Problems at home can spill over into the classroom, creating extra difficulties for teachers and students. If you or your staff know parents who struggle with parenting and family life challenges, we can help. The [Parents Plus](https://www.parentsplus.ie/) charity is Ireland’s leading provider of high-quality evidence-based parenting programmes.  We are a social enterprise who recently received RTÉ Toy Show/Community Foundation of Ireland funding to extend our parenting programmes online. This means we can now reach every community, including yours.

Our programmes make a measurable impact for parents, children and families. In particular, our results show they reduce stress for parents by helping them to:

* Reduce conflict with their child,
* Have a more connected satisfying relationship with them,
* Cultivate improved behaviour, and
* Gain skills in tuning-in positively, listening, communicating and problem-solving

You may know parents who are struggling and who want to learn new positive parenting skills to improve their family life, and help their children with schoolwork.  You can help these parents access our [parenting programmes](https://www.parentsplus.ie/parents/) by sharing this information with them:

**Parenting Programmes Now Available Online**

Are you struggling with parenting? Do you want to learn new positive parenting skills to improve your family life? Are you looking for better ways to help your children with schoolwork, develop their coping skills and improve their relationships?  The [Parents Plus](https://www.parentsplus.ie/) charity is Ireland’s leading provider of high-quality parenting programmes.  They offer a suite of parenting programmes across various age ranges and categories:

* Early Years (0-6), covers areas like daily routines, managing tantrums & learning.
* Children’s Programme (6-11), covers areas like building self-esteem & supporting schoolwork.
* Adolescent Programme, covers areas like rules & boundaries, & solving problems together.
* Parenting When Separated, includes areas like co-parenting & emotional support for children.
* Special Needs Programme (11-18) covers areas like supporting education & development.

For further information and to register, you can access our [parenting programmes here](https://www.parentsplus.ie/parents/).

**In the past 10 years**Parents Plus has empowered over 1,000 organisations to create sustainable change in their service delivery with our programmes.

**Our evidence-based parenting and mental health programmes**have made a difference to the lives of over 100,000 families.  To learn more about our training and mentoring for those who work in Community, Health, Education and Disability services, visit [here](https://www.parentsplus.ie/)