

If you are interested in attending a **C.S.P.** course, or to invite a **C.S.P.** course to your school, community centre or parish, please e-mail or post your contact details to:  
**Martina O’Kane, Family Focus Mayo, Child & Family Agency, 90 Knockaphunta Park, Westport Rd., Castlebar, Co. Mayo, e-mail [Martina.OKane@tusla.ie](mailto:Martina.OKane@tusla.ie)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Course Location Preference: \_\_\_\_\_

Age Group: 2-5 yrs  6-16 yrs

**For further information contact:**

Elaine Lindsay @  
087-7214511

Michaela McDonagh @  
087-9088738

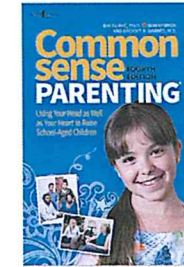
 Find us on  
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The National University of Ireland Galway (NUIG) Evaluation Report can be found at:

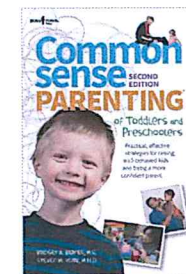
[www.childandfamilyresearch.ie/cfrc/projects/completedprojects](http://www.childandfamilyresearch.ie/cfrc/projects/completedprojects)



Parenting24seven



**COMMON  
SENSE  
PARENTING**



## Common Sense Parenting®

**Common Sense Parenting (C.S.P.)** is a skill-based programme where parents develop practical and effective ways to:

- Encourage your children's positive behaviour
- Discourage negative behaviour
- Teach your children positive alternative behaviour

By participating in a C.S.P. programme, parents learn skills which help make parenting more enjoyable and rewarding, and children learn positive ways to communicate with parents. These skills include:

- Using effective praise for encouraging positive behaviour
- Developing techniques for using effective discipline
- Using consequences to change behaviour
- Preventing problems
- Correcting problem behaviour
- Teaching your children social skills that are beneficial for themselves and others

C.S.P. is evidence-based (NUI Galway Evaluation) and proven to measurably improve the well-being of children and their parents.

**C.S.P.** for the **2-5 years age group** is delivered by local Public Health Nurses and other practitioners.

**How long?** 7-week course – 2 hours/week

**Cost?** There is a once off cost of €20 to cover cost of book and workbook

**C.S.P.** for the **6-16 years age group** is delivered by practitioners from the Child & Family Agency (Tusla), Foróige, Community Based Family Support, and partners in the community.

**How long?** 6-week course – 2 hours/week

**Cost?** There is a once off cost of €20 to cover cost of book and workbook

For booking a place on a course please contact Martina O'Kane (details overleaf).

## Key messages from Parenting24seven and some quotes from Mayo parents:

### • **Parents need good social networks**

Parenting is easier when you can talk with other parents.

"Reassurance that I'm doing a good job."

"My confidence in knowing how to handle situations has improved immensely."

"It gives a lot more ideas about dealing with things at home."

"Each week something has changed."

### • **Name it and tame it**

Parents who are able to solve problems without anxiety are able to provide an 'optimal parental environment'.

"It showed me how to stay calm."

"The skills I developed have made a difference to the way I explain things to the children."

### • **A positive parenting style works**

Positive parenting practices create positive outcomes for children and young people.

"There have been big changes - the children play together more now which makes things easier for me."

"Now I take more time to enjoy my children."