



**THEME:**

Building Positive Relations:  
Regional Level Projects

**FUNDING(ERDF+MATCH):**

€1,219,468.21

**MATCH FUNDERS:**

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

**LEAD PARTNER:**

Lifestart Foundation Ltd

**PROJECT PARTNERS:**

Lifestart Services Ltd, Sligo  
Family Services, Dunluce Family  
Centre, The Junction and  
Barnardos

**Start Date:** 01/12/2017

**End Date:** 30/11/2021



[www.lifestartfoundation.org](http://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\*