

“Let’s Talk about Parenting”

FREE
series of
talks in Kildare
Libraries
for 2020



Comhairle Contae Chill Dara
Kildare County Council

 KildareCountyLibraryService

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www.kildare.ie/library

INTRODUCTION

This series of Parenting Talks has been organised by Kildare Library Service with support from the following agencies and organisations: HSE Primary Care Psychology Team, TUSLA Child and Family Agency, Foroige, Kildare County Childcare Committee, HSE Health Promotion Unit, Barnardos and is funded by Kildare County Council.

Attendance at all the events is free of charge and open to everyone (parents, healthcare professionals, teachers etc) but advance booking is required. Please contact the library where the talk is happening to book your place.

Sign up for our email service online at www.kildare.ie/library to receive monthly mailing information on these and all library events.

Athy Library:

Tel: 045 980555

Email: athylib@kildarecoco.ie

Celbridge Library:

Tel: 016272207

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: 01 6285530

Email: maynoothlib@kildarecoco.ie

Naas Library:

Tel: 045 879111

Email: naaslib@kildarecoco.ie

Newbridge Library:

Tel: 045 906130

Email: newbridgelib@kildarecoco.ie

FEATURED TALK

Richard Sadlier

Richie Sadlier is a former professional International footballer currently working as a television pundit, psychotherapist, mental fitness teacher and award-winning author. His move into the field of psychotherapy came from his own positive experiences in personal therapy following the abrupt end to his football career due to injury.

Richie is now a fully qualified, practising therapist, and has undertaken further training to specialise in working with adolescents. He has devised a bespoke module in mental fitness for Transition Year students which he delivered in St Benildus College. While his media work centres on all things soccer (Richie is an established member of the RTE Panel, regular contributor to RTE Radios Second Captains etc.), Richie also writes a regular column in The Irish Times focusing on the mental health of adolescents.

Having worked in so many different areas of the professional game in addition to his experience and knowledge in the mental health sector, Richie comes with a range of valuable insights and experience.



Mental Health and Masculinity

Presented by Richard Sadlier

What's the right way to be a man these days? Tracing his own journey from professional footballer to psychotherapist, Richie will discuss his own experiences, observations and feelings on the challenges facing men given the ever-changing perceptions of what masculinity entails, including that of being a modern-day father.

Leixlip Library

Tuesday 11th February 7pm

CPD Certificates of Attendance

Continuous professional Development Certificates of attendance are available for all talks/workshops in 2020. These certs will only be given in person on the evening/day of the event. So please remember to ask for your cert before you leave as we will not be able to provide them at a later date.

Continuous Professional Development Workshops with Barnardos

New for 2020! Continuous Professional Development workshops for professionals supporting parents, will be delivered by Barnardos in Kildare Libraries. Dates, venues and themes will be advertised in early 2020 in the relevant libraries.

Alternatively, please contact Parenting co-ordinators Suzanne Brosnan at Celbridge Library at 01 6272207 or Andrea Dermody at Maynooth Library at 01 6285530 for more details.



BABIES AND TODDLERS

Breastfeeding Preparation Class for Pregnant Ladies

Presented by Katie Mугan of Nursingmama.ie

In this class Katie will discuss the benefits of breastfeeding for both you and baby including latching and positioning with demonstrations and videos, the importance of those first breastfeeds in the early days and of skin to skin. As a mother of 4 herself and having breastfed all her children, Katie is only too aware of the many challenges that new mums face in those early days Identify any red flags early on and know how and where to get help from. Common myths will be dispelled, and commonly asked questions discussed. This class aims to provide you with all the tools you need to start off your breastfeeding on the best possible footing.

Leixlip Library
Athy Library
Naas Library

Tuesday 10th March 7pm
Thursday 14th May 7pm
Tuesday 13th October 7pm

Healthy Sleep Habits in Babies and Children

Presented by Erica Hargaden of Babogue Sleep Solutions

In this seminar Erica will cover why sleep is so important, what happens when we sleep and what constitutes healthy sleep in babies and children. Guidelines will be given on how to recognise sleep issues versus healthy sleep habits. Overviews will be given on why such sleep issues arise and practical advice given on how to resolve them. There will be an opportunity to ask questions at these sessions.

