

# “Let’s Talk about Parenting”

**FREE**  
series of  
talks in Kildare  
Libraries  
for 2017



Comhairle Contae Chill Dara  
Kildare County Council

## 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, Public Health Nurse HSE, Treoir, Kildare Youth Service, Kildare County Childcare Committee, Teach Tearmainn, Community Awareness of Drugs and is funded by Kildare County Council.

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 is happening to book your place.

Sign up for our email service through your local library to receive monthly mailing information on these and all library events.

### Athy Library:

Tel: 059 8631144

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 448353

Email: newbridgelib@kildarecoco.ie

## Featured Talks

### Bullying, difficult relationships and complicated friendships

Presented by Stella O'Malley

The author & psychotherapist, Stella O'Malley, has over ten years experience working as a mental health professional. A regular contributor to the Irish Independent, Stella often appears on national media to speak about mental well being in today's world. Stella's first book was the critically acclaimed bestseller, 'Cotton Wool Kids' and her next book, released by Gill in the summer of 2017, is about bullying and complicated relationships among teens and tweens.



Every day children in schools all around the world eat their lunch in toilet cubicles. Other children spend entire mornings in class obsessively worrying about who will hang out with them at lunch time. This talk provides an insight into why people bully, how friendships become complicated when some personalities try to gain control and power over their peers, why bystanders don't intervene, how to protect yourself and your loved ones from bullying and how to recover from social difficulties so that you and your children can move forward with confidence, self-awareness and self-acceptance.

Leixlip Library:

Thursday 9th February 7pm

Celbridge Library:

Thursday 21st September 7pm

### Raising Happy Kids in an Anxious World

Presented by Stella O'Malley

Most parents want to raise happy kids however life's stressors often get in the way! This talk helps parents to rekindle the joy in family life with practical tips and strategies for parents to use in their day to day life.

Naas Library:

Thursday 16th February 7pm

## Featured Talks

### Parenting Teenagers- Tips & tools

Presented by Dr Eddie Murphy

Dr. Eddie Murphy - clinical psychologist & mental health advocate is passionate about promoting successful outcomes for children, adults, families, communities and organisations. He is an author of the best seller 'Becoming Your Real Self – A Practical Toolkit To Manage Everyday Problems'- Penguin Ireland. 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.



In this practical talk Dr Eddie Murphy Ireland's leading clinical psychologist will look at tools and strategies that you can use straight away. Teenage years can be stressful for some, how can you talk so your teens will listen and how can you listen so your teens will talk. With these tools you and your family will move from surviving to thriving.

**Leixlip Library:**

Thursday 27th April 7pm

### Community Awareness of Drugs Family Focus Programme

Problems with alcohol and other drugs affect people of all ages and all walks of life. Many parents find it difficult to discuss drugs and drug related issues with their children. They may feel they know too little to have any real impact on the opinions of their young people. Yet studies clearly show that parents have a positive impact on the lifestyle choices and drug taking behaviour of their children. Consisting of six sessions, this interactive programme promotes the role of the parent in educating their young people about the risks associated with substance use, in an effort to reduce the demand for drugs.

Delivered within a health promoting framework, our programme provides participants with an opportunity to:

- Update information on drugs and their effects
- Explore attitudes and decisions about substance misuse
- Develop a family focused drug prevention strategy

**Celbridge Library:**

Starting Thursday 19th January 7pm

# www.parentingsupport.ie

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

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

**Go to [www.parentingsupport.ie](http://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](http://www.parentingsupport.ie)

**Email:** [info@parentingsupport.ie](mailto:info@parentingsupport.ie)

**Facebook:** [www.facebook.com/parentingsupport](https://www.facebook.com/parentingsupport)

**Twitter:** @parentingsuppor

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This is an initiative of the multi-agency Kildare West Wicklow Parenting Forum\*.

It is supported by Kildare Children & Young People's Services Committee.

It has been funded by the Health Services Executive (HSE) and Tusla, the Child & Family Agency.

\*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.



