

Parent and Guardian Support

At St. Peter's we not only support students and staff, we also want to support parents and guardians who play a vital role in our school community.

It takes the three elements of students, staff and parents/ guardians working together to prepare our young people for the future.

We recognise that everyone needs support and guidance at times.

The Innovate for Wellbeing Team hope you will find this web-tab useful by highlighting supports available to you.

Jigsaw offer a wide range of supports on their website. You can access them by clicking on the following link [Jigsaw Supports for Parents and Guardians](#)

Topics include but are not restricted to:

1. Supporting Young People to Stay Motivated.
2. Setting Boundaries with Young People.
3. Webinar: Managing family conflict.
4. The importance of rallying around young people.
5. Webinar: Self Care during winter months.
6. Webinar: Supporting young people struggling with mental health at school.
7. Webinar: Supporting young people.
8. Learn about school avoidance.
9. Self-care course for parents and guardians.
10. Supporting the transition to secondary school.
11. Mental health awareness course for parents.
12. A parent's guide to Leaving Cert. stress.
13. Developing routines for the family.
14. Supporting my families mental health.
15. Webinar: Supporting young people to manage anxiety.
16. Cyber safety and young people.
17. Stress and young people.
18. How to address self-harm.
19. Screen time and young people.
20. Social media, self-esteem and young people.

For supports in your area, online support, information & e-learning visit [Jigsaw Support Page](#)

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