

“Let’s Talk about Parenting”



FREE SERIES OF TALKS 2022



AUTUMN 2022

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Comhairle Contae Chill Dara
Kildare County Council

www.parentingsupport.ie

Providing information on parenting supports
and services in Co. Kildare and Co. Wicklow

An easy way to find out what's available in Co. Kildare
and Co. Wicklow for parents!

Go to www.parentingsupport.ie for:

- Details of upcoming parenting courses and talks in your area.
- Information about local services and organisations that support parents.
- Downloadable booklets and leaflets on a range of different topics relevant to parents.

If you work with parents:

- In addition to the above, you can post details on the website of courses, programmes or talks you are delivering by completing a simple online form.

For further information, go to:

Website: www.parentingsupport.ie
Email: info@parentingsupport.ie
Facebook: www.facebook.com/parentingsupport
Instagram: www.instagram.com/parentingsupport
Twitter: [@parentingsupport](https://twitter.com/parentingsupport)

This is an initiative of the multi-agency Kildare West Wicklow Parenting Forum. It is supported by Kildare Children & Young People's Services Committee and Wicklow Children & Young People's Services Committee (CYPSC). It has been funded by the Health Services Executive (HSE), Tusla, the Child & Family Agency, Kildare CYPSC Seed Funding and Wicklow CYPSC Seed Funding from the Department of Children & Youth Affairs.*

**Forum members are: Co. Kildare LEADER Partnership, Curragh PRIDE Family Resource Centre, Foróige, Health Services Executive (HSE), Kildare Children & Young People's Services Committee, Kildare County Childcare Committee, Kildare Library Service, Kildare & Wicklow Education & Training Board, Kildare Youth Services, Newbridge Family Resource Centre, Tusla, Wicklow County Childcare Committee.*



INTRODUCTION

These Autumn series of parenting talks have been organised by Kildare Library Service with support from the following agencies and organisations: The Kildare & West Wicklow Parenting Forum, The Kildare County Childcare Committee, TUSLA and the HSE Primary Care Psychology Team among others. The 'Let's talk about Parenting' Programme has been running in Kildare Libraries since 2015 and is funded by Kildare County Council.

These events hope to support both parents and professionals working with children and families in County Kildare. Attendance at all events is free of charge and open to library members (its free and easy to join - at your local library or online <https://www.librariesireland.ie/join-your-library>) but booking is required. Talks will take place online unless stated otherwise and bookings will be taken via the supplied Ticket Tailor web links. Certificates of attendance are available for Continuing Professional Development purposes.

For more information on the programme or help with booking please contact co-ordinators:

Suzanne Brosnan (Celbridge) at sbrosnan@kildarecoco.ie or 045 980994 or Andrea Dermody (Naas) adermody@kildarecoco.ie or 045 879111 and we will be happy to assist you.



Baby Sign Language (4 week course)

Presented by Claire Glynn from Clever Little Handies

For parents to connect with other parents with babies of a similar age and to teach their baby to communicate before they can talk.

The class is for parents with babies up to 1 year of age. It will cover nursery rhymes, songs and poems, with Irish sign language signs that pertain to the day to day with a baby. Such as milkies, more, up, all gone etc.

Babies already communicate before they can talk, usually it's only Mum/Dad that can understand them. By teaching them some sign language, they now have the tools to communicate with anyone that understands the signs (so be prepared to share the inside knowledge with the grandparents/ any other caregivers!).

Thursdays 1st – 22nd September 10 – 11am; Celbridge library

Tuesdays 4th – 25th October 10.30 – 11.30am; Naas Library

Book your place for **Celbridge** here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741242>

Book your place for **Naas** here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741243>



Celbridge



Naas



Understanding your Teenager

Presented by HSE Primary Care Psychologists

Dr Lisa Harpur & Dr Susan Fox

This talk will help parents to understand what is happening emotionally, physically and psychologically during adolescence. It is hoped that such understanding will help make sense of some of the commonly occurring challenges for parents of teenagers such as dealing with impulsivity, risk-taking behaviours and rule-breaking for example. The talk will also explore how this awareness can equip parents to support their children during the teenage years while maintaining a close and nurturing connection.