Celbridge Library
Kildare Library
Naas Library

Tuesday 25th February 7pm
Thursday 22nd October 7pm
Tuesday 21st April 7pm

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, 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.*



Baby Sign Language

Presented by Claire Glynn of 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.

This baby sign class is for babies up to 1 year of age. It is aimed at parents, teaching Irish sign language through nursery rhymes and poems so that you can teach your baby some basic signs.

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!).

Newbridge Library
Maynooth Library
Naas Library
Celbridge Library

Mondays 10th February – 2nd March 10.30am
Wednesdays 19th February – 11th March 10.30am
Mondays 7th September – 28th September 10.30am
Tuesdays 29th September – 20th October 10.30am

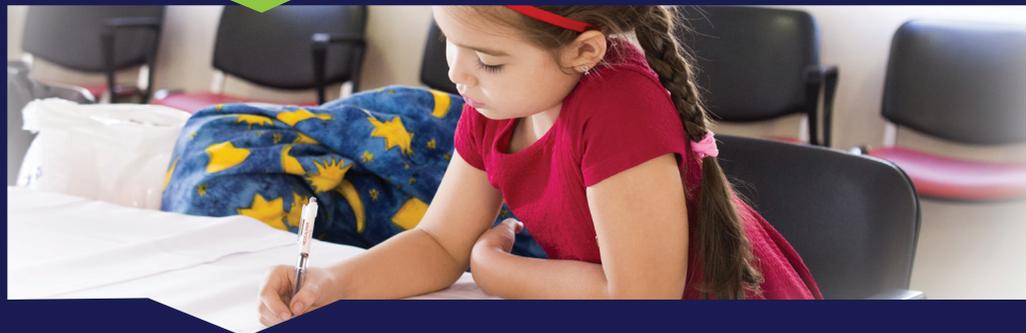
Starting 'Big School'

Presented by Dr. Mary O'Kane

Your child is starting 'Big School' in September, and naturally you want to support them in making this transition a success. How should you best prepare your child for this major transition in their lives? Dr Mary O'Kane offers some very practical advice on the most important skill sets for children during this transition, and how best to support children in developing these skills.

Maynooth Library

Thursday 9th April 7pm



CHILDREN & TEENAGERS

Understanding 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.

Kildare Library
Maynooth Library
Newbridge Library

Thursday 27th February 7pm
Thursday 14th May 7pm
Thursday 12th November 7pm

Positive Parenting: Bringing up responsible, well-behaved and happy children

Presented by Professor John Sharry

Based on his bestselling book *'Positive Parenting'*, John will present a practical, evidence-based approach to parenting that allows you to problem solve the most common challenges of childhood, while staying closely connected to your children and encouraging them to grow up to be responsible and independent.

Athy Library
Kildare Library

Thursday 12th March 7pm
Thursday 23rd April 7pm



Resilience in a Digital Era

Presented by Colman Noctor

This talk will explore the pressures experienced by families in an era of technology in contemporary Ireland. The talk will look at the impact of technology and social media on our mental health, emotional wellbeing and resilience. The presentation will explore ways in which our relationship with technology can affect our family, work and personal lives and describe ways in which we can support ourselves and our families to become more resilient in the contemporary world and develop better relationships in a digital era.

Leixlip Library
Naas Library

Tuesday 12th May 7pm
Tuesday 8th September 7pm

My Child Worries – what do I do?

Presented by HSE Primary Care Psychologists

Clinical Psychologists within the HSE are meeting increasing numbers of parents and carers who are struggling to support their children who are experiencing difficulties with worry and anxiety. As Psychologists they believe that not every child who feels worried or anxious needs to see a Mental Health Professional and that parents are perhaps best placed to support their children to recognise, understand and deal with the normal and common experience of worry. 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.

