

Preparing for Life Family Mentoring Programme



Are you pregnant or have you just had a Baby?

Do you Live in Finglas West, Finglas South or Ballygall?

Preparing for Life Mentors work alongside parents from pregnancy onwards.

We visit families once a month **in their homes** and give **information on child development and parenting**.

Our Mentors provide guidance and support through your child's early years.

Interested?

If you or anyone you know would like to benefit from this service, and would like more information

Phone: 01 864 2941 | **Email:** abcfinglas@barnardos.ie

Text or Call: Rebecca on 086 029 6823

Address: St. Malachy's M.N.S, St. Helena's Rd., Finglas, Dublin 11.

What can I expect?

One of our mentors will visit you every month with tip sheet information and activities based around child development and parenting.

Your mentor will work alongside you and will help you make the best decisions for you and your baby.



Pre-birth: Support and Care during your Pregnancy; Information on Labour and Delivery; Making Healthy Choices

0-6 Months: Bonding and Attachment; Baby Massage; Setting up Positive Routines; Caring for Baby; Breast and Bottle Feeding; Looking after Yourself; Safety at Home; Hand-Eye Coordination

6-12 Months: Feeding and Weaning; Good Sleep Routines; Movement; Listening, Talking and Thinking; Building Confidence and Self Esteem; Sharing Stories; Common Illnesses

1-2 Years: Playing and Learning; Language Development; Healthy Eating Choices

2 years +: Managing Tantrums; Toilet Training; Making Good Friends; Expressing Feelings Appropriately; Imaginative Play; Reading, Writing, Numbers and Art; Getting Ready for School

The **A**rea **B**ased **C**hildhood Programme 2013 – 2017