

Barnardos Covid-19 Support



Family life has become a little more complicated now that we have to respond to Covid-19. I am contacting you to let you know **Barnardos is here to support** parents throughout this challenging time.

We have just **launched a dedicated** [telephone and email](#) support service to provide **advice to parents** on a wide range of issues that may have come up during this time. If you or someone you know needs extra parental support we are here to help.

This service will be staffed by Barnardos project workers who are **trained professionals**. Some issues that parents may need support on include:

- **How to talk** to your children about the corona virus
- Setting a good **routine**
- Managing **children's behaviours** and sibling dynamics
- Managing **aggression** and family discord
- **Home schooling**/managing school expectations.
- Fostering natural learning opportunities in the home
- Healthy eating
- Accessing **fun and educational** activities for families and individual children
- Managing your child's worries
- **Self-care** for parents
- Helping parents manage their own worries and anxieties
- Managing children's **online activity**

You can make contact with this service by phoning 1800 910 123 between 10.00am and 2.00pm Monday to Friday or by emailing parentsupport@barnardos.ie.

We also provide specialist services and support in relation to [bereavement](#), [adoption](#) and fostering.