Naas Library
Newbridge Library
Celbridge Library

Tuesday 11th February 7pm
Thursday 12th March 7pm
Thursday 19th November 7pm

A Question and Answer Session with a Child Psychologist

Presented by HSE Clinical Psychologists

Parents are always curious about their children's development and often wonder things like -

"Should I be worried if my child does....?"

"How can I help my child cope with ...?"

"How can I stop my child doing.....?"

Well this is your opportunity to "Ask the Psychologist". The topics covered in this talk will be guided by parents who attend. In advance of the talk, parents/ carers are invited to send in general questions that they would like to hear the Psychologists answers to (without using any identifying information -a box will be provided in the library location for this purpose). The one-hour presentation will then attempt to answer the questions received and if time allows, perhaps some additional ones that arise on the night. Questions must be submitted to the chosen venue one week before the talk. NB: Talk is subject to minimum numbers.

Newbridge Library

Thursday 13th February 7pm

Naas Library

Thursday 24th September 7pm

Celbridge Library

Thursday 1st October 7pm

Sibling Bullying

Presented by Emma O'Friel

This is a talk about an overlooked and unrecognised form of bullying. Sibling Bullying is different from the usual family rows and bickering. It is more prevalent than school bullying. Research consistently finds that between one third and one half of people experience it. Because it is a subject not talked about, it is difficult for parents to recognise and manage. Victims of sibling bullying often suffer life-long distress and/or mental health difficulties. This talk aims to inform the community what it is, what it looks like, how to recognise it and how to deal with it. The talk is also for victims of sibling bullying to help validate and understand their experiences.

Emma O'Friel did a master's thesis in Psychology (M.Psych.Sc.) on Sibling Bullying at University College Dublin, and wrote in the Irish Times, Health Supplement on the subject.

Naas Library

Thursday 5th March 7pm

Leixlip Library

Tuesday 28th April 7pm

Celbridge Library

Tuesday 10th November 7pm

Building Self-esteem in Children and Teens

Presented by Caroline Morris from Foroige

This Building Self Esteem talk looks at the following:

- What is Self Esteem?
- What impacts Self Esteem?
- How to promote it in our young people
- Signs of healthy and unhealthy self esteem

Athy Library

Tuesday 15th September 7pm

Naas Library

Tuesday 6th October 7pm

Starting Secondary School

Presented by Dr Mary O'Kane

The move from primary to secondary school can result in both anxiety and excitement, and that is just for the parents! This is one of the most significant transitions our young teens face. The changes are social, emotional, and academic, as they move from being the 'seniors' in their primary school to the 'juniors' in this new educational environment. In this talk Dr Mary O'Kane outlines some of the challenges faced during this transition, and offers very practical advice on how we can support students on this new educational journey.

Celbridge Library

Thursday 14th May 7pm



Understanding your Teenager

Presented by HSE Clinical Psychologists

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.

Celbridge Library
Newbridge Library
Naas Library

Tuesday 5th May 7pm
 Thursday 7th May 7pm
 Thursday 5th November 7pm

Substance Misuse and How to talk to your Teen

Presented by Caroline Morris from Foroige

This talk will cover the following -

- Defining Drugs
- Signs and symptoms of Substance Misuse
- Drug Categories
- How to talk to young people about Substance Misuse and setting boundaries

Celbridge Library
Kildare Library

Thursday 28th May 7pm
 Thursday 5th November 7pm

Donor Conception – the practice, legislation and challenges facing donor-conceived people

Presented by Emma O’Friel

This is an informative talk about what donor conception is; who the donors are, how the practice works in Ireland, who the donor-conceived community are, existing and upcoming legislation in Ireland and the changing definition of ‘parentage’. There will be information on the psychological challenges of donor-conceived people, first-hand accounts, and how globally they are navigating these new types of family.

Naas Library
Celbridge Library

Thursday 7th May 7pm
 Thursday 22nd October 7pm

Healthy Food Made Easy – for Parents!

