Theme: Supporting Parents through programmes and practices

Abstract:

Heading: “Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.”
-Maimonides

IARM aim to present that when Parent and Relationship mentors facilitate parents to understand:

- An inner strong hold of Self,
- How to nurture social, emotional and intellectual safety,
- The intention of behaviour,
- Clear and direct communication,
- Empowerment and Self-care practices

Then, metaphorically speaking, we “feed” that family for life.

Through our University [UCC] qualification, the only one of its kind in Ireland, mentors are trained to facilitate parent’s understanding of family relationships through programmes and, uniquely, one to one mentoring. The principle foundation of IARM programmes and practices is that “All parenting begins with Self” and in nurturing this relationship with self we can learn to nurture the relationships we have with our children. Mentors intentionally create safe holding for parents in the key areas of social, emotional, intellectual and behavioural expressions so that knowledge and skills for effective parenting practices can be consciously explored. Mentors aim to support parents to parent effectively and reflectively, from a place where they are attuned to their own needs and potential as well as to the needs of their children. This empowers parents to create effective, sustainable changes. Making this shift creates possibilities for inter-generational behavioural change, a key component of social strategy and action.

Mentors work with parents in a variety of settings
nationally:

- Private one to one sessions through self referral, referral through schools, doctors, mediation services, courts, and social services.
- Parenting courses and talks are run both publically, privately and in partnership.
- A pilot study “Compassionate Relating with Self and Others” is being run for both parents and the childcare team in the Inchicore Bluebell Community Addiction Team.