

Parenting Week 2026

Making
Connections



Partner Activity
and Asset Pack



Children
in Northern
Ireland



Parenting Week 2026



Monday 19 – Friday 23 October 2026

Parenting Week is an opportunity to celebrate and support parents and carers, raise awareness of the experiences and challenges of parenting, and highlight the support available to families across Northern Ireland.

Dates

Parenting Week will take place this year Monday 19 - Friday 23 October.

The theme

This year's theme is Making Connections.

Hashtags

Our hashtags are:

#ParentingWeek2026

#MakingConnections

Website

The website is <https://www.ci-ni.org.uk/parenting-week-2026/>

We're encouraging parents, carers, organisations, schools and communities to think about the importance of connection and find simple ways to connect with others.

How to use this pack

Throughout this pack you'll find links to the Parenting Week 2026 resources and downloadable assets.

Click the download buttons or images to access each resource.

You can also visit the [Parenting Week 2026 webpage](https://www.ci-ni.org.uk/parenting-week-2026/) to view all resources and download the latest versions.

Make a Connection Pledge

What will you do to make a connection during Parenting Week?

Download the Connection Pledge Card and make your own pledge.

You could pledge to:

Spend some one-to-one time with your child

Check in with a friend

Contact someone you haven't spoken to recently

Spend time with a family member

Connect with someone in your local community

Share your pledge on social media using:

#ParentingWeek2026

#MakingConnections

Connection Pledge Card

[Click to download PNG](#)



Get your school involved

Schools are invited to explore what Making Connections means to children and young people.

Children can share their ideas through:

- Posters
- Visual boards
- Drawings
- Word displays
- Other creative approaches

Use the Schools Making Connections Resource to help start conversations with questions such as:

What does connection look like to you?

How do you make connections?

Who are your important connections?

How does connection make you feel?

Why is connection important?

Schools Resource Pack

[Download PDF](#)



Blank Schools Poster

[Download PDF](#)



[Download PNG](#)



Parent and Carer Connection Activities

We've created simple activity cards for parents and carers to use with their children.

The idea is simple:

Pick a card. Try the activity. Make a connection.

Connection Activity Cards

[Download PDF](#)



Organisations: Host a Pot-luck Lunch

Bring people together during Parenting Week by hosting your own pot-luck lunch.

Everyone brings something to share and you make time to eat, chat and connect.

You could invite:

- Colleagues
- Volunteers
- Parents and carers
- Members
- Families
- People from your local community

It doesn't need to be elaborate. The aim is simply to create an opportunity for people to come together.

Pot-luck Lunch Poster

[Download PDF](#)

[Download PNG](#)



Help us spread the word on social media

Help us spread the word about Parenting Week 2026 by sharing the campaign with parents, carers and your networks.

You can use the social media assets included in this pack, share Parentline posts, or create your own posts using the campaign hashtags:

Our social media channels are:

Facebook: parentlineni

Instagram: parentline.ni

Our campaign hashtags are:

#ParentingWeek2026

#MakingConnections

We encourage you to use the campaign hashtags in all posts.

Our assets

We've created a range of social media assets that you can download and use. To use an asset, click on the image, it will then open in a separate window where you can download it.

Square (Facebook, LinkedIn, X/Twitter)



4:5 (Instagram, Facebook, LinkedIn, X/Twitter)



Landscape (X/Twitter, Facebook)



1080x1920 (Instagram Story)



Thank you

Thank you for your support. We look forward to working together to make Parenting Week 2026 a success.



Parenting Week 2026 - CiNI