Supported by the Health Promotion Unit (Dublin Mid-Leinster) the Senior Community Dieticians for Kildare West Wicklow & Peer Leaders

This free 6-week course is aimed at supporting people who are interested in healthier eating, at a reasonable cost, for their families. It aims to improve attendee’s nutritional knowledge and help them put it into practice in everyday life. The course is practical but fun and everyone can participate. There will be 6 sessions including cooking and tasting and a visit from the local community Dietician to answer any questions you might have. Pick up some tips and ideas to make your families lunchtimes and dinners more healthy, tasty and varied. All utensils, food etc provided.

Athy Library

Wednesdays 10am – 12.30pm:
 5th February – 11th March

Maynooth Library

Thursdays 10am - 12.30pm:
 10th September – 15th October

Newbridge Library

Tuesdays 10am - 12.30pm:
 15th September – 20th October



SELF CARE FOR PARENTS

Resilience for Parents in the Workplace - the Life/Work Balance

Presented by Glenna Benson

Resilience at work is now recognised as a defining characteristic of employees who deal well with the stresses and strains of the modern workplace. However, there are times when we may feel so overwhelmed, juggling family life, work life and meeting all our financial responsibilities, that finding time for ourselves to reflect on how we are dealing with these challenges, can be difficult. Resilience is something we can develop and like any characteristic, when we take the time to reflect on our reactions and responses, we can begin to see what is serving us well and what is not. In this talk, Glenna will discuss the importance of resilience, as well as several options and patterns which can sustain us through challenging times. Self-care is an important part of building resilience and asking for help is a strength we need to embrace more - showing compassion for ourselves as we begin to look at new ways to ensure a better quality of life, not just in the workplace but also in the home.

Celbridge Library
Kildare Library
Newbridge Library
Leixlip Library
Athy Library

Thursday 19th March 7pm
Thursday 26th March 7pm
Thursday 24th Sept 7pm
Tuesday 6th October 7pm
Thursday 15th October 7pm



First Aid for Parents

Presented by Siobhan Butler from First Aid for Everyone

This informative and interactive course will use 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

Maynooth Library
Athy Library
Newbridge Library

Thursday 12th March 7pm – 8.30pm
Wednesday 6th May 10am – 11.30am
Thursday 8th October 7pm – 8.30pm



BARNARDOS

Barnardos mission is to help transform children's lives through our services; support parents; and challenge society where it fails our children. Barnardos offers a comprehensive range of training which supports professional practice, suitable for anyone working with or caring for children. They are committed to ongoing learning and development to support the enhancement of knowledge and skills and quality services to achieve positive outcomes for children and families.

GLENNA BENSON

Glenna is a Parent and Relationship Mentor and is skilled in Corporate Wellbeing training. She has experience working in the corporate sector, individual and services industry. She holds a degree in Parent/Relationship mentoring, focused in interpersonal skills, from University College Cork and a degree in international relations from the American College Dublin.

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.

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.

HEALTHY FOOD MADE EASY PROGRAMME

The Healthy Food Made Easy programme is supported by the Health Promotion Service, Dublin Mid Leinster and the Senior Community Dieticians for Kildare West Wicklow. The sessions are facilitated by a local person who has been trained in the delivery of the 6-week course. Liz Griffin is the food and health co-ordinator for the Healthy Living Centre based in Clondalkin and the Healthy Food made easy programmes.

HSE PRIMARY CARE PSYCHOLOGISTS: DR SARAH-JANE ELLIFFE

Dr. Sarah-Jane Elliffe is a Clinical Psychologist with over 10 year's experience applying psychological knowledge for assessment and therapeutic purposes. She holds a doctorate in Clinical Psychology from Trinity College Dublin and has worked in Child and Adolescent Mental Health, Early Intervention and Child Protection Services. She currently works in Primary Care providing services in the Newbridge and Kilcullen area to both children and adults. While Sarah-Jane has additional training in Cognitive Behavioural Therapy (CBT) she enjoys

using an integrated approach tailored to each individuals needs and has worked therapeutically with a wide range of mental health difficulties.

DR ROISIN FINNEGAN

Dr Roisin Finnegan is a Clinical Psychologist working with the Kildare West Wicklow Primary Care Psychology Service. With experience spanning across a broad range of child and adult issues, she works to support people better understand the issues they experience and empowers them to utilise their own unique strengths to improve coping and effectively manage their difficulties.

SINEAD McGRATH

Sinéad McGrath is an Assistant Psychologist working with the HSE Primary Care Psychological Services which provides a lifespan service to children and adults experiencing mild to moderate psychological difficulties. She has been involved in delivering groups and workshops for parents on a range of different topics.

DR ROSARIO POWER

Dr Rosario Power is a Senior Clinical Psychologist with the HSE Primary Care Service and is based in Naas. While she worked specifically with children and families as part of hospital and mental health settings for many years, since joining the Primary Care services 10 years ago she has been working with people of all ages across the lifespan. She has been delivering talks and workshops on a range of topics for a number of years.

CAROLINE MORRIS

Caroline works with Foróige and is based in Foróige's Drug Prevention and Education Initiative (DPEI) project located in Newbridge which is funded by the South Western Regional Drugs and Alcohol Task Force (SWRDATF). The project works with young people, parents and families delivering drug prevention programmes throughout the county. Caroline focuses on working with parents and families and coordinates the delivery of the Strengthening Families Programme for the county of Kildare. The project also delivers training to Voluntary, Community and Statutory services within the county.

KATIE MUGAN

Katie Muga is an International Board-Certified Lactation Consultant who provides lactation advice and support to mothers via antenatal breastfeeding preparation classes and post-natal home visit consultations. (Nursingmama.ie) Her background is in Nursing and she is a Registered General Nurse, Paediatric Nurse and Public Health Nurse which she is currently practising in today. Her background is in Nursing and is a Registered General Nurse, Paediatric Nurse and Public Health Nurse which she is currently practising in today. With almost 15 years working with mums & families both here and abroad she is passionate about helping mothers achieve their breastfeeding goals.

DR COLMAN NOCTOR

Dr Colman Noctor is a Child & Adolescent Psychotherapist in St Patrick's Adolescent Mental Health Services and an Assistant Professor in Trinity College Dublin. His specialist area of interest is in the impact of technology on our mental lives. Colman is the best-selling author of 'Cop On', a parenting book for the technological age and a regular contributor to the broadcast and print media.

EMMA O'FRIEL

Emma O'Friel (M.Psych.Sc.) has experience working with children 0-18 years experiencing mild to moderate psychological difficulties, as well as with their parents. She has co-facilitated a workshop for parents of children with Autism Spectrum Disorder. Emma has a particular interest in family systems and has done research on Sibling Bullying. Emma also has an interest in the psychology of donor-conceived people and works with donor-conceived communities globally. She has written on the subject in the Irish Times (2017) and the Law Society of Ireland's Gazette (2019) and spoken at the Oireachtas (2018)

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, resilience and wellbeing, and the value of play. She runs a monthly Parenting Slot on Ireland AM discussing a broad range of

parenting and childhood issues while also responding to viewers parenting queries. She is also a regular contributor to the Alison Curtis Show on Today FM. She gives public talks on a range of topics related to child wellbeing, parenting, and education.

JENNY RYAN

Jenny Ryan trained as a Forensic Psychologist and Guidance counsellor. She has spent the last 16 years working in schools and universities and has trained extensively in the field of bullying. She specialized in the topic of bullying while completing her master's training in the University of Leicester and has studied, read and trained extensively since then. She trained in the UK in the hugely successful ZAP programme and she has also trained in the area of conflict resolution. She founded the MyLife (SuperMe) programme in 2013. In 2014 she won a Social Entrepreneur award for her innovative and highly effective approach for dealing with bullying. She is a contributor in the media including the Sean O'Rourke show, Newstalk, Ireland AM, the Irish examiner, Irish independent and the Irish Times. She is the Anti bullying expert on mummypages.ie

PROFESSOR JOHN SHARRY

Prof John Sharry is a social worker and family psychotherapist with over 27 years' experience as a child and adolescent mental health professional. He is a founder of the Parents Plus Charity, an adjunct Professor at the School of Psychology in University College Dublin and Clinical Director of Silver Cloud Health.