This talk will equip parents with the knowledge and skills on how best to support their child in recognising worry as a normal part of life and how to build skills to deal with it.

Thursday 8th September 10am – 12pm (online)

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/741245>



Fussy Eaters

Presented by Sarah Keogh from Eatwell

Is your child a good eater? Are they fussy or picky? Are they getting the right nutrients? Feeding kids can be stressful and worrying - especially if you have a fussy eater on your hands. This workshop will teach you about the key nutrients your kids could be missing and show you how to manage a fussy eater.

With tips and practical advice from dietitian and mum-of-two Sarah Keogh. Sarah is a CORU Registered Dietitian with 25 years experience working with children and adults managing fussy eating and good nutrition. Sarah has a wealth of knowledge about nutrition and how to get children to eat. We are not promising miracles but there is usually a lot you can do to help your child have a healthy balanced diet - and help reduce mealtime stress.

Join us for a lively talk with lots of time for questions.

Tuesday 13th September 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741244>



Positive Parenting with Dr Eddie Murphy

Presented by Dr Eddie Murphy

Staying positive and connected to your children can be challenging for parents. In this talk Dr. Eddie will support children's and parents resilience by taking the top learnings from psychology and applying them to the struggles and challenges that Irish parents face on a daily basis with their children and teenagers.

Delivered in a fun and interactive way this talk offers practical tools for supporting all parents with their children and teenagers to develop more positive relationships.

Thursday 15th September 7pm - Online

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/736113>



First Aid for Parents

Presented by Siobhan Butler, First Aid for Everyone

A popular and regular event on the programme, this informative and interactive course uses lots of visual aids in the presentation and there is plenty of opportunity for the participants to ask questions.

Topics covered will include:

- Calling the emergency services
- The First Aid Kit
- Choking
- Meningitis
- Burns
- Temperatures / Seizures

Thursday 15th September 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741246>



Let's Address our Early Risers!

Erica Hargaden, Babogue Sleep Solutions

This is one of the most commonly reported issues for parents with babies and toddlers and often parents have no idea how to resolve the issue or begin to address it. This workshop will be based on my key tips for getting on top of this and moving to more consolidated sleep. There will be lots of times for questions after a short presentation.

Tuesday 20th September 7pm (online)

Book your place now via this link:

<https://www.tickettailor.com/events/letstalkaboutparenting/682228>



Child Nutrition and Healthy Eating

Presented by Sarah Keogh, Eatwell

Confused about what to feed your kids? Do you know what healthy portion sizes look like for a 3 year old or a 5 year old? Are you giving your kids too much food? This talk covers all you need to know about nutrition for children with a detailed look at the right portion sizes for kids. Did you know one giant cookie has the same calories as 10 ordinary biscuits? It's easy to overfeed kids without realising it - and they can end up missing out on some of their healthy foods.

Join us and learn about feeding your children the right foods in the right amounts and get to ask the expert your child nutrition questions. With Sarah Keogh, Registered Dietitian.

Follow Sarah on instagram @sarahkeoghrd

Tuesday 27th September 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741244>



Raising Zero Waste Kids

Presented by Elaine Butler, Living Lightly in Ireland

Becoming a parent inspires a lot of us to live more sustainability, particularly when they see just how much waste one little person can create. This can be easily avoided with a few simple changes. Find out how with this talk on raising a child with a lighter environmental footprint.

This talk is being given by Elaine Butler, who runs the website Living Lightly in Ireland, a sustainable living guide with all the information needed to live a greener life; from where to shop, to what to cook. In order to maintain objectivity she doesn't do sponsored posts and the website is funded by readers. She has been featured in the Irish Times, The Irish Independent, and on Radio 1, RTE and Virgin Media.

Thursday September 29th 7pm

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/732089>



Positive Parenting for Changing Families

Presented by Bridie Clancy, TUSLA

Understand your Child's Emotional Development & How to Manage Behaviours in Young Children.

This programme supports parents of children in primary school. The concept of the 'Good Enough Parent' supports parents to examine their parenting style and explore how this impacts on the relationship they have with their child.

During the programme, parents are asked to become more confident in how they parent, allowing them to be assertive in how they handle the many challenges that young children can present. Parents will learn the importance of positive attention, routines and consistency, quality time, quiet time and focus on active listening. We will also examine the difference in discipline versus punishment, helping parents to teach children as they manage childhood behaviours.

**NB: Break for mid-term November 3rd*

Thursdays October 6th – November 24th * 10am – 12pm; Celbridge Library

For further details and to book your place, contact Bridie

- by email bridie.clancy@tusla.ie or mobile 086 380 7917





Managing Teen Drama!

Presented by Allen O'Donoghue

In this talk, Allen delves into simple, practical techniques you can use to change the dynamics with your teens, without giving in!

Thursday 6th October 7pm – 8.30pm

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/728432>



'Teens, Tweens and Screens'

Presented by Stella O'Malley

With the force of a multi-billion Euro industry driving this, many of our children have fallen into destructive relationships with their screens. This talk from popular psychologist Stella O'Malley will help parents regain control of tech use in family-life.

Tuesday 11th October 7pm

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741248>



'Embrace the Awkward':

Talking to your Kids about Growing up

Presented by Sarah Sproule

Many parents have the idea—the hope—that they can have a single, excruciatingly embarrassing talk with their kids about sex and sort of have it over with... once and for all. You've probably already discovered that it doesn't exactly work that way.

Kids' bodies, hormones, and thinking change dramatically throughout childhood, puberty, and into young adulthood, so it's important to get comfortable with ongoing dialogue about all the awkward things

This presentation aims to begin to equip parents and other caring adults to raise young adults to have healthy, supportive and consensual relationships. Attendees will learn why conversations about sex and sexuality are difficult, but why they are still important for families to discuss. Participants will come away with simple first steps to get moving comfortably with this part of parenting.

Tuesday 18th October 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741249>



Being the Best Dad You can be

Presented by Allen O'Donoghue

Being a dad has changed so much over the last 25 years. Fathers have become much more involved with raising their children and have experienced several new challenges along the way. Trying to get the balance right between being there for your family and work can be hard at times. We all want the best for our children and want to show how much they mean to us.

In this talk we explore some of the easiest and most effective ways to be the best dad you can be!

(Recorded Talk – available during month of November)

Register here to receive a link to the recording:

<https://app.tickettailor.com/events/letstalkaboutparenting/745366>



Nurturing Resilience for Children and Parents during Challenging Times

Presented by Dr. Colman Noctor

Join us for a live event with Dr. Malie Coyne, Clinical Psychologist and Author, where she will speak about what nurtures resilience in children during challenging times, and how parents can best support their children's emotional health using her compassionate approach. Malie emphasizes the importance of parents caring for themselves, so they can reflect on themselves, and in turn respond to their children from a place of soothing rather than threat. Malie will also dedicate time to answering your questions. Malie's approach is very down to earth, and it is hoped that parents will be left with a sense of reassurance and some very practical tools to help themselves and their children.

Thursday 10th November 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/729055>



Navigating Sleep from Birth to 3 years: 7 Steps to Better Sleep!

Erica Hargaden, Babogue Sleep Solutions

In this session Erica will address;

- Why Sleep is so Important
- What happens when we sleep
- Child sleep challenges - why they occur & what they are
- Typical baby/toddler sleep guidelines
- Understanding sleep cycles
- How to lay sleep foundations
- What to expect from birth to 3.5 years (overview of each phase and stage)
- Sleep Resources
- Q&A Time

Tuesday 15th November 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/689665>



Bullying – Empowering Children and Strategies for Intervention

Presented by Jennifer Ryan

This seminar will take a common-sense approach to the complexities of bullying and aims to equip parents to deal with bullying effectively. It will guide parents through why bullying happens, how to recognize it in your child and effective strategies for intervention for you as parent and for your child.

Thursday 17th November 7pm (online)

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/741250>



Balancing Work and Family Life when Parenting Alone or Post Separation

Presented by One Family (online)

Everyday life demands much of us, many of us have multiple roles to play in any one day, parent, sibling, friend, partner, employee, colleague to name but a few.

It can feel that we are been stretched in many directions and that there are cracks in every piece of the puzzle. Finding a way to balance what you have and what you can give is key to parenting and to family well-being.

As parents we are there to meet the needs of our children but in order to do this we have to meet our own needs first. This workshop will support you to identify what happens when needs are not met, what behaviours come about and what challenges present.

By finding ways to meet needs, behaviours can change and challenges decrease. Remember the key is need = emotion= behaviour.

When parenting alone or parenting post separation it is vital you find the time to understand needs and emotions, not only those of your children but yours too.

Thursday 1st December 7pm

Book your place here:

<https://app.tickettailor.com/events/letstalkaboutparenting/735461>



ELAINE BUTLER

Elaine Butler, runs the website Living Lightly in Ireland, a sustainable living guide with all the information needed to live a greener life; from where to shop, to what to cook. In order to maintain objectivity she doesn't do sponsored posts and the website is funded by readers. She has been featured in the Irish Times, The Irish Independent, and on Radio 1, RTE and Virgin Media.

SIOBHAN BUTLER

Siobhán Butler is the founder of First Aid For Everyone and is very passionate about delivering First Aid to anyone interested in learning with a particular interest in paediatric First Aid. She is a qualified general and paediatric nurse with 10 years experience in A&E. At First Aid For Everyone the qualifications include nurses with years of front line experience as well as parents and registered First Aid instructors.

BRIDIE CLANCY

Bridie has many years experience working with Children and Families. She started her career in childcare by setting up a Montessori pre-school which she managed for seventeen years. She commenced work in the HSE in 2002 where she set up and delivered a Childminders' Advisory Service. In 2013 she transferred into Tusla, The Child and Family Agency.

Her main role in Tusla is parenting support practitioner where she delivers group or one to one parenting programmes. She is trained to deliver Parents Plus parenting programmes, Positive parenting programme, Strengthening Families programme and Non-Violent Resistance (NVR) programme. Her academic qualifications include Montessori Teaching Diploma, Primary Degree in Theology, H. Dip in Learning Disability Studies and Post Graduate Dip. in Child Protection and Welfare.

DR MALIE COYNE

Dr Malie Coyne is a Clinical Psychologist (BA MSc DPsychSc) with more than 20 years experience working in HSE Primary Care. She is also a best selling Author and an adjunct lecturer on the NUIG (National University of Ireland Galway) Doctor of Psychological Science in Clinical Psychology programme. She is an active member of the Mental Health Advisory Panel for the A Lust for Life charity.

DR SUSAN FOX

Dr Susan Fox is a Clinical Psychologist with the HSE Primary Care Service and is based in North Kildare. Susan has experience working with young people, families, and adults across a range of settings including Primary Care services and Mental Health services. Susan has experience in Child, Adolescent, Adult, Older Adult, Psycho-Oncology and Perinatal Mental Health services. Presently, Susan works with families to help children presenting with mild to moderate level mental health difficulties.

CLAIRE GLYNN

Claire is a Mum of 3 and completed the Super hands baby sign course in 2013 when her first was 4 months old. She continued signing when baby number 2 arrived and in 2018 when her youngest was about 6 months old she went on the hunt for a baby sign class to do with him. Having failed to find one she decided to facilitate a class herself because getting out and meeting other parents and their babies is as important as learning a new skill.

She brushed up on the ISL she knew, completed the super hands online course, gathered some resources and sat down with some members of the deaf community to get some direction and advice. In January 2019 she started the first course and has had booked out terms since then. Follow her on Facebook at Clever Little Handies.

ERICA HARGADEN

Erica Hargaden is a Certified Child Sleep Consultant who offers sleep Consultancy and support services to parents experiencing sleep issues with their children through her company Babogue Sleep Solutions (www.babogue.ie)

As a mother of three she has had her own brush with sleep deprivation and understands what is involved with getting on top of issues within a family context.

Erica has extensive experience working with families both in Ireland and abroad. She likes to ensure that parents not only get closer to achieving their family sleep goals but after working with her have a greater understanding & knowledge of their child's sleep and how to manage it going forward.

DR LISA HARPUR

Dr Lisa Harpur is a Clinical Psychologist with the HSE Primary Care Service and is based in Newbridge. Over the past seven years Lisa has worked with children, families and adult clients across a range of community and inpatient settings. In Primary Care, Lisa works with people of all ages presenting with mild to moderate level mental health difficulties.

SARAH KEOGH

Sarah is the founder of Eatwell and has over 20 years' experience working in nutrition and dietetics. Sarah has a degree in Human Nutrition and Dietetics from Trinity College, Dublin and a Masters in European Food Regulation. Sarah works with food companies on food legislation and product development as well as delivering workplace wellness sessions and nutrition courses. Sarah is an outstanding speaker on nutrition whether she is delivering a nutrition session or speaking on radio & television.

DR EDDIE MURPHY

Dr. Eddie is a clinical psychologist, mental health expert, author, teacher, & life coach committed to promoting enduring change using cutting edge psychological research to help you become your real self.

He completed a Masters in Health Psychology in City University London, his Doctorate of Psychological Science in Clinical Psychology in University College Dublin (1997 – 2000) and the MBA at UCD Smurfit School of Business in 2009. Dr. Eddie is a Head of Psychology / Principal Clinical Psychologist working in the HSE and is committed to providing professional psychology passionately and promoting successful outcomes using CBT, Mindfulness, Solution Focused therapies for children, adults, families, communities and organisations.

He is the psychologist on RTE's Operation Transformation where

his practical, respectful and hope orientated approach has opened the hidden doors of the therapy room to the public at large.

ALLEN O'DONOGHUE

Allen is an LBCAI accredited professional coach, trainer and facilitator with over 20 years of experience in youth and family development. With qualifications in Transactional Analysis Psychotherapy, Social Science and Logosynthesis, Allen's specialist knowledge and understanding of family dynamics has supported hundreds of young people and adults in setting and achieving their personal goals.

This experience has brought Allen to become a highly regarded speaker on family coaching, appearing regularly on radio and television and presenting at international events.

STELLA O'MALLEY

Stella O'Malley is a psychotherapist, bestselling author, and public speaker. She has written three bestselling books, *'Cotton Wool Kids'*, *'Bully-Proof Kids'* and *'Fragile'*. At the moment she is in the process of finishing writing her book on teenagers.

In 2018 Stella was the writer and presenter of the Channel 4 documentary *'Trans Kids: It's Time To Talk'* and she currently co-hosts the podcast *Gender: A Wider Lens* with the therapist Sasha Ayad. She holds a B.A. in Counselling and

Psychotherapy, an M.A. in Cognitive Behavioural Therapy and is studying for a PhD about gender-related distress in childhood.

ONE FAMILY

One Family is Ireland's national organisation for one-parent families. We work with all types and all members of one-parent families, respecting the realities of family life, to affect positive change and achieve equality and social inclusion for all one-parent families in Ireland.

JENNIFER RYAN

Jennifer Ryan is a Chartered psychologist who has been working in an educational setting for 18 years and now also runs a busy private practice.

She obtained a degree in psychology and then graduated with a Masters in Forensic Psychology. In 2009, she graduated from DCU with a higher diploma in Educational Guidance and Counselling. She worked in schools for many years in a career guidance capacity and lectured in TCD on the Guidance and Counselling Masters and in UCD on the Child and Adolescent Mental health course.

In 2013 she trained with Kidscape in the UK and then established Ireland's first resilience and assertiveness course for children affected by bullying. Jennifer won an award with Social Entrepreneurs Ireland for her anti bullying work and was nominated for

Image business woman of the year in a social enterprise.

She now works part time in a therapeutic capacity at a Dublin school and the rest of her working week is in private practice. She is also in the 3rd year of her Masters in Systemic psychotherapy with the Clanwilliam institute.

SARAH SPROULE

When Sarah was 11 she was afraid she was only growing one breast and didn't know who to turn to for help. Now as mother of three teens, with two decades experience as a therapist and a masters in sexuality studies, Sarah uses her skills as an occupational therapist and sex educator to ensure every parent and caring adult knows how to build deeper connection with their growing kid(s). Because no child should ever feel alone and unable to reach out for help with their body, their boundaries, or their knowledge about sexuality. ... and yes, Sarah eventually grew two breasts roughly the same size

This series of TTT talks and workshops has been organised by Kildare Library Service as part of our Toys, Technology and Training Project and is funded by Kildare County Council.

What is the TTT Project?

Kildare Library Services would like to inform you about our specialised Toys, Technology and Training Project. The collection is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs.

Based in Athy, Leixlip and Naas Libraries this specialised collection of toys and assistive equipment can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library. Items in the catalogue can be requested or renewed online and collected by the borrower at their nearest branch library.

Membership is free to any individual who lives, works or goes to school in County Kildare. Contact the libraries listed below for further terms and conditions of use.

This Toy and Technology collection has been chosen by the staff of Kildare Library Service in partnership with therapists working in the community.

The Project also includes the Training element of "TTT" which is our annual series of free lectures and workshops. These events offer further guidance, support and networking opportunities for parents, teachers and healthcare professionals.

For up to date details of future talks and events relating to the TTT Project please subscribe to our newsletter at www.kildare.ie/library

Attendance at all of the events is free of charge and open to everyone but advance booking is required.

**NEW TOYS,
TECHNOLOGY
AND TRAINING
CATALOGUE & BOOK
COLLECTION NOW
AVAILABLE!**



AT A GLANCE

Topic	Facilitator	Date
Baby Sign Language Course (Celbridge)	Claire Glynn, Clever little handies	Thursdays 1st - 22nd September 10am - 11am
Understanding your Teenager	Dr Lisa Harpur & Dr Susan Fox, HSE Primary Care	Thursday 8th September 10am - 12pm
Fussy Eaters	Sarah Keogh, Eatwell	Tuesday 13th September 7pm
Positive Parenting with Dr Eddie Murphy	Dr Eddie Murphy	Thursday 15th September 7pm
First Aid for Parents	Siobhan Butler, First Aid for everyone	Thursday 15th September 7pm
Let's Address our Early Risers!	Erica Hargaden, Babogue	Tuesday 20th September 7pm
Child Nutrition and Healthy Eating	Sarah Keogh, Eatwell	Tuesday 27th September 7pm
Raising Zero Waste Kids	Elaine Butler, Living lightly in Ireland	Thursday 29th September 7pm
Baby Sign Language Course (Naas)	Claire Glynn, Clever little handies	Tuesdays 4th-25th October 10.30-11.30am

Topic	Facilitator	Date
Positive Parenting for Changing Families Course (Celbridge)	Bridie Clancy, TUSLA	Thursdays 6th October - 24th November 10am - 12pm
Managing Teen Drama	Allen O'Donoghue, Helpme2parent	Thursday 6th October 7pm
Teens, Tweens and Screens	Dr. Stella O'Malley	Tuesday 11th October 7pm
Embrace the Awkward - talking to your kids about growing up	Sarah Sproule	Tuesday 18th October 7pm
Being the Best Dad you can be	Allen O'Donoghue, Helpme2parent	Recording available during the month of November
Nurturing resilience during challenging times	Dr Malie Coyne	Thursday 10th November 7pm
Navigating Sleep from Birth to 3 years	Erica Hargaden, Babogue	Tuesday 15th November 7pm
Bullying - Empowering Children and Strategies for Intervention	Jennifer Ryan	Thursday 17th November 7pm
Parenting Alone or Post Separation	One Family 7pm	Thursday 1st December



Comhairle Contae Chill Dara Kildare County Council

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