



## Wexford CYPSC Newsletter

February 2nd 2024

For information on services and supports for children, young people and families see [Wexford CYPSC](#)

For information on parenting supports and programmes, see [Wexford Parents Hub](#) or access on [Facebook](#)



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## PARENTING

### → Dr. Mary O'Kane : Parenting Talks & Resources



*Dr Mary O'Kane is a Lecturer in Psychology and Early Childhood Education teaching with the Open University. Popular for sharing her expertise in a warm and relatable way, Mary is a regular contributor to Ireland AM on both parenting and early childhood education issues. She gives public talks on a range of topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach.*

I am doing 3 Parent Webinars for Canavan Byrne this Spring, and details are as follows:

On Wednesday 24th January, we have **Supporting Anxious Children**. This is aimed at parents of children from preschool through to teens. As parents, when your child is anxious it can be difficult to know how best to support them. However, we play an important role in helping our children to both understand and to manage their anxiety. In this talk I will explain anxiety in children and outline very practical advice on how we can help our children to manage their fears and gain confidence. Further details [here](#).

On 21st February we have **From Surviving to Thriving: Developing a Growth Mindset in Children**. This is aimed at parents who would say their child can veer towards the negative, a child maybe who does not seem to want to put effort into tasks, and outlines how we can help them to reach their full potential. Details [here](#).

Then we have **Parenting Tweens and Teens**. This Webinar outlines the impact of teenage brain development, which explains so much of why we sometimes find our teens hard to understand! I then offer practical advice on how to maintain family connection during these years. This will take place on Wednesday 13th March. Details available [here](#).

I am also doing a **Webinar on Supporting Anxious Children for Educators** on 1st May: Educators play an important role in helping children to both understand and manage their anxiety. In this Webinar we talk about how to support anxious children in educational settings, helping them to manage their fears and gain confidence. Details are available [here](#).

If anyone is based in Meath, I have 4 FREE face-to-face talks for parents, carers and educators coming up in Trim Library in January and February. Details as follows:

- Supporting Anxious Teens, Thursday 11th January
- Raising Resilient Children, Thursday 25th January
- Parenting in the Online World, Thursday 8th February
- Parenting Teens and Tweens, Thursday 22nd February

These are all free events, but places must be booked by calling Trim Library at: 046 9436063.

I also have further online and face to face talks coming up for which bookings have not yet opened. Information on these will be posted on my social media: Dr Mary O'Kane, in the coming months.

My exciting news is that my new book: 'Anxious Children in an Anxious World' It is due to be released in April 2024. This book is aimed at parents, carers, and educators of children from preschool through to teenage years. Adults in the lives of children for whom anxiety is impacting on their ability to reach their full potential. It will also help adults in the lives of sensitive children, who want to cultivate the resilience they need to thrive in this anxious world. It is the book that I wish I had read when my children were little. Do keep an eye on my social media, I will be sharing further details nearer the time!

Finally, for any of you that might have felt under pressure with your parenting over the Christmas break, I just wanted to remind you that 'good enough is good enough'. Every so often we all need a reminder that there is no need to be perfect in our parenting, all we can do is to try our best with what we know at the time. You are exactly the parent your child needs, flaws, imperfections, and all.

If you feel some additional reading to support your parenting would be helpful, my first book 'Perfectly Imperfect Parenting: Connection not Perfection' is available at this link:

<https://www.drmaryokane.ie/perfectly-imperfect-parenting/>  
<<https://www.drmaryokane.ie/perfectly-imperfect-parenting/>>

Best wishes,

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Mary O'Kane, BSc, MPhil, PhD

Lecturer in Psychology and Early Childhood Education; Author of Perfectly Imperfect Parenting;  
Parenting Contributor Newstalk Radio/Ireland AM Business Facebook Page: Dr Mary O'Kane

## → Wexford Parent's Hub



As parents, we all need information or support at different times during our children's development. All parents are busy meeting the demands of everyday life with children and it can be difficult to know where to look or who to turn to for this advice and support.

The purpose of the Wexford Parents Hub is to become a "one stop shop" for parents, providing easily accessible information on forth-coming talks and parenting programmes available in county Wexford. You can also keep up to date with the Wexford Parents Hub on the [Facebook](#) page.

For details of upcoming courses and details of how to contact the Hub, see the Parents Hub page [here](#).

## LAUNCHES

### → Launch of Report Card 2024 : Save the Date



The Children's Rights Alliance Annual Report Card tracks how the Government is delivering on its commitments to children in the Programme for Government. The Alliance first published the Report Card in 2009 and it is now in its 15th edition. The Alliance introduced the Report Card to have a monitoring tool in between examinations under the UNCRC

How has the Government progressed on its commitments to children in 2023? Did it keep its promises in important areas like health, housing, education, poverty, equality and early years? Will they get an 'A' or an 'F' grade? A 'C' or a 'C+'?

Find out at the launch of **Report Card 2024** – the fourth analysis of the Programme for Government: Our Shared Future and our collective opportunity to ensure children's rights are safeguarded and promoted in this Government's vision for Ireland.

Please save the date for the online launch of **Report Card 2024** on **Tuesday 20th February 2024 from 10.00 am – 11.30am.**

**Full details of speakers will follow.**

Please register to attend [here](#).

We look forward to seeing you at the launch!

**#ReportCard2024**

For more information on the Children's Rights Alliance, click [here](#).

## → Launch of “Better Together” Peer Led Recovery Support Service



Minister Hildegarde Naughton will launch an online peer empowered recovery community organisation and support service for the South East.

“Better Together” is a peer led recovery support support service operating 7 days a week online. Better Together offers daily support programmes and organised social events for people with substance misuse and mental health challenges. In partnership with South East Regional Drug and Alcohol Taskforce and SETU, the minister will launch this innovative co-produced online service for the South East. This event will take place in St. Canices Neighbourhood Hall, Kilkenny on Thursday February 22<sup>nd</sup> at 12pm.

Click [here](#) for further details and an official invite for the launch of Better Together on 22.02.24 in Kilkenny. Please circulate this to people in your own organisations or anyone you think would like to attend.

**Booking** : Reserve your place by emailing [aisling.ennis@hse.ie](mailto:aisling.ennis@hse.ie) at your earliest convenience or by latest 19.02.24.

Many thanks,

*Aisling Ennis, South East Regional Drug & Alcohol Task Force Administrator, 10A Waterside, Waterford X91 D2NH*

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## → Young Social Innovators: Launch Youth Space - A New Online Hub For Future-Changemakers



We are thrilled to share some exciting news! We have launched [Youth Space](#), a dedicated platform for young change-makers who are ready to tackle the real problems they are facing in their community and beyond!

[Youth Space](#) is an inspiring online hub where young minds can dream big, develop ideas, and work towards creating a better tomorrow.

Here's a glimpse of what you can find on this exciting new platform:

1. **Social Innovation News:** Stay informed about the latest trends and breakthroughs in social innovation. Discover how young people across Ireland are making a positive impact in their communities.
2. **Micro-Credentials:** Enhance your skills and knowledge with our free online and self paced micro-credential course. Take on the challenges and showcase your social innovation knowledge.
3. **Funding Information:** Access valuable information about funding opportunities to young people's innovative ideas to life.
4. **Gen Z Research and Polls:** Engage with up to date Gen Z research and check out interactive quizzes and polls to test your knowledge.
5. **Ideas Gallery:** Explore the Ideas Gallery to see recent social innovation projects from young people in Ireland. Get inspired by their creativity and dedication to making a difference.
6. **YSI Programme Information:** Youth Space also provides information about our hugely popular social innovation education programmes. Join our community of young change-makers who have participated in these programmes and have gone on to make a lasting impact.

For more information on young Social Innovators, visit the website [here](#).





## Wexford CYPSC

### → Wexford CYPSC Website : Service Updates

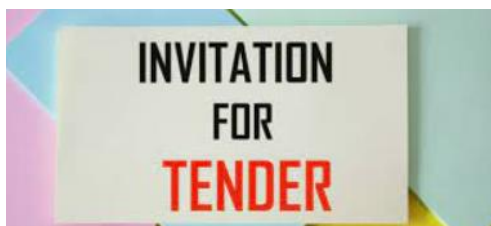


Wexford CYPSC website is an online directory of services and supports for children, young people and families in Co. Wexford. The website can be accessed [here](#).

If your service is included on the website, can you please take a few minutes to review your service details [here](#) to ensure that the information is accurate. The website contents can be updated by completing and returning the “Service Details Update” template which is available to access on the website [here](#).

New services can also be included on the website by completing this form. Thank you for your assistance in keeping the website up to date.

→ Invitation to Tender : Development of Wexford Children & Young People's Plan 2024-2026



Wexford Children and Young People's Services Committee (Wexford CYPSC) invites tender submissions from suitably qualified candidates to develop a 3-year Children and Young People's Plan (2024 – 2026) for the county.

This advertisement is currently available to view on **Activelink** [here](#). Closing date for receipt of submissions is **Friday February 16<sup>th</sup> 2024 at 5pm.**

Please share this link with colleagues / consultants who may be interested in applying.



An Roinn Leanaí, Comhionannais,  
Michumais, Lánpháirtíochta agus Oige  
Department of Children, Equality,  
Disability, Integration and Youth