He is co-developer of the award-winning Parents Plus Programmes, and the bestselling author of fourteen positive psychology and self-help book for families including Positive Parenting, and Counselling Children Adolescents and Families. John is a parenting columnist for The Irish Times and a regular contributor to the national media. John is well known for his engaging, inspirational yet informative and practical presentation style. His practice website is www.solutiontalk.ie

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. Please contact the library where the talk/ workshop is happening to book your place.

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



AT A GLANCE

Event	Date	Time	Location
Mental Health and Masculinity	Tues 11th Feb	7pm	Leixlip Library
Continuous Professional Workshops	TBC	TBC	TBC
Breastfeeding Preparation Classes	Tues 10th Mar Tues 14th May Tues 13th Oct	7pm 7pm 7pm	Athy Library Leixlip Library Naas Library
Healthy Sleep Habits in Babies and Children	Tues 25th Feb Tues 21st April Thurs 22nd Oct	7pm 7pm 7pm	Celbridge Library Kildare Library Naas Library
Baby Sign Language	Mondays 10th Feb - 2nd Mar Wednesdays 19th Feb - 11th Mar Mondays 7th - 28th Sept Tuesdays 29th Sept - 20th Oct	10.30am - 11.30am 10.30am - 11.30am 10.30am - 11.30am 10.30am - 11.30am	Newbridge Library Maynooth Library Naas Library Celbridge Library
Starting Big School	Thurs 9th April	7pm	Maynooth Library
Understanding Bullying	Thurs 27th Feb Thurs 14th May Thurs 12th Nov	7pm 7pm 7pm	Kildare Library Maynooth Library Newbridge Library
Positive Parenting	Thurs 12th Mar Thurs 23rd Apr	7pm 7pm	Athy Library Kildare Library
Resilience in a Digital Era	Tues 12th May Tues 8th Sept	7pm 7pm	Leixlip Library Naas Library
My child worries - what will I do?	Tues 11th Feb Thurs 12th Mar Thurs 19th Nov	7pm 7pm 7pm	Naas Library Newbridge Library Celbridge Library
Q and A with a Child Psychologist	Thurs 13th Feb Thurs 24th Sept Thurs 1st Oct	7pm 7pm 7pm	Naas Library Newbridge Library Celbridge Library

Event	Date	Time	Location
Sibling Bullying	Thurs 5th Mar Tues 28th Apr Tues 10th Nov	7pm 7pm 7pm	Celbridge Library Leixlip Library Naas Library
Building Self Esteem in Children and Teens	Tues 15th Sept Tues 6th Oct	7pm 7pm	Athy Library Naas Library
Starting Secondary School	Thurs 14th May	7pm	Celbridge Library
Understanding your Teenager	Tues 5th May Thurs 7th May Thurs 5th Nov	7pm 7pm 7pm	Naas Library Newbridge Library Celbridge Library
Substance Use - How to talk to your Teen	Thurs 28th May Thurs 5th Nov	7pm 7pm	Celbridge Library Kildare Library
Donor Conception	Thurs 7th May Thurs 22nd Oct	7pm 7pm	Celbridge Library Naas Library
Healthy Food Made Easy for Parents Athy Library	Wednesdays 5th Feb - 11th Mar Thursdays 10th Sept - 15th Oct Tuesdays 15th Sept - 20th Oct	10am - 12.30pm 10am - 12.30pm 10am - 12.30pm	Maynooth Library Newbridge Library
First Aid for Parents	Thurs 12th Mar Wed 6th May Tues 8th Oct	7pm - 8.30pm 10am - 11.30am 7pm	Maynooth Library Athy Library Newbridge Library
Resilience for Parents in the workplace	Thurs 19th Mar Thurs 26th Mar Thurs 24th Sept Tues 6th Oct Thurs 15th Oct	7pm 7pm 7pm 7pm 7pm	Celbridge Library Kildare Library Newbridge Library Leixlip Library Athy Library



Comhairle Contae Chill Dara Kildare County Council

 facebook.com/KildareCountyLibraryService

 twitter.com/kildarelibrary

 instagram/kildarelibrary

www.kildare.ie/library



Supported by:

