



Barnardos Family Support Project  
Finglas West



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Barnardos Family Support Project  
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Barnardos Family Support Project offers information, help and support to children, young people and their parents/carers. The Centre has an 'open door' policy meaning that it is available to any parent, carer or child in the West Finglas area.

Our focus is on supporting and promoting children's development, along with helping parents with their parenting.

When you come to our service, staff will meet you, talk with you, agree what it is you want and see how we can help.

Some of the ways we help mothers, fathers, carers and children include:

- Providing information relating to parenting and other issues affecting families
- Assisting parents/carers to use consistent routines and boundaries in their parenting
- Supporting parents/carers to look after their children and young people's health, hygiene and nutrition
- Helping parents to develop positive relationships with their children and young people
- Helping children and young people, parents/carers and families to talk honestly and openly about personal and family matters
- Supporting parents/carers to understand and respond to their child's behaviour
- Helping parents/carers to support their children/young people's education
- Supporting children and young people and parents/carers to build confidence and self-esteem
- Enabling children, parents/carers and families to have fun together
- Providing opportunities for children, parents/carers and families to develop friendships

