



THEME:

Building Positive Relations:
Regional Level Projects

FUNDING(ERDF+MATCH):

€1,279.917.28

MATCH FUNDERS:

The Executive Office NI &
Department of Rural and
Community Development,
Ireland

LEAD PARTNER:

Lifestart Foundation Ltd

PROJECT PARTNERS:

Lifestart Services CLG, Sligo
Family Support CLG, Dunluce
Family Centre, The Junction
and Barnardos

PROJECT CONTACT:

mary.holmes@lifestartfoundation.org

Start Date: 01/12/2017

End Date: 31/05/2021



www.lifestartfoundation.org



@LifestartFdn



@shapingourselvesandourchildren

SPECIAL EU PROGRAMMES BODY

Project Case Study: Shaping Ourselves & Our Children (SOOC) Update

The SOOC project aims to support parents of young children to create a home conducive to good child social and emotional development, where inclusiveness and a respect for social and cultural diversity is developed. It's delivering 240 interactive parenting programmes within nine cross-border areas.

Since June 2018

1,100 PARENTS

Across Counties Derry,
Donegal, Down, Fermanagh,
Leitrim, Sligo and Tyrone have
now completed SOOC.



CHILDREN 2,200



now have someone in their
life who better understand
how a child's confidence, self-
esteem and empathy for
others is learnt at home.

30 FACILITATORS

We have amazing facilitators who are
fully supportive and love to meet and
work with parents, grandparents and
those who want to learn about child
development and diversity.



INTERESTED? 4 DAYS



Courses run over 4 days, help with
babysitting costs, lunch/supper
provided, booklets on attachment and
bonding, communication, esteem,
empathy, behaviour and play.



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Between May 2018 and March 2021 the four session interactive programme will be delivered one day a week, over four weeks to groups of eight parents in the following communities:

- Ards
- Derry/Londonderry
- Donegal
- Fermanagh
- Leitrim
- Limavady
- Sligo
- Strabane
- Tyrone
- West Cavan

The short, free course is available for mums, dads, grandparents, guardians and carers of young children.

The course offers the following:

- Information on child social and emotional development;
- Understand how children develop self-esteem and confidence;
- Supporting children's understanding of others;
- Communication skills and behavioural management;
- Learning through play - interactive play day with kids (Day 4);
- Diversity - understand how biases and prejudices are shaped.

"This is the best course I was ever on, please do this for your children!"

Participating Parent



SOOC's Second Policy Seminar for Parents.
Contact the SOOC team for a copy of the report