## The New Single Affordable Childcare Programme and Choosing Quality Childcare in Kildare

Presented by Emily Moore and Marie Dowdall, KCCC

In this session, Emily will firstly give an overview of the new Single Affordable Childcare Programme that was announced in Budget 2017. She will go through the eligibility criteria and give an opportunity for questions and answers.

Marie will then speak about childcare in Kildare and how to choose the right setting for your child. She will take you through the guide on the KCCC website on the different things you should look for in a quality service and important questions to ask.

**Kildare Library** Thursday 16th February 7pm  
**Maynooth Library** Tuesday 25th April 7pm

## Help your Baby or Young Child Sleep Better

Presented by Sinead Lawlor, PHN/Sleep Practitioner for HSE Kildare/West Wicklow

This session will look at the common sleep problems that infants and young children have. It addresses the causes of these problems and looks at ways that parents can improve the quality and quantity of their child's sleep. The session is suitable to any parents of young children up to the age of 10.

**Athy Library:** Tuesday 7th March 7pm  
**Naas Library:** Tuesday 23rd May 7pm  
**Newbridge Library:** Tuesday 26th September 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
- Temperature/febrile seizures

**Maynooth Library:** Thursday 23rd March 7pm  
**Kildare Library:** Thursday 8th June 7pm  
**Naas Library:** Thursday 28th September 7pm

## The Baby Sleep Solution

Presented by Louise Wolfe, Sleep Matters

Lucy will give an introduction to your child's sleep and tips for gentle sleep shaping from birth to 6 months. Lucy will highlight symptoms of sleep issues that can occur from ages 6m + and identify the 3 core reasons why your child won't sleep. Lucy will explain decisions that will need to be made to improve sleep and explain positive sleep practices with a question and answer session at the end of each talk.

**Celbridge Library:** Thursday 6th April 7pm  
**Leixlip Library:** Thursday 5th October 7pm

## Parenting Toddlers

Clare Crowley Collier – Family Matters

Every day with your toddler is an experience. They enchant you with their big heart and drive you crazy with their stubbornness. In this talk parents will gain an understanding of the toddler years. In addition the talk will focus on creating caring connections with toddlers by exploring effective communication skills to deal with challenging behaviors often associated with this stage.

**Celbridge Library** Thursday 26th October 7pm

## Speak Easy - Talking to Your Child about Growing Up

This 4 week HSE funded Speak Easy course is designed to provide parents with the information, confidence and skills needed to talk about growing up, relationships and sexuality to children and teenagers. By the end of this course parents will be able to communicate information tailored to suit the needs and learning style of their own individual children. Learning will be facilitated through discussion, experiential exercises and accessible resources. Parents will also be equipped with useful tips and practical strategies and useful resources that can be used in the home on an everyday basis. The course is facilitated by the Irish Family Planning Association (IFPA). The course is open to all parents and/or carers of children, teenagers and young adults living in Ireland. A certificate of attendance is handed out as a part of a graduation ceremony at the end of the course.

**Naas Library :**                      Thursdays 3-6pm for 4 weeks | Starting 19th Jan

## Building Self-Esteem in Young Children

Presented by Dr Mary O'Kane

Self-esteem can be defined as feeling both capable and loved. A child may feel loved but if they are not allowed to develop their own abilities they will not have strong self-esteem. Equally a child might feel very capable, but if they do not feel loved they may experience low self-esteem. Children with strong self-esteem tend to enjoy interacting socially, enjoy group activities, and feel confident to face the world. When faced with challenges they can work towards developing solutions. In this seminar, Dr Mary O'Kane gives parents and preschool practitioners some practical advice on how to support children's self-esteem.

**Maynooth Library:**              Tuesday 7th February 7pm

## Helping parents to understand and manage their child's difficulties with attention, focus and concentration

Presented by Dr Gary Collin, HSE Primary Care Clinical Psychology Service

Many children struggle to concentrate and attend to tasks and demands; in school, pre-school or at home. These difficulties staying focused can be related to lots of different factors and it can be hard as parents to feel confident to know what's going on and how they can best help. This talk is aimed at helping parents to firstly begin to understand what might be underlying their own child's difficulties with concentration and sustaining their attention on certain tasks and activities. It will also suggest multiple strategies that parents can use to begin helping their child to manage these challenges. The talk will also give some information on local services and community supports should parents need access to these for their child.

