support parents dealing with behavioural challenges in all ages ranges	Parents Plus - All programmes. NVR training	https://www.youtube.com/@theparentingplatform
5			46	Bullying	Foroige Sligo and Leitrim, National Parents Council information webinars. Counselling. School policies implementation.		https://www.npc.ie/
6	4	Nutrition	71	Financial Supports in purchasing food	MABS, Food cloud, FEAD - FRC's & FSC, Sligo food & furniture bank		https://www.mabs.ie/en/

	A	B	C	D	E	F	G
7				Nutrition	Solid Start Programme, Growing child programme- Lifestart, Parenting 24 seven, mychild.ie/weaning. HSE - Healthy Ireland.		https://www2.hse.ie/babies-children/weaning-eating/weaning/ https://www.youtube.com/playlist?list=PLsQK32cdMW_ztzyzux5J3r-xkV28z5W5l https://www.healthpromotion.ie/media/documents/HAL00196_101_square_meals_easy_recipes_for_everyday_life.pdf
8					Lifestart supporting parents offer the growing child programme from birth - 6 years. Family support programmes. Parents Plus Programmes also offer parenting programmes for early years, children and adolescents. Sligo FRC	Healthy Food Made Easy, Confidence in the Kitchen (cookery classes for children) and Family Cookery Camps	www.lifestartsp.ie
9	5	Daily Routines	53	Age & Stage Support	Lifestart Supporting Parents offer the growing child programme from birth - 6 years. Family support programmes. Parents Plus Programmes also offer parenting programmes for early years, children and adolescents. HYLS Young Parents Support Workers.	Early Years & Children's Parents Plus training	https://www.parenthubslwc.ie/
10				Sleep support	Lifestart supporting parent - Growing child programme and family visitors. Public Health Nurses.		https://lifestartsp.ie/
11	6	Parenting through Play	47		Parent and Toddler groups. Parents Plus programmes.		Parent Hub Sligo, Leitrim & West Cavan Parenting Support
12	7	Bullying	46	Emotional challenges	School policies, counselling. HYLS bullying programme & school support.		https://homeyouthliaisonservice.ie/

	A	B	C	D	E	F	G
13	8	Infant and parental mental health supports	29	Mental Health in Childhood/ Adolescence	CAMHS, Counselling, Play Therapy, mychild.ie. Parenting support networks, Childcare supports. Circles of Security - Lifestart. HSE Public Health Nursing.	Infant mental health week. Circles of Security - Lifestart. Baby bonding with Lifestart & Tubbercurry FRC	https://www2.hse.ie/my-child/
14	9	School avoidance	26		Meitheal, Tusla Education Welfare Officer, Family support services. Schools, Home Youth Liaison Officer, School completion officers.		https://www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support-programme/meitheal-national-practice-model/
15	10	Toilet training / issues	25		PHN, Lifestart Supporting Parents, Family Support services ,GP, The Parenting Platform, HYLS Young Parents Support Workers.		https://www.youtube.com/@theparentingplatform
16	11	Other	18	Neurodiversity Supports	Sensory Cubbie in Mohill FSC, Mohill Library have Sensory Room, Sligo Travellers Support Group has a sensory room, Ballymote FRC - Parenting support group online for parents of children with additional needs. Mohill and Breffni offering Autism parent and children support groups. 'As I am' and ADHD Ireland offer support through webinars. HYLS autism support programme,	Lifestart to pilot a programme for parents of children with an additional need. Parents Plus - Special needs programme - Mohill FSC.	https://www.familyresource.ie/
17				Parental wellbeing	Family Resource Centres, MABS, DVAS, Addiction supports services, M-PACT, Family Carers Ireland, Adult Counselling, Meitheal. Family support services with Foroige, Springboard, Ballymote, Sligo, West Sligo, Breffni FRC and Mohill FSC Sligo FRC and Breffni FRC . Regional Drugs task force family support worker.		https://asiam.ie/

	A	B	C	D	E	F	G
18				Information on Public Health Access & supports available including referrals process for children with additional needs.	HSE, Sligo Leitrim Directory, County Childcare Committee's, FRC's, Parent's hub website. GP, Public Health Nurse - schools can make referrals.		https://www2.hse.ie/babies-children/
19				Information regarding Puberty for children with additional needs.	HSE - Busy bodies. GP, CDNT,		https://www.healthpromotion.ie/media/documents/HC00478_HSE-Busy_Bodies_Booklet_2023_Web.pdf
20				Peer Support for parents	Ballymote FRC - Parenting support group online for parents of children with additional needs. Mohill and Breffni FRC offering Autism parenting support groups. Parent and Toddler groups, breastfeeding groups, Parenting training programmes. Young Parents Support Programme - HYLS. Sligo Traveller support group. Sligo FRC Fathers group. Extra special parent and toddler group. National parents council.	Lifestart to pilot a programme - peer support for parents	https://www.parenthubslwc.ie/
21				Education support & transition from primary to secondary school	Home School Liason Service, National Parents Council - webinar. Transition programme for first year classes - Home Youth Liaison Officer. Mohill FSC - transition from primary to secondary.		https://www.npc.ie/
22				Traveller Support	Sligo & Leitrim Family link Workers - Sligo Springboard & Shannonside (LIDC). Sligo Traveller Support Group, Shannonside Community Centre, Pony Welfare Programme, FRC & FSC - family support service, children's camps. Access to education - Sligo ATU.	Pony Welfare programme.	https://sligospringboard.ie/

	A	B	C	D	E	F	G
23				English language development	MSLETB. Sligo Family Resource Centre (English language classes, English club, Outdoor English, parent and toddler/baby English classes, English camps for children and teens). Leitrim Development Company.		https://msletb.ie/
24				Childcare places	Sligo County Childcare Committee, Leitrim County Childcare Committee	https://leitrimchildcare.ie/	https://www.sligochildcare.ie/