

“Let’s Talk about Parenting”



FREE SERIES OF TALKS 2024



AUTUMN 2024

 KildareCountyLibraryService

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www.kildare.ie/library



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 Kildare CYPSC via the Better Outcomes, Brighter Futures Programme funding from the Department of Children and Youth Affairs.*

**Forum members are: Co. Kildare LEADER partnership, Curragh PRIDE Family resource centre, Athy Family Resource Centre, Kildare County Childcare Committee, West Wicklow Childcare Committee, HSE, Kildare Library Service, InSync, Newbridge Family Resource Centre, Prevention, Partnership & Family Support TUSLA.*



INTRODUCTION

These Autumn series of parenting talks have been organised by Kildare Library Service with support from the Kildare Child and Young People Services Committee and The Kildare & West Wicklow Parenting Forum. 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 via <https://kildarecoco.ie/library>) but booking is required. Talks are a mixture of in-house and online 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 please contact co-ordinators Suzanne Brosnan (North Kildare) at sbrosnan@kildarecoco.ie or Andrea Dermody (South Kildare) adermody@kildarecoco.ie and we will be happy to assist you. Alternatively, for venue specific details or help with booking etc you can contact the relevant library - contact details below. We hope you enjoy the programme.

Athy Library

Tel: 045 980555
Email: athylib@kildarecoco.ie

Celbridge Library

Tel: 045 980994
Email: celbridgelib@kildarecoco.ie

Kildare Town Library

Tel: 045 520235
Email: kildarelib@kildarecoco.ie

Leixlip Library

Tel: 01 6060050
Email: leixliplib@kildarecoco.ie

Maynooth Library

Tel: 045 980493
Email: maynoothlib@kildarecoco.ie

Naas Library & Cultural Centre

Tel: 045 980975
Email: naaslib@kildarecoco.ie

Newbridge Library

Tel: 045 906130
Email: newbridgelib@kildarecoco.ie



EARLY & PRE-SCHOOL YEARS

Baby Sign Language (4 week course)

Presented by Claire Glynn

Clever Little Handies is an award-winning baby sign class for parents with babies from newborns, up to wobblers / babies of 1 years of age. We already know babies can communicate with their hands before they can talk; they can wave; they can clap; they can point. They have the dexterity in their hands to formulate signs long before they have the muscle dexterity in their mouths to form words. By providing tools to communicate from an early age they will have a vocabulary to use, even if they're not formulating words yet. Irish Sign Language signs that pertain to the day to day with a baby are taught through nursery rhymes, songs and poems. Don't wait to communicate!

Athy Library:

Mondays 30th September – 21st October 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1366762>



Athy

Celbridge Library:

Tuesdays 3rd – 24th September 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1366760>



Celbridge

Newbridge Library:

Tuesdays 15th & 22nd October; 5th & 12th November 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1366761>



Newbridge



Rhyme & Sign Baby Storytime

Presented by Claire Glynn

Claire Glynn, creator of Clever Little Handies, gives an introduction to ISL baby signing followed by a rhyming story that everyone can follow – no prior experience of ISL is needed! Join us for this fun interactive session with your baby.

Leixlip Library: Thursday 19th September 11am – 11.45am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1366767>



Supporting Creativity and Expression Through Play!

Presented by Katie Sweetman

Creativity, problem-solving and resilience are vital skills that our children can develop through play. This talk gives the insight of an early years educator on how following your child's lead can support the development of these traits. Children have a right to play and lead their own learning. How can adults facilitate child-led play as well as extending their learning and keep them interested? Understanding how children learn and develop through many modes allows adults to set up challenging safe play activities. Such as sensory play, messy play, action songs, small world, socio dramatic and risky play.

Celbridge Library: Thursday 24th September 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367444>



New-Born Care for Expectant Mothers

Presented by Katie Mughan

Are you due a baby in the coming months? Feeling overwhelmed and fearful about caring for your newborn with little or no support from family and friends or just wish to get yourself properly prepared? Katie Mughan has got you covered! Come all for this in person event at Naas Library where you will get lots of advice and guidance from Katie, a registered general and childrens nurse, public health nurse and a certified lactation consultant.

Naas Library & Cultural Centre: Tuesday 19th November 10.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368912>



GENERAL

Child Nutrition & Fussy Eating

Struggling with nutrition for children? Dealing with a fussy eater? It can be hard for parents to know what foods and nutrients children need – and harder to get them to eat healthy food. This is a fantastic seminar for parents who want to learn more about nutrition for children and how to get them to eat healthier foods. Sarah has huge experience working with fussy eaters and treating many eating issues and has lots of strategies for parents to use. This seminar is full of very practical advice, tips and tricks help parents boost child nutrition and help children learn to love their food.

Maynooth Library: Wednesday 11th September 10am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367774>



Maynooth

Kildare Town Library: Thursday 12th September 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367740>



Kildare

Naas Library & Cultural Centre: Wednesday 27th November 10.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1369139>



Naas



First Aid for Parents & Caregivers

Presented by 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

Athy Library: Wednesday 11th September 10.30am – 12pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367518>

Celbridge Library: Thursday 26th September 10.30am – 12pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367519>

Naas Library & Cultural Centre: Wednesday 18th Sept 10.30am – 12pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367520>

Naas Library & Cultural Centre: Tuesday 26th November 7pm – 8.30pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367521>



Athy



Celbridge



Naas



Naas

Raising Bilingual Children in Ireland

Presented by Francesca La Morgia

Why do some bilingual children prefer one language over the other? Is it true that bilingual children start speaking late? How can I help my child to develop two languages at the same time? How long will it take for my child to start speaking the school language? Is it too late to start speaking my mother tongue to my child? These and other questions will be addressed in this informative talk. Parents will learn about bilingual language development and about some of the most common strategies to support their child's linguistic development throughout childhood. Parents will also find out more about the cognitive, social and educational benefits of bilingualism across the lifespan.

Celbridge Library Tuesday 8th October 10.30am-11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367823>

Maynooth Library: Wednesday 6th November 10am – 11am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367902>

Naas Library & Cultural Centre: Wednesday 23rd October 7pm – 8pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367908>

Newbridge Library: Friday 22nd November 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367912>



Celbridge



Maynooth



Naas



Newbridge

Emotionally Based School Avoidance - Reasons and Strategies Towards Resolution

Presented by Michael Ryan

In this talk we will look at the reasons that students avoid school and outline some strategies and routes to try and bring about a successful conclusion. We look at what can be done by the students, the parents and the school to resolve the situation.

Online Talk: Tuesday 15th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367476>



Emotional Regulation: Coping in the Present; Building Skills for the Future

Presented by Dr Antaine Sfiobhairt

The way we view and manage our emotions powerfully shapes the course of our lives. Helping children to regulate their emotions means that they can better cope with difficult situations and big feelings in the present. It is also a gift that allows them to thrive in the long-term despite the challenges they may face. Antaine will outline factors at the level of children, parents, their interaction and the broader context that shape what happens next when big feelings arise. He will then provide step-by-step guidance on how we can adjust our approach to suit different moments and developmental stages.

Online: Tuesday 5th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367506>



TWEENS & TEENS

Promoting Positive Body Image

Presented by Zuzanna Gajowiec

Join us for an online event with Zuzanna Gajowiec, Clinical Psychologist and Certified Eating Disorder Specialist, where she will explain what Body Image is and how to help children and adolescents develop a positive view of their bodies. Zuzanna will provide parents with practical tips and tools from noticing worrying signs and how to react and not react, managing distress, and supporting children who already struggle with negative body image.

Outline of the talk:

- What is body image?
- Why do children struggle with it? - genetic/cultural/familial factors
- How to promote positive body image in your home
- Warning signs that your child may not like their body
- What to do when a child already struggles with negative body image - practical strategies and tools

Leixlip Library: Thursday 10th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367934>

Naas Library & Cultural Centre: Wednesday 6th Nov 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367941>



Leixlip



Naas

Managing Teen Drama

Presented by Allen O'Donoghue

In this talk, we delve into simple, practical techniques you can use to change the dynamics with your teens, without feeling like you're "giving in". Through looking at and understanding our reactions and altering these in easy ways, we can positively influence the teens in the household and manage the unnecessary drama that many parents can experience.

Naas Library & Cultural Centre: Thursday 10th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367942>



All About Puberty

Presented by Dr Geraldine Connolly & Paula Herbert

Dr Geraldine Connolly and Paula Herbert have over 50 years' experience in Gynaecology and Yoga/Ayurveda respectively and this talk will give a holistic including medical approach to the topic.

This talk will include:

- Physical Changes
- Period Products (pads, tampons, period pants)
- Setting your girl up for a healthy period

Online: Tuesday 22nd October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367920>



Digital Wellbeing, Anxiety & Resilience for Young People

Presented by Michael Ryan

In this talk, we will explore the main issues around staying safe online - cyberbullying, online behaviour, grooming, gaming, social media, fake news and appropriate screen time. We will also explore some strategies for managing anxiety and building resilience in young people.

Leixlip Library: Thursday 24th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367482>



Leixlip

Newbridge Library: Tuesday 12th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367501>



Newbridge

SELF CARE

Lost in Transition

- Rediscovering Your Identity in Motherhood

Presented by Anne Morgan

Becoming a mother is an incredible, life changing experience, and it is also one of the most significant psychological and physical changes a woman will ever have. No matter how prepared we are for the arrival of our little one, we often overlook the impact this transformation will have on our sense of self. During those early years, many women find they have almost fallen into the gap between who they once were and who they are now. Society expects women to appreciate the gains motherhood brings, without providing a space to reflect on the losses. This means that we often struggle in silence to make sense of the dramatic changes we undergo as individuals. Regardless of what stage of the journey you are on, if you ever find yourself saying "*I don't really know who I am anymore*" then this talk is for you. My aim is to provide you with some practical tools and useful insights to reconnect with your sense of self, to rebuild your confidence and to help you get your spark back by doing more of what makes you feel alive. This is a reminder that we can fully embrace motherhood, while fully embracing ourselves too.

Leixlip Library: Thursday 26th September 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368678>



Leixlip

Kildare Town Library: Thursday 21st November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1369132>



Kildare

Burnout! Recognising The Signs & Dealing With It

Presented by Helen Vaughan

This workshop will discuss:

- Spotting the signs of burnout & how to notice it in yourself and others
- What factors contribute to burnout
- How to build your inner strength
- Learning to control the controllables
- Tips to think better during a crisis – CBT techniques

Maynooth Library: Thursday 12th September 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368689>



Maynooth

Naas Library & Cultural Centre: Wednesday 2nd October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368695>



Naas

50/50 Parenting: Parenting Fairly and Sharing The Load

Presented by Dee Holland Hannon

Parenting in 2024 can be a balancing act to say the least. There has never been so much pressure on a generation of parents to “*get it right*” but the role of parents has also broadened way past homemaker and bread winner! Juggling the emotional, mental and physical load between both parents can be a real challenge. Historically the bulk of parenting can fall to one parent. Families are now striving to rebalance that parenting load more fairly between both parents to stop surviving and start thriving!

This workshop will take parents through;

- What unfair parenting impacts
- Why many families, parent in an 80/20 divide
- Our inheritance of the 80/20 divide
- What keeps us in an unbalanced parenting dynamic
- Actionable steps - Where and how to start the rebalance

Online Talk: Thursday 19th September 8pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1367950>



Parenting After Separation or Divorce

Presented by Allen O'Donoghue

In this talk, we will look at the realities facing parents when their children reach their teenage years. Michael will talk about what to expect, what are the challenges for everyone in the family at this stage and give practical tips on how to survive the change in family dynamics. We explore the current realities for teenagers and their parents and give practical tips on communication, positive mental wellbeing and managing technology.

Online: Tuesday 15th October 8pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368664>



Changing the Narrative of your Life

Presented by Fiona Hall

As a psychotherapist there are certain words and phrases Fiona uses with clients to reframe thoughts. You can also incorporate these into your daily life to change the negative loop in your head and find joy again. Take time out for yourself for a bit of self-care and join Fiona for this life affirming session. Step back and take stock of your self-talk and change the messages you are giving yourself for the better.

Naas Library & Cultural Centre: Thursday 12th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368673>



Let's Talk About Fertility!

Presented by Helen Vaughan

Tips for those who are thinking about trying to start a family or are finding it difficult. This workshop will discuss:

- Thinking about trying to conceive – what you need to know
- Coping skills if you're struggling to get pregnant
- Options for assisted reproduction, including IUI, IVF, donor eggs and/or sperm, egg freezing, surrogacy and more. Will include information for single people, same sex & heterosexual couples.
- The silent struggles of infertility and pregnancy loss

Online talk: Wednesday 20th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1368698>



DR GERALDINE CONNOLLY

Dr Geraldine Connolly is a Consultant Adolescent Gynaecologist. Commenced training in obs/gynae in 1992. She set up and ran the first specialised adolescent and paediatric gynae clinics in Ireland in the Rotunda and Temple Street Hospitals (2004-2023). She also established a dedicated teen pregnancy clinic in the Rotunda providing continuity of care during pregnancy and organising postpartum contraception and education. Geraldine has spent many years working in menopause, fertility, recurrent miscarriage, and general gynae clinics before setting up 'My Girls Gynae' with Paula Herbert who is a Senior Yoga Teacher, Ayurvedic Practitioner & Wellbeing Mentor: mygirlsgynae.com

FIRST AID FOR EVERYONE

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.

ZUZANNA GAJOWIEC

Zuzanna Gajowiec is a Clinical Psychologist, Family Therapist and Certified Eating Disorder Specialist (CEDs) and consultant with 20 years clinical experience. Zuzanna works in a residential eating disorder treatment centre and in a private practice. She is passionate about improving eating disorder services, prevention, and early intervention. Part of the eating disorder recovery is supporting clients struggling with body image issues. Zuzanna believes empowering parents and equipping them with tools and strategies is one of the best ways to promote positive body image in children. Parents need support navigating the dangerous, image obsessed culture their children live in.

CLAIRE GLYNN

Claire Glynn is an accomplished entrepreneur and the founder of an award-winning baby sign programme, which launched in 2019. Her passion for supporting parents and babies alike led her to create an innovative approach to early communication development, which has helped over 1,000 families across the country. Claire's commitment to continued professional development and education is evident in her Postgrad Diploma in Communications. She continued her education during lockdowns by completing two ISL exams and a business course with the entrepreneur's academy, receiving her QQI and Signature certificates with merit. She has also recently published her own board book 'Clever Little Handies: Baby Sign' available in all Kildare libraries.

FIONA HALL

Fiona Hall (MIACP) is a Psychotherapist and a busy Mum to twins. She runs 'Consciously Clearing', a company specialising in Decluttering your Mind and Life. She has published in VIP, Sunday World, Maternity & Infant, Stellar, Easy Parenting and more.

PAULA HERBERT

Paula is a Senior Yoga Teacher, Ayurvedic Practitioner and Wellbeing Mentor and is also Co-director of YogaVeda Living (formerly Ashtanga Yoga Dublin) since 2003 – a Yoga studio in Blackrock, Dublin. She runs an Ayurvedic clinic offering consultations, treatments and seasonal detox programmes to help women achieve greater hormonal balance. She has spent the last 20 plus years educating girls and women on how to integrate holistic self-care practices into their daily routines to help build and maintain balance in both body and mind. Joining forces with Geraldine Connolly in My Girls Gynae is a unique way to make a positive impact on womens' gynae health, which is so closely tied to general wellbeing.

DEIRDRE HOLLAND HANNON

Deirdre Holland Hannon is a Behaviour specialist (Msc) and Parent Support Provider, supporting families navigating the challenges and milestones of everyday life. With a special interest in children's continence, she is the creator of "Toilet Training Less Stress more Success" approach to Potty Training! Proudly providing Irelands first parent support in Bed Wetting with a Urotherapy style Bed Wetting and Night Dryness Workshop. She is Mum of 3 and has over 15 years experience working with children.

SARAH KEOGH

Sarah Keogh is a CORU Registered Dietitian with a Degree in Human Nutrition and Dietetics from Trinity College Dublin and a Masters in European Food Regulation. Sarah has over 25 years' experience in clinical nutrition and research and she lectures in nutrition at TU Dublin. For more information on Sarah visit www.eatwell.ie

ANNE MORGAN

Anne Morgan, MBACP is a qualified Psychotherapist, Coach and Mindfulness Teacher with a passion for helping women negotiate motherhood and career advancement through her business, Sparkback Consultancy. Prior to opening her own consultancy practice, Anne spent over a decade at the helm of one of Ireland's leading talent management agencies, Distinct Model Management. After navigating the difficult transition from business owner to working mother in 2017, Anne recognised an obvious lack of supports for parents who were finding it challenging to navigate the profound identity shift involved in becoming a parent. Combining training and expertise in Psychotherapy, Coaching, Business Leadership, and Mindfulness, Sparkback Consultancy

provides practical, professional and emotional support for parents at any stage of their journey, and the organisations who value and support them. Our mission is to help more women get their professional spark back so they can shine in their careers and reach their full potential.

FRANCESCA LA MORGIA

Dr Francesca La Morgia is the founder and director of Mother Tongues. Francesca has an MPhil in Applied Linguistics from Trinity College Dublin and a PhD in bilingual language acquisition from DCU. She lectured in language development from 2010 to 2021 across various universities, holding posts at the University of Reading, Trinity College, Ulster University and Maynooth University. Francesca's work within Mother Tongues focuses on Learning, Research and Policy development across education and the arts.

KATIE MUGAN

Katie Mugan is a registered general and childrens nurse, public health nurse and a certified lactation consultant. She is one of Irelands best-known and most trusted breastfeeding experts. As an experienced General, Paediatric and Public Health Nurse for over 20 years, she is passionate about empowering mums around breastfeeding. When it comes to breastfeeding, support and knowledge is the key to success. For more information about Katie and her workshops visit www.nursingmama.ie

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.

MICHAEL RYAN

Michael Ryan (MA/MIACP) is a Counsellor/Psychotherapist, Author and Lecturer who works with adolescents in secondary schools as well as having a private practice for adults in West Dublin. He lectures on Counselling/Psychotherapy Courses and occasionally provides training and hosts workshops/webinars on positive Mental Health. He regularly contributes to media debate on these subjects and has spoken at regional and national conferences on topics related to Mental Health, Wellness and Neurodiversity.

DR ANTAINÉ STÍOBHAIRT

Dr Antainé Stíobhairt completed a bachelor's degree in psychology at Maynooth University, a master's in Cognitive Neuropsychology at the University of Edinburgh and a doctorate in Clinical Psychology at UCD. Antainé has worked across a range of public and private services over the years, supporting young children, teens, their families, adults and people who are neurodivergent who experience a broad range of difficulties. This included recent work at the HSE Primary Care Psychology Service in North Kildare.

DR KATIE SWEETMAN

Katie is an early years educator, with a BA in Early Childhood Studies and a certificate in Therapeutic Play Skills. Before she went down the childcare and education route, she wanted to earn a living by making art. She did her first degree in Fine Art, painting in DIT. Having a family changed her priorities and as painting disappeared from her life, she set up a child-minding business and child development slowly became her new passion. After completing her BA in Early Childhood Studies, she began additional training to build skills to support children with additional needs - including Teach me ASIAM, Therapeutic Play Skills, Special Needs Assisting, and Restorative Practice training. There is a link between her first passion, painting, and early years education - both come from an impulse to create and communicate through a medium other than language.

HELEN VAUGHAN

Helen Vaughan is an accredited therapist, speaker & broadcaster who features regularly in the media on mental health topics on RTE, Today FM, Newstalk & others. She worked as a radio & TV journalist for 15+ years before training as a counsellor. She is the owner of Maynooth Counselling & Psychotherapy, a busy counselling practice with a team of 12+ therapists in Maynooth & Leixlip, Co Kildare. She also has a practice in Malahide, Co Dublin called The Coast Counselling. In her practices, she specialises in working with anxiety/stress, fertility counselling and CBT which focuses on how we think, feel & behave. She also works with couples and teenagers. Testimonials & more info can be found at: www.maynoothcounselling.ie and www.thecoastcounselling.ie

POWER OF PLAY!

POP!

**EARLY YEARS
AT KILDARE LIBRARIES**

A monthly programme of fun activities including art, music, messy play, theatre, dance, storytelling and yoga to promote development of language, literacy and numeracy skills in children aged 0-5 years.

These events will also give children the space and opportunity for socialising with other children their age.

Ask staff for more information.

Get notified of upcoming library events by signing up to our newsletter: kildarecoco.ie/library/newsletter

Learn Through Play!



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	Venue
Baby Sign Language	Claire Glynn	Tuesdays 3rd - 24th September 10.30am	Celbridge Library
Fussy Eating	Sarah Keogh	Wednesday 11th September 10am	Maynooth Library
First Aid for Parents	First Aid For Everyone	Wednesday 11th September 10.30am	Athy Library
Fussy Eating	Sarah Keogh	Thursday 12th September 7pm	Kildare Town Library
Burnout	Helen Vaughan	Thursday 12th September 7pm	Maynooth Library
First Aid for Parents	First Aid For Everyone	Wednesday 18th September 10.30am	Naas Library
Rhyme & Sign	Claire Glynn	Thursday 19th September 11am	Leixlip Library
50/50 Parenting - Sharing the load	Dee Holland Hannon	Thursday 19th September 8pm	Online
Supporting Creativity & Expression through Play	Katie Sweetman	Tuesday 24th September 7pm	Celbridge Library
First Aid for Parents	First Aid For Everyone	Thursday 26th September 10.30am	Celbridge Library
Lost in Transition	Anne Morgan	Thursday 26th September 11.30am	Leixlip Library
Baby Sign language	Claire Glynn	Mondays 30th Sept - 21st October 10.30am	Athy Library
Burnout	Helen Vaughan	Wednesday 2nd October 7pm	Naas Library
Raising Bilingual Children in Ireland	Francesca La Morgia	Tuesday 8th October 10.30am	Celbridge Library
Promoting Positive Body Image	Zuzanna Gajowiec	Thursday 10th October 7pm	Leixlip Library
Managing Teen Drama	Allen O Donoghue	Thursday 10th October 7pm	Naas Library
Baby Sign language	Claire Glynn	Tuesdays 15th & 22nd Oct; 5th & 12th Nov 10.30am	Newbridge Library

Topic	Facilitator	Date	Venue
Emotionally Based School Avoidance	Michael Ryan	Tuesday 15th October 7pm	Online
Parenting When Separated Or Divorced	Allen O Donoghue	Tuesday 15th October 8pm	Online
All About Puberty	Dr Geraldine Connolly & Paula Herbert	Tuesday 22nd October 7pm	Online
Raising Bilingual Children in Ireland	Francesca La Morgia	Wednesday 23rd October 7pm	Naas Library
Digital Wellbeing, Anxiety & Resilience	Michael Ryan	Thursday 24th October 7pm	Leixlip Library
Emotional Regulation	Dr Antaine Stiobhairt	Tuesday 5th November 7pm	Online
Raising Bilingual Children in Ireland	Francesca La Morgia	Wednesday 6th November 10am	Maynooth Library
Promoting Positive Body Image	Zuzanna Gajowiec	Wednesday 6th November 7pm	Naas Library
Changing The Narrative Of Your Life	Fiona Hall	Tuesday 12th November 7pm	Naas Library
Digital Wellbeing, Anxiety & Resilience	Michael Ryan	Tuesday 12th November 7pm	Newbridge Library
New Born Care	Katie Mughan	Tuesday 19th November 10.30am	Naas Library
Let's Talk About Fertility	Helen Vaughan	Wednesday 20th November 7pm	Online
Lost in Transition	Anne Morgan	Thursday 21st November 7pm	Kildare Town Library
Raising Bilingual Children in Ireland	Francesca La Morgia	Friday 22nd November 10.30am	Newbridge Library
First Aid for Parents	First Aid For Everyone	Tuesday 26th November 7pm	Naas Library
Fussy Eating	Sarah Keogh	Wednesday 27th November 10.30am	Naas Library



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