**Naas Library:**                              Thursday 2nd March 7pm

## Nurturing the Seeds of Self-Discipline, Independence & Confidence in Children 2 - 6 years old

Presented by Bridie Clancy, Support Officer, TUSLA Child and Family Agency

This interactive session will explore ways in which parents/carers can help young children become self-disciplined and confident. It will also focus on ways to deal effectively with difficult behaviour and how play can help to alleviate challenging moments.

**Kildare Library:**                      Thursday 30th March 7pm  
**Naas Library:**                              Thursday 4th May 7pm

## Communicating With Our Children

Presented by Dr Mary O'Kane

In all aspects of parenting open lines of communication with our children are vital, from preschool children through to our teenagers making the transition to adulthood. In this session Dr Mary O'Kane considers the importance of how we communicate with our children, and offers practical advice for parents on how to communicate in a positive and proactive manner.

**Newbridge Library :**              Tuesday 4th April 7pm

## Positive Parenting: skills and strategies to help parents to encourage their children to behave well

Presented by HSE Primary Care Clinical Psychology Service

The majority of parents, at some time, have concerns about their child's behaviour and want to know ways of encouraging them to change what they are doing. This workshop focuses on providing ideas for developing the relationship between parent and child, along with strategies and skills for parents which can encourage their children to behave in ways that are more helpful to themselves and others. It focuses on ways of both building strong connections in their family and for supporting their children in positive ways to make good choices in how they behave and relate to others.

<b>Kildare Library:</b>	Tuesday 25th April 9.45am <b>Presented by Dr Julie Connolly</b>
<b>Newbridge Library:</b>	Friday 29th September 10.30am <b>Presented by Dr Gary Collins</b>
<b>Naas Library:</b>	Thursday 5th October 6.30pm <b>Presented by Dr Rosario Power</b>

## Coping with an Anxious Child and Panic Attacks

Presented by Michael Ryan Author and Counsellor

Michael will talk about skills parents can develop to cope with children who are anxious. He will give practical tips on managing their anxiety, how to deal with panic attacks when they happen and how to stop them from happening in the first place. There will be a question and answer session at the end of the talk.

<b>Athy Library:</b>	Tuesday 2nd May 7pm
<b>Maynooth Library:</b>	Tuesday 23rd May 7pm

## Helping Children Who Worry Too Much

Presented by Dr Gary Collins (Newbridge) Dr Julie Connolly (Kildare) & Dr Rosario Power (Naas) , HSE Primary Care Clinical Psychology Service

This talk explores many of the common factors which can cause and increase worries for children. It will include strategies to help children to manage and overcome their worries so that the worries become less powerful in their day-to-day lives.

<b>Kildare Library:</b>	Tuesday 9th May 9.45am
<b>Newbridge Library:</b>	Tuesday 13th June 7pm
<b>Naas Library:</b>	Tuesday 12th September 11am

## Managing early childhood stuttering: advice to parents

Presented by Catherine Sheahan Speech and Language Therapist

This talk will identify different types of stuttering and discuss red flags and when it is important to refer to speech therapy. Catherine will outline tips and strategies to manage this at home. Catherine will also discuss how to deal with your child's awareness of stuttering.

For children who are attending school, Catherine will discuss the issues of managing the stutter at school and advice to share with your teacher.

<b>Leixlip Library:</b>	Tuesday 30th May 7pm
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## The Transition from Preschool to Primary School (for Parents)

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 your child in developing these skills

**Naas Library:** Thursday 1st June 7pm

## The role of play in early communication development

Presented by Catherine Sheahan Speech and Language Therapist

The different types of play will be discussed along with outlining types of activities and toys that may be useful to develop your child's play skills.

Ages and stages of each type of play will be outlined in conjunction with tips and strategies to help your child. The importance of play will be reviewed in conjunction with your child's speech and language development.

**Celbridge Library:** Thursday 15th June 7pm

## Helping Children to be Resilient and Develop Skills to Cope with the Challenges of Life

Presented by Dr Gary Collins, HSE Primary Care Clinical Psychology Service

This talk explores the support and experiences our children need to develop resilience or mental strength. It will help parents develop their children's ability to thrive despite life's challenges e.g. growing up, bullying or living with difficult circumstances; and to bounce back from adversity.

**Kildare Library:** Thursday 15th June 7pm  
**Naas Library:** Thursday 2nd November 7pm  
**Newbridge Library:** Wednesday 11th October 11am

## Childhood Anxieties, Kindness and Bullying

Presented by Dr Mary O'Kane

This session focuses on some childhood anxieties and how we might best support children when anxious, specifically considering the areas of kindness and bullying. Dr Mary O'Kane examines these issues, and considers how parents can support their children in developing kindness. She also considers the issue of bullying, offering parents some practical advice in how to support their children during emotional times.

**Leixlip Library:** Thursday 14th September 7pm

## Self-harming Behaviours in Young People

Presented by Marguerite Kiely, Clinical Director, Pieta House

Many young people do things that they know are harmful to themselves to help them to cope with difficult emotions or experiences. This might be eating or drinking too much or taking drugs. Sometimes young people intentionally harm themselves for the same reasons.

This presentation will provide information for parents in how to recognise and respond to signs of self-harming behaviours in their teens. It will also cover the issues that affect children and adolescents who access Pieta House services and the type of help they can offer.

**Naas Library:** Tuesday 24th January 7pm

## Parents Guide to the Leaving Cert

Presented by Greg McGeough

Which Course? CAO? Points? Change of Mind Form? What if she doesn't like the course? What if he fails his exams? The Leaving Cert for Parents is a free 90-minute seminar aimed at the parents of students who are entering, or currently part of, the Senior Cycle of 2nd level education. In plain English it explains:

The Leaving Certificate, The Points System, Course Selection/Application and the 'Back-Up Plan', Future Planning and Study Skills.

**Kildare Library:** Thursday 2nd March 7pm  
**Maynooth Library:** Tuesday 21st March 7pm  
**Leixlip Library:** Tuesday 28th March 7pm  
**Celbridge Library:** Thursday 30th March 7pm  
**Newbridge Library:** Tuesday 11th April 7pm

## Helping our Teenagers Choose Healthy Relationships

Presented by Teach Tearmainn Psychology Service

It is normal for disagreements and arguments to occur within relationships and both partners should be able to express their different points of view or concerns and discuss them together safely. It is not normal is for one partner to feel threatened, too frightened to fight back, or unsafe to disagree or express their opinions.

This talk will look at how parents can help our teenagers to choose healthy relationships by knowing the signs of unhealthy relationships.

**Athy Library:** Tuesday 21st March 7pm  
**Leixlip Library:** Thursday 30th March 7pm  
**Newbridge Library:** Tuesday 17th October 7pm

## Understanding Eating Disorders

Presented by Harriet Parsons, Bodywhys, The Eating Disorders Association of Ireland

This talk will give people an understanding of eating disorders, detailing the main types of eating disorders, how to approach and talk to someone, how to support someone, and the process of treatment and recovery. This talk is aimed at anyone who is concerned about the issue of eating disorders, in particular parents, family, health professionals and teachers.

**Celbridge Library:** Thursday 11th May 7pm  
**Leixlip Library:** Thursday 23rd November 7pm



## **“Coming Out” – A talk for LGBT People and their supporters**

Presented by Michael Ryan Author and Counsellor

In this talk Michael will outline the top tips for people who are coming out as a person who is Lesbian/Gay/Bisexual or transgender. The talk also focuses on how supporters can best help someone who is coming out. He will outline the impact of the 2015 referendum and the current challenges facing LGBT people.

**Leixlip Library:** Thursday 28th September 7pm

## **How families survive the teenage years – A guide for parents/guardians**

Presented by Michael Ryan Author and Counsellor

A 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 at this stage and give practical tips on how to survive the change in family dynamics.

There will be plenty of time for questions.

**Celbridge Library:** Thursday 12th October 7pm  
**Naas Library:** Thursday 16th November 7pm

## **Raising Boys**

Presented by Clare Crowley Collier, Counsellor from Family Matters

This talk aims to give an understanding of the inner lives of boys. It focuses on helping parents understand their behaviours and feelings and how they can discover effective strategies for communicating with and raising confident, responsible and resilient young men.

**Maynooth Library:** Tuesday 17th October 7pm

## **Girls – Friends, Frenemies & Fights**

Presented by Clare Crowley Collier, Counsellor from Family Matters

Parents will develop an understanding of peer aggression; the hurtful behaviours girls use in their relationships and the roles that are played out. Parents will learn assertive communication tools and healthy conflict resolution techniques that girls can use when dealing with friendships and bullying.

**Leixlip Library:** Thursday 9th November 7pm

## Building your Daughters Self-Esteem

Presented by Clare Crowley Collier, Counsellor from Family Matters

These are challenging times for girls. They are coming of age in a more media-saturated and sexualised culture facing incredible pressures to be perfect and beautiful. For girls to successfully navigate these years it's important that their self-esteem remains intact.

Parents will learn practical strategies for building self-esteem, so that their daughters are listening to their own voices and living up to their own expectations and not those of others.

**Maynooth Library:** Tuesday 14th November 7pm

## Self Esteem, Confidence and Resilience

Presented by Dr Mary O'Kane

These three aspects of development are key in preparing children for so many aspects of their lives both as young children and in supporting children as they transition into adulthood. Teenagers are under so much pressure today, building these strong supports in childhood can help them to negotiate difficulties later in life.

In this seminar, Dr Mary O'Kane explains the interaction between these three aspects, and offers practical advice on how to support children in these important areas.

**Celbridge Library:** Thursday 23rd November 7pm

## On being a parent in Action

Presented by Kildare Youth Services

This 2 hour active workshop helps parents explore the different ways they can, sometimes unknowingly, get stuck operating from old or restricted ways of parenting. Often these roles and role responses are self limiting and can make parents feel isolated, angry and limited in how to respond with credibility, flexibility and spontaneity to problems as they arise. This workshop will challenge and support parents to experience themselves in a new and more enriching way and add value to their engagement with members of their family and more broadly.

**Naas Library:** Monday 30th January 10am

## The self reflecting parent

Presented by Kildare Youth Services

This 1.5 hr talk looks at how parents need to operate more from a model of self care. It will encourage you as a parent to use and trust your intuition as a parent. The talk will focus on the joy and challenges of communicating with their adolescents and guide you to see your young person's (challenging) behaviour as having meaning for them.

**Newbridge Library:** Wednesday 1st March 10am

## The Legal Rights and Responsibilities of Unmarried Parents

Presented by Veronica Black, Information and Training officer with Treoir

This talk will focus on The Children and Family Relationships Act 2015. The new legislation has radically changed family law. The talk will brief participants on the main provisions that came into effect on the 18th January 2016.

These provisions relate primarily to guardianship, custody, access and maintenance and include the following:

A non-marital father will automatically become the guardian of the child if he lives with the child's mother continuously for at least 12 months, including not less than 3 months with the child, at any time after the child is born. Until now non-marital fathers have never been automatic guardians of their child. This provision is not retrospective: only cohabitation after the commencement date will be taken into account.

**The Act was commenced on the 18th January 2016.**

**Leixlip Library:** Tuesday 14th March 7pm  
**Maynooth Library:** Tuesday 20th June 7pm  
**Naas Library:** Thursday 19th October 7pm

## Where do I come from, where do I go?

Presented by Kildare Youth Services

This 1.5 hr talk will explore family systems and talk about how the experience of being in a family shapes us as people and parents.

**Celbridge Library:** Tuesday 14th March 10am  
**Naas Library:** Wednesday 21st June 10am

## Mindful Self –Compassion Workshop

Presented by Sarah Murphy, Life Coach

As parents, compassion comes easily to us when our child is struggling. What would it be like to extend the same kindness and caring attention to ourselves when we need it most?

Join life coach Sarah Murphy for this important workshop which introduces you to effective self-care practices which nourish the mind, body and soul and increase emotional wellbeing, alleviate anxiety, increase the ability to cope with life's challenges and lead to more satisfying personal relationships.

This workshop features self-compassion, meditation, journaling, experiential exercises and more.

**Celbridge Library:** Tuesday 19th September 8pm  
**Maynooth Library:** Thursday 21st September 11am  
**Kildare Library:** Tuesday 10th October 10am  
**Leixlip Library:** Tuesday 10th October 7pm

## Siobhan Butler

### First Aid for Everyone

Siobhan is a Registered General and Paediatric nurse with almost 25 years of extensive experience, the past 10 years in A&E. She set up and now runs her company First Aid For Everyone. She has also completed the instructor's course with the Irish Heart foundation to deliver CPR/AED courses.

## Bridie Clancy

Bridie currently works as Support Officer in the Social Work Dept. Tusla Child and Family Agency facilitating parenting programmes and providing support to early years services and parent/toddler groups. She has previous experience in delivering an early years service for pre-school children, as a Childminder Advisor, she worked in the Disability sector and as a training consultant with Barnardos and KWETB. She is a trained facilitator in Parents Plus Parenting Programme and Strengthening Families programme.

## Clare Crowley Collier

Clare is founder of Family Matters, which provides a range of services for families and schools that includes parenting courses, one to one parent support, counselling and workshops for schools. She has qualifications in Psychotherapy, Counselling and Child Psychology. For a number of years she has been a keynote speaker on a range of topics affecting teenagers and had articles published by the Irish Independent and herfamily.ie. She works in private practice in Celbridge and in a number of schools as a therapist and facilitator.

## Dr Gary Collins

Dr Gary Collins is a Clinical Psychologist who has been working within the HSE Psychology services for the last eleven years. He is currently the Primary Care Psychologist covering the Newbridge and Kilcullen areas and works out of the Newbridge Primary Care centre. Gary is a member of the Kildare Parent Training and Support Forum and is part of the steering committee for the Preparing for Life project, which operates from the Family Resource Centre in Newbridge. He has training in both attachment-based family therapy and behavioural parent training approaches and has been delivering talks, workshops and classes to parents in Kildare for the last six years.

## Community Awareness of Drugs

CAD is a voluntary not-for-profit organisation and registered charity that provides drug education and training programmes for parents, carers, the community, voluntary sector and vulnerable young people.

## Dr. Julie Connolly

Dr. Julie Connolly is a Clinical and Counselling Psychologist working with the HSE Primary Care Psychology Service covering Kildare town, Rathangan and Monasterevin areas. She works with children and adults experiencing mild to moderate level psychological difficulties.

## Marie Dowdall

Marie Dowdall is the KCCC AIM; Training and Information Officer. She has a special role in supporting the roll out of the Access and Inclusion Model in Kildare. She gives one-to-one support to childcare providers in making applications for support under AIM. She gives advice and information on the model to childcare service providers and parents. She also delivers training on the new Diversity, Equality and Inclusion Guidelines

## Irish Family Planning Association

The Irish Family Planning Association (IFPA) is Ireland's leading sexual health charity. The organisation promotes the right of all people to sexual and reproductive health information and dedicated, confidential and affordable healthcare services. The organisation provides sexual health, family planning, pregnancy counselling and training services. The Speakeasy programme is facilitated by the IFPA and is kindly funded by the HSE Crisis Pregnancy Programme.

## Marguerite Kiely

Pieta House provides crisis counselling for those engaging in self-harm or struggling with suicide ideation. Marguerite is a psychotherapist, Clinical Supervisor and Clinical Director with Pieta House since 2006.

## Kildare County Childcare Committee

KCCC are responsible for the promotion of cross-agency cooperation and coordination in the delivery of childcare services at a local level in County Kildare for all children from birth to 14 years.

## Kildare Youth Services

The Kildare Youth Services (KYS) Youth Counselling Service provides a professional, community based, accessible, counselling service to 11-25 year olds and their guardians across Co Kildare. KYS, funded by TUSLA, has worked to develop a counselling service focusing directly on the kinds of therapeutic supports of young people and their families through their referral agents, i.e., Family, Schools, TUSLA, GP's, Legal and the community and voluntary sector. It is through these agencies that there has been a need identified for young people between the ages of 11-25 and their families in the county to enhance a young person's psychological, emotional and social support and development.

## Sinead Lawlor

Sinead is a Public Health Nurse and Sleep Practitioner for HSE Kildare/ West Wicklow. She runs the Pre-School Children's Sleep Clinic for all of Kildare in the Clane Primary Care Centre. She is available to give talks to Parent Groups and Mother and Baby Groups .

## Greg McGeough

Greg McGeough is a former theatre producer and lecturer in Shakespearean literature. He consults in both public and private sectors with a wide age range and has worked extensively for over ten years with various youth outreach and education programmes across Europe, Asia and the U.S.

He has written for the Oxford University Press and developed youth educational programmes for various charities and multinational firms with a focus on education and training for young adults.

## Emily Moore

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Emily Moore is the KCCC Programme Administrator and she is responsible for supporting the efficient administration of the Government Funded Programmes in Kildare. She works directly with the childcare services in Kildare and supports them with the administration of the contracts that they are in.

## Sarah Murphy

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Sarah Murphy is a life coach and the founder of [www.courageouskids.ie](http://www.courageouskids.ie) a website dedicated to the empowerment of children through coaching, courses and workshops. She is passionate about the development of the inner resources of the child, namely, courage, confidence, resilience and an awareness of personal strengths. In addition to her coaching diploma, Sarah is also a qualified teacher and taught for many years at both primary and secondary level. She coaches people of all ages and helps them to transform an aspect of their lives and achieve their personal goals through action and accountability

## Dr Mary O’Kane

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Dr Mary O’Kane is a Lecturer in Psychology and Early Childhood Education teaching in Maynooth University and the Open University. She conducts a monthly Parenting Slot on the Anton Savage show on Today FM, answering parenting queries from listeners. She is also a regular contributor to Ireland AM on both parenting and early childhood education issues.

## Harriet Parsons of Bodywhys

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Harriet Parsons has been working and studying in the area of counselling and psychotherapy for the last 14 years. Having completed a BA (Psychology), and an MA in Addiction Studies, Harriet went on to gain an MSc. in psychoanalytic psychotherapy with St. Vincent’s Hospital School of Psychotherapy, Dublin (UCD). She has lectured on Psychoanalysis in Dublin Business School, and eating disorders in UCD, and Independent Colleges, as well as frequently giving public talks and talks to different relevant groups on how to understand eating disorders. Harriet is currently services manager with Bodywhys, The Eating Disorders Association of Ireland and has been working with the organisation since 2004. Harriet is a registered practitioner with APPI (The Association for Psychoanalysis and Psychotherapy in Ireland), served on its scientific committee from 2008-2015, and a member of the executive committee from 2013 – 2016, and chair of the organisation from 2014-2016.

## Dr Rosario Power

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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 6 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.

## Michael Ryan

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Michael Ryan is the author of a book aimed at helping LGBT people with the coming out process – “The Complete Guide to Gay Life for New Explorers”. He works as a counsellor in private practice with Adults, and with teenagers across a range of schools. Michael has a lot of experience of dealing with LGBT people and is a human rights and LGBT activist.

## Catherine Sheahan

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Catherine Sheahan is a Speech and Language Therapist who founded and runs a private practice Caint Speech Therapy in Naas. Catherine has extensive experience in working with individuals with a variety of speech and language difficulties. She commenced her career working with the HSE before joining the Speech and Language Department at the University of Sydney, Australia. She has lectured at the University of Limerick as a key member of the Speech and Language Therapy team in the areas of child speech disorders (including dyspraxia), phonetics and stuttering since 2004. Catherine develops programmes for teachers for IEP and Resource planning.

## Teach Tearmainn

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Teach Tearmainn is a non-profit organisation with charitable status and has been delivering services and supporting women and children experiencing abuse in their intimate relationships in Co. Kildare since 2000. They can be contacted confidentially on 045 527584.

## Treoir

(The National Federation of Services for Unmarried Parents and their Children)

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Treoir promotes the rights and best interests of unmarried parents and their children through providing specialist information and advocating for their rights. Treoir operates a free, confidential, national, specialist information service for unmarried parents, their extended families and those working with them. Our service is for unmarried parents, living together or apart, both opposite and same-sex. Treoir provides information on the legal rights and responsibilities of unmarried parents in respect of their children. It also provides information on social welfare payments, income tax, childcare, housing, cohabitation, shared-parenting, etc. Information on Treoir and its services is available on [www.treoir.ie](http://www.treoir.ie)

## Lucy Wolfe

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Lucy Wolfe is a paediatric sleep consultant, author of The Baby Sleep Solution and mum of four children. She is the head of Sleep Matters, and has a proven track record in helping babies and children learn to sleep more soundly. She has completed extensive training, certification and continuous professional development in her field and is a regular contributor to RTÉ’s Today with Maura and Dáithí, TV3 Ireland and Weekend AM and contributes widely to various broadcast and print media on the subject of baby sleep. [www.sleepmatters.ie](http://www.sleepmatters.ie)



Event	Date	Time	Location
<b>Bullying, difficult relationships and complicated friendships</b>	Thu 9th Feb Thur 21st Sept	7pm 7pm	Leixlip Library Celbridge Library
<b>Raising Happy Kids in an Anxious World</b>	Thur 16th Feb	7pm	Naas Library
<b>Parenting Teenagers- Tips &amp; tools</b>	Thur 27th Apr	7pm	Leixlip Library
<b>Community Awareness of Drugs Family Focus Programme</b>	Begins Thurs 19th Jan	7pm	Celbridge Library
<b>The New Single Affordable Childcare Programme and Choosing Quality Childcare in Kildare</b>	Thur 16th Feb Tue 25th Apr	7pm 7pm	Kildare Library Maynooth Library
<b>Help your Baby or Young Child Sleep Better</b>	Tue 7th Mar Tue 23rd May Tue 26th Sept	7pm 7pm 7pm	Athy Library Naas Library Newbridge Library
<b>First Aid for Parents</b>	Thur 23rd Mar Thur 8th Jun Thur 28th Sept	7pm 7pm 7pm	Maynooth Library Kildare Library Naas Library
<b>The Baby Sleep Solution</b>	Thur 6th April Thur 5th Oct	7pm 7pm	Celbridge Library Leixlip Library
<b>Parenting Toddlers</b>	Thur 26th Oct	7pm	Celbridge Library
<b>Speak Easy – Talking to Your Child about Growing UP (4 week course)</b>	Starting Thur 19th Jan	3-6pm	Naas Library
<b>Building Self-Esteem in Young Children</b>	Tue 7th Feb	7pm	Maynooth Library
<b>Helping parents to understand and manage their child's difficulties with attention, focus and concentration</b>	Thur 2nd Mar	7pm	Naas Library
<b>Nurturing the Seeds of Self-Discipline, Independence and Confidence in Children 2 – 6 years old</b>	Thur 30th Mar Thur 4th May	7pm 7pm	Kildare Library Naas Library
<b>Communicating With Our Children</b>	Tue 4th Apr	7pm	Newbridge Library
<b>Positive Parenting: skills and strategies to help parents to encourage their children to behave well</b>	Tue 25th Apr Fri 29th Sept Thