



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR

LIMERICK & CLARE
Education & Training Board

Family Learning

Mums



parent and Baby



Dads



Your Guide to Family Learning Courses

Who are we?

Welcome to Family Learning part of Further Education and Training from Limerick and Clare Education and Training Board. We aim to work in partnership with local schools, libraries, family resource centres and community organisations to offer a range of exciting learning opportunities to families across the Limerick and Clare region. Our free courses are a great way to support parents* and carers to support their child’s learning and development at home.

*The term ‘parent’ is used to cover any close family member or primary care-giver.

What is Family Learning?

Family Learning refers to any learning activity that involves both children and adult family members, where learning outcomes are intended for both, and that contributes to a culture of learning in the family. Family Learning courses offer a wide range of opportunities for families and ranges from informal services to structured and accredited learning.

Family Learning aims to:

- Ensure that parents recognise and understand the importance of their role as their child’s first teacher and are teaching their children since birth;
- Provide family learning courses which support the educational needs of families;
- Provide a welcoming, friendly, inclusive, stimulating and supportive learning environment to help parents update and refresh their own skills and build confidence to return to education;
- Focus on building positive learning experiences while building and enhancing the confidence of our learners in their ability to support their children to learn.

It’s about discovering and exploring things together as a family.

Family Learning is about families enjoying learning together.

Intervention begins early and continues throughout a child’s education.

Promoting Greater Engagement with Books and Stories

Course Name	Further Information	Who is it for?
My Baby and Me	This eight-week course is designed to explore eight key themes/messages for babies’ development and wellbeing in an experiential and fun way. With a welcoming, informal atmosphere, ‘My Baby and Me’ offers a relaxed space in which parents can socialise, spend quality time with their babies and take away practical information on learning in the home. Each family receives a free baby book weekly to keep with a strong emphasis on oral language development and reading.	Parents and babies/ toddlers under 3 attend together.
Storybags	Storybags is an eight-week course where parents bring stories to life with their children to make reading an enjoyable experience, stimulate language and make reading memorable. By developing props and games for a storybook parents make a storybag containing a children’s picture and factual book, puppets, games, and other objects or toys relating to the story. The wide learning from books and parent-child relationship is explored to build and enhance parents’ confidence with reading with their children.	For parents of children aged 4+.
Families Reading Every Day (FRED)	Families Reading Every Day or ‘FRED’ is a six-week course with a focus on reading together as a family. FRED is a fun and effective way to strengthen family bonds and promote literacy development by encouraging families to read together and to develop the habit of reading regularly with their children. Research has shown that children who have been read aloud to at home arrive at school better prepared to learn, become better readers, and generally have more success in school.	For parents of children aged 6+. Children attend for part of the course.
Digital Stories	Digital Stories is an eight-week course where parents and children create a digital story using art, photographs and music. Digital storytelling helps us connect to people no matter where they are located and this story can be used to value the home culture in a positive way. This course provides endless opportunities, developing literacy, art and design, and computing skills while enhancing creativity and confidence.	For parents of children aged 8+. Parents can showcase the work to children when finished.
Helping your Children Learn	Parents are a child’s first teachers and the home is a child’s first classroom. This eight- week course includes a range of ideas and resources to show parents that supporting a child’s literacy and numeracy development is a natural, easy and fun activity that can be integrated into any part of their day.	For parents of children aged 0-12 years old.

Supporting your Child in Primary and Secondary School

Course Name	Further Information	Who is it for?
Understanding the Language of School	Migrant parents may not understand the new vocabulary that children meet in second level. Learning about the school diary, subjects taught, school timetables, policies in Plain English, letters home from school, and online teaching platforms e.g. Seesaw are included as part of the course.	For parents of children in primary or secondary school.
Getting your Child Ready for Primary School (Pack)	The first day in primary school is a big day for every child and their parents. As a parent, you may feel a little anxious. This course offers support on how to get your child ready for primary school and to make this transition a positive experience for you and your child. This course explores areas such as social skills, language skills, concentration and confidence.	For parents of children in playschool.
Helping with Irish Homework	Even if you don't have a word of Irish, you can still help your child learn the language and guide them through any school projects. This six-week course shares top tips for helping with Irish homework to remove parent fears of the Irish language and to introduce Irish to your child in a fun way.	For parents of children in primary or secondary school.
Helping with Primary Maths Homework	This six-week course is ideal for parents who want to refresh and improve their own maths skills and learn about current teaching methods used in school. The course shares with parents some tips for helping with maths homework to reduce any anxieties and increase confidence with supporting your child with homework.	For parents of children in primary school.
Fun Science	Fun science is a 6 to 12-week course where parents visit the school to show their children how to do a fun science experiment. The first hour the tutor will show the parents how to complete a science experiment and in the second hour the parents will show children in the classroom how to do the experiment. Parental involvement in the classroom encourages a lifelong love of learning, creating more engaged and excited learners.	Parents attend and then join their children in senior primary school class.
Settling into Second Level	The transition from primary to secondary can be a stressful event for all students and their parents. This course offers support on how to settle your child into second level school and to make this transition a positive experience for you and your child. This course explores areas such as managing change, being organised, favourite subjects, observing differences, extending vocabulary and ways to help with homework, being safe online, etc.	For parents of first year students.
Understanding Project Maths	'Project Maths' is the name given to the maths syllabus currently in use in secondary schools in Ireland. This six-week course gives details on how maths links to the everyday world, how to read maths questions, see how relevant each maths topic area is to real life.	For parents of children working towards Junior Cycle in secondary school.

Family Life: Looking after your Health and Wellbeing

Course Name	Further Information	Who is it for?
Family Cooking and Cooking on a Budget	A six-week course where learners learn about a range of healthy-eating options and lifestyle choices aimed at improving health and wellbeing as a family. Learners will gain the skills and knowledge to prepare a healthy lunch, cooking on a budget, actively encourage exercise and identify the food swaps they could make.	Only parents or care-giver attend class.
Arts and Crafts	There is a range of arts and crafts activities available such as mosaic, stained glass and seasonal crafts. These courses allow parents or care-givers to gain new skills and knowledge to enable them to carry out creative activities at home and to support their child's learning. Time out for parents themselves is also important.	Parents or care-giver of children of all ages.
Family Sewing	This beginners sewing class starts with the basics of sewing. By learning to sew you get to make something useful and you can make tons of one-of-a-kind accessories, tote bags, cushions and more! Sewing not only enables you to create beautiful and heirloom items that can be passed down, they are the same skills needed to mend and alter clothes.	Only parents or care-giver attend class.
Computer Skills and Technology in the 21 st Century	There is a range of different levels of computer and technology classes available for learners to develop their technology skills and literacy with computers, mobile phones and apps. This course can also discuss internet safety and how to monitor your children's internet usage.	Only parents or care-giver attend class.
Getting More, Spending Less	Getting More, Spending Less is an eight-week course where parents learn about getting organised and reducing stress. It is an opportunity to help families to budget, ideas for shopping wisely, good consumer tips, first-aid tips, fun free family activities and learning about your entitlements.	Only parents or care-giver attend class.
Family Wellbeing	There is a range of courses that will give parents and carers the opportunity to explore a range of themes related to family resilience and positive mental health and wellbeing. Topics include both parental wellbeing and also helping your child to talk about emotions and family wellbeing as a unit.	Only parents or care-giver attend class.
Family Gardening	Family Gardening is a 12-week course that is designed to help learners understand the importance of good nutrition and to help parents learn the connection between healthy bodies and healthy gardens.	Only parents or care-giver attend class.

Accredited Courses

Many of our learners start off on non-accredited short courses, however they can then progress onto other courses in a wide variety of subject areas to further their learning and achieve their aspirations. We will work with you to build bespoke progression routes for your families.

For example:

1. Learners in our College of Further Education and Training, Ennis Campus, started a Beginners Sewing Class and they have now progressed and achieved a national Quality Qualifications Ireland Level 3 Minor Award in Sewing.
2. Learners progressed from unaccredited Family Learning courses through to a Level 6 Major Award in Childcare and secured permanent employment.
3. Learners progressed from courses held in local primary schools to the College of Further Education and Training, Ennis Campus for full-time courses leading to employment.

What are the benefits of Family Learning?

- Family Learning gives you and your family the opportunity to learn new skills together.
- Learning as a family encourages confident, lifelong learners.
- Family learning helps parents on their own learning journey.
- Family learning allows parents to find out how their children learn and understand how to support them better.
- Family Learning can lead to improvements in children's behaviour and achievement.
- Achievements within family learning benefit the wider learning community through promoting change and empowering individuals and communities.



What parents have to say

"Thanks for giving us the wonderful opportunity to participate. We felt privileged to get the opportunity in these weird (COVID-19) times to be out. It helped our mental well-being. It gave us something to look forward to on a weekly basis."

"It was lovely for our kids to have 'The Homecoming'. They called us arriving to the school by water 'The Homecoming'. We said we hadn't the Liam McCarthy Cup but we paddled our own canoes. Our kids were waiting for us and they presented us with our awards."

"I now feel more confident using my sewing machine at home. Have learned lots of new things about sewing. I met lovely people on my course."

"We make things that are really fun. We did the light bulb experiment. The volcano was my favourite science experiment. Science isn't always boring it can be fun."

"I love this class, it is more interesting than school."

"As parents we need to feel good about the way we are parenting and that we are doing the best we can."

"I liked the course because we get to learn something new."

"I learned a more interactive way to introduce topics to my kids."

"I'm reading to my baby every day now. I thought she was too little for books."

"I have confidence about myself and I was motivated by the tutor."



County Clare

Mary Flanagan

✉ mary.flanagan@lcteb.ie

☎ 065 689 7645

Limerick City

Mary Dunne

✉ mary.dunne@lcteb.ie

☎ 086 043 9151

West Limerick

Síle O'Riordan

✉ sile.oriordan@lcteb.ie

☎ 069 776 36

East Limerick

Sean O'Carroll

✉ sean.ocarroll@lcteb.ie

☎ 063 20246

Courses are subject to funding and tutor availability.

Visit www.familylearning.ie for more information

Provision co-funded by the Government of Ireland and the European Union.



Rialtas na hÉireann
Government of Ireland



Co-funded by the
EUROPEAN UNION