

“Let’s Talk about Parenting”



FREE SERIES OF TALKS 2023



SPRING 2023

 KildareCountyLibraryService

 kildarelibrary

 kildarelibrary

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

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 Spring series of parenting talks have been organised by Kildare Library Service with support from the following agencies and organisations: The Kildare Child and Young People Services Committee, The Kildare & West Wicklow Parenting Forum 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 via <https://kildarecoco.ie/library/>) but booking is required. Talks are a mixture of in house and 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 Andrea Dermody (Naas) adermody@kildarecoco.ie and we will be happy to assist you.



Transforming the Big 5 - Supporting Your Child/Teenagers Emotional Wellbeing

Presented by Dr Eddie Murphy

In this talk, Dr Eddie will reveal the 5 Primary Emotions in our children and teenagers lives. He will look at how to manage these emotions in a healthy way and to manage these emotions when they become tricky and problematic. Dr Eddie will talk about how our relationship with our children / teenagers is a key to managing these 5 Primary Emotions.

Topics included will be:

- Connecting with your child / teenager
- Helping your child / teenager with stress, worry and anxiety
- Helping your child / teenager with confidence and body image concerns
- How the modern world is shaping our teenagers
- The struggle of parenting.

These talks are engaging, enthusiastic, educational and humorous. Dr Eddie has two teenagers aged 13yrs and 15yrs and understands the challenges of parenting teenagers! It will leave you in a better emotional & mental space as this talk will foster hope.

Athy Library: Tuesday 7th February 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833142>



Tackling 'Burnout' – Self-care for Parents

Presented by Helen Vaughan

(Maynooth Counselling & Psychotherapy)

Burnout – how can we recognise it and what can we do? Burnout can be a major problem in today's modern and busy world. Learn how to recognize the signs & what to do about it. Pick up some skills on how to build your inner strength, controlling what you can, and how to rest properly (without stimuli!)

Naas Library: Thursday 9th February 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833288>

Celbridge Library: Friday 24th February 10am

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833314>



Naas



Celbridge

Sibling Rivalry

Presented by Allen O'Donoghue

We all know the scene. Your children are having a row, each blaming the other and they are calling for you and expecting you to sort it out. You are frustrated and disappointed that they can't get along and you send them off to separate parts of the house. Twenty minutes later, you're still annoyed and overthinking what you've done wrong in bringing them up and you look out and they are blissfully playing together as if nothing has happened. With this talk, we will give you practical advice on how to know when to step in, how you can manage the situation as best as possible, and also, how you might stop the argument before it even starts.

Newbridge Library: Thursday 23rd February 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833320>



Family Finance – free and impartial advice

Presented by MABS (Money, Advice & Budgeting Service)

This talk will give an overview of the service provided by the Money Advice and Budgeting Service, their origins and role, as well as covering the following topics:

- Money Management
- Budgeting
- Income Maximisation
- Achieving Savings
- Managing Debts
- Insolvency Options

Celbridge Library: Tuesday 28th February 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833364>

Kildare Library: Thursday 23rd March 7pm

Book your place here:

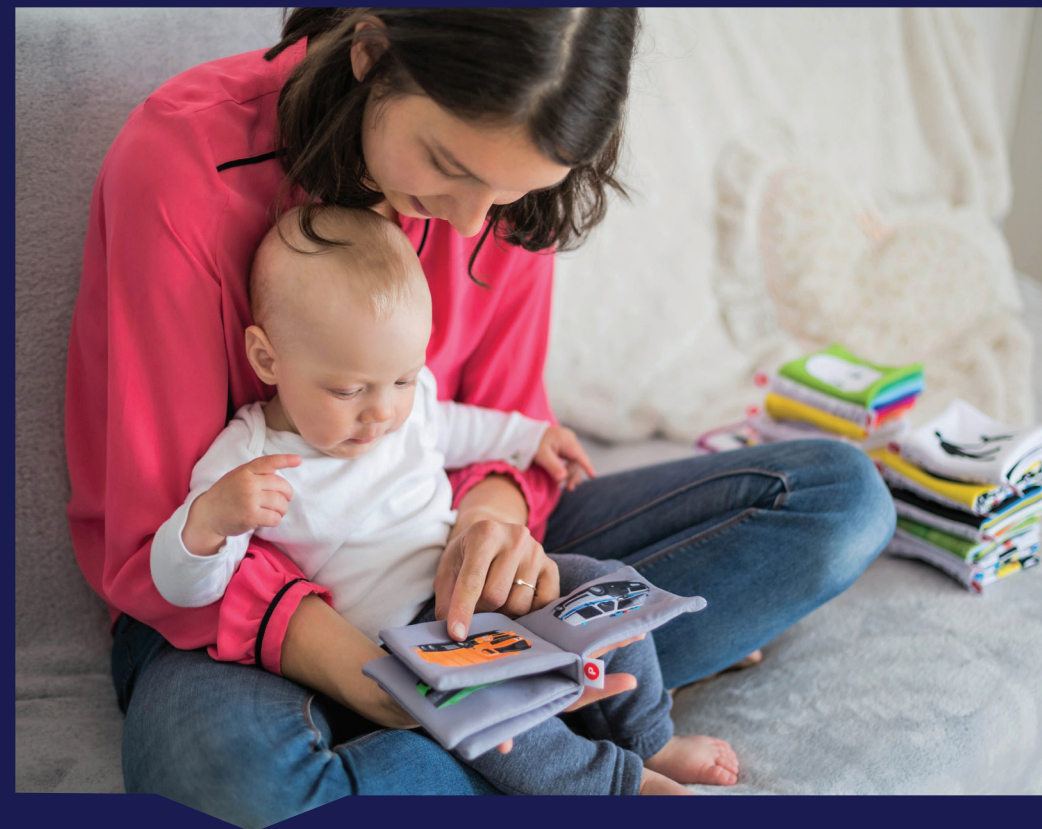
<https://www.tickettailor.com/events/letstalkaboutparenting/833374>



Celbridge



Kildare



Baby Sign Language (4 week course)

Presented by Claire Glynn (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!).

Maynooth Library: Wednesdays 8th – 29th March 10am

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833427>



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

Leixlip Library: Tuesday 14th March 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833443>



Leixlip

Naas Library: Tuesday 28th March 10am

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833451>



Naas



Teen Nutrition: Fuelling Growth and Fitness

Presented by Sarah Keogh (Eatwell)

What do teens need when it comes to nutrition? What do they need for growth? What nutrients are they missing? How can parents balance meals for energy & development? And what about sports? This detailed session will help parents understand the nutrition needs of teens, from calcium & protein to sports supplements and managing weight. With advice on how to talk to teens about fad diets that can lead to eating disorders. Practical, informative and delivered by registered dietitian Sarah Keogh, mother of two teens. You can follow Sarah on Instagram @sarahkeoghrd.

Online: Tuesday 14th March 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/834042>



Fussy Eating

Presented by Dr Susan Fox & Dr Maebh Melrose
(HSE Primary Care Psychology)

Fussy, faddy and picky eating is a phase when your child does not eat well or refuses to eat certain foods.

This is a part of growing up, but it can be worrying for parents. Join Susan and Maebh on this online talk about Fussy Eating to pick up some tips and advice that may help.

Online: Tuesday 21st March 10am – 12pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833891>



Family Balance / Working Parents

Presented by Allen O'Donoghue

There is much discussion around the fact that we all need to improve our work/life balance. This can certainly be true but is much easier said than done. As technology advances at the speed of light, we now have more and more ways to stay connected to the working world. This can be good for your income/career but seriously detrimental for your home life and your own sanity. In this talk we explore some of the easiest and most effective ways to be the best parent you can be, and at the same time...keep your job!

Leixlip Library: Tuesday 21st March 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833904>





Promoting Positive Body Image in our Children

Presented by Zuzanna Gajowiec (The Psychology Hub)

Join us for a live 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, to 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.

Kildare Library: Thursday 20th April 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/834066>

Celbridge Library: Tuesday 25th April 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/834106>



Kildare



Celbridge

Protecting your Teens mental health

Presented by Dr Stephanie O'Connor

This talk aims to help parent's understand some of the developments that are happening for their teen during this adolescence stage. This might include developments of big emotions, peer relationships, impulsive and/or risk taking behaviours, supporting independence while keeping safe, and strengthening family bonds. This talk hopes to equip parents with practical strategies to support their teen navigate these hurdles while maintaining a close and nurturing connection. It is hoped that this information will best support you in supporting your teen to build upon their own life skills as they gradually move towards adulthood.

Online: Thursday 13th April 10am – 12pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833970>





Toilet Training - Less Stress more Success Workshop

Presented by Deirdre Holland Hannon

This workshop has supported thousands of Irish families through the challenging milestone of potty training. This unique approach has been developed by Behaviour Specialist and Parent Support Provider Deirdre Holland Hannon Mum of 3 with over 15 years' experience supporting children and families. This workshop will work through everything you need to know:

- Preparation and key elements to success
- Readiness - what matters
- Training Days
- Poo Problems
- Rewarding and Reinforcing
- Responding to big emotions
- Naps
- Night Dryness
- What to prioritise

Online: Thursday 18th May 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833982>



Free Play, Risk and Social and Emotional Development

Presented by Dr Mary O'Kane

Social and emotional skills are some of the most important skills for young children to develop in terms of their personal wellbeing. Free play is very important in this regard. It is the primary way in which children learn to solve problems, engage in conflict resolution, and become emotionally resilient. However, in our culture today children are often deprived of freedom for exploration. In this webinar Mary explores the value and impact of opportunities for free play.

Maynooth Library: Tuesday 9th May 7pm

Book your place here:

<https://www.tickettailor.com/events/letstalkaboutparenting/833976>



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.

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.

ZUZANNA GAJOWIEC

Zuzanna Gajowiec is a Clinical Psychologist; Family Therapist and Certified Eating Disorder Specialist (CEDs) 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 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.

DEIRDRE HOLLAND HANNON

Born and raised in county Limerick Deirdre graduated from the University of Limerick with a Degree in Nursery Intellectual Disability. She went straight on to study a Masters in Applied Behaviour Analysis (ABA) in the University of Swansea, Wales. She worked in ABA services, in home, private services and schools specialising in Autism for over 10 years.

Deirdre is a behaviour specialist providing parenting support for all those ups, downs and struggles in daily family life. Services include online one to one consultations and group online workshops and she was awarded Family Friendly Irelands Best in Digital Communications 2019. She's a Mum of three herself and has over 10 years experience working with toddlers, children and teens.

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.

MABS

MABS is the Irish money advice service. They have been supporting people with money advice, budgeting, and problem debt for 30 years. Their service is free of charge. They're here for you if you're struggling with debt and need help. You can get impartial advice from MABS to help you manage your money and take control of debt. They offer support online, over the phone and face to face.

DR MAEBH MELROSE

Dr Maebh Melrose is a Clinical Psychologist with the HSE Primary Care Service and is based in North Kildare. Maebh has experience working with children, young people, families, and adults across a range of settings including Primary Care services and Mental Health services. Presently, Maebh provides a Lifespan Psychology Service which involves working with children, young people, families, and adults presenting with mild to moderate psychological difficulties.

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.

DR STEPHANIE O'CONNOR

Dr Stephanie O'Connor is a Clinical Psychologist with the HSE Primary Care Psychology Service. She is based in Blessington Primary Care Centre in West Wicklow. Presently, Stephanie supports people of all ages who experience mild to moderate psychological difficulties. Stephanie has experience working young people, families, and adults across a range of settings including Primary Care Services, Child and Adolescent Mental Health Teams, Adult Mental Health Teams, Hospitals, and Forensic settings.

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 Logo synthesis, 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.

DR MARY O'KANE

Dr Mary O'Kane is a Lecturer in Psychology, Early Childhood Studies and Education. Her research interests include childhood transitions; self-esteem and wellbeing, and the value of play. Mary is a regular contributor to the Anton Savage show on Newstalk Radio; Ireland AM; and a range of other national and local radio shows discussing a broad range of parenting issues. She gives public talks on topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach. Her first book '*Perfectly Imperfect Parenting: Connection not Perfection*' was published in 2021.

HELEN VAUGHAN

Helen Vaughan is the Director at Maynooth Counselling and Psychotherapy and is an IACP accredited psychotherapist. Her areas of expertise include working with anxiety, stress (work or personal), fertility/infertility, baby loss/grief, depression, low self-confidence and relationship issues. She works well exploring thoughts (negative self-talk/thinking errors) and their impact on our feelings, behaviour and wellbeing. Her approach integrates Cognitive Behaviour Therapy (CBT) and Person-Centred Counselling. Her qualifications include a BA in Counselling & Psychotherapy, BA in Communications Studies, Professional Certificates in Fertility Counselling, CBT, Relationship Counselling and she is an active member of the Irish Fertility Counsellors Association.

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	Location
Transforming the Big 5	Dr Eddie Murphy	Tuesday 7th February 7pm	Athy
Tackling Burnout - Self care for Parents	Helen Vaughan	Thursday 9th February 7pm	Naas
Sibling Rivalry	Allen O'Donoghue	Thursday 23rd February 7pm	Newbridge
Tackling Burnout - Self care for Parents	Helen Vaughan	Friday 24th February 10am	Celbridge
Family Finance	Money, Advice and Budgeting Service	Tuesday 28th February 7pm	Celbridge
Baby Sign language Course	Claire Glynn	Wednesday 8th – 29th March 10am	Maynooth
Teen Nutrition: Fueling growth and fitness	Sarah Keogh	Tuesday 14th March 7pm	Online
First Aid for Parents	First Aid Tuesday for Everyone	Leixlip 14th March 7pm	Naas
Fussy Eating	Dr Susan Fox and Dr Maebh Melrose	Tuesday 21st March 10am	Online

Topic	Facilitator	Date	Location
Family Balance and Working Parents	Allen O'Donoghue	Tuesday 21st March 7pm	Leixlip
Family Finance	Money, Advice and Budgeting Service	Thursday 23rd March 7pm	Kildare
First Aid for Parents	First Aid for Everyone	Tuesday 28th March 10am	Naas
Protecting your Teens Mental Health	Dr Stephanie O'Connor	Thursday 13th April 10am	Online
Promoting Positive Body Image in our children	Zuzanna Gajowiec	Thursday 20th April 7pm	Kildare
Promoting Positive Body Image in our children	Zuzanna Gajowiec	Tuesday 25th April 7pm	Celbridge
Free play, risk and social and emotional development	Dr Mary O'Kane	Tuesday 9th May 7pm	Maynooth
Toilet Training Less stress, more success	Deirdre Holland Hannon	Thursday 18th May 7pm	Online



Comhairle Contae Chill Dara Kildare County Council

 facebook.com/KildareCountyLibraryService

 twitter.com/kildarelibrary

 instagram.com/kildarelibrary

www.kildare.ie/library



Supported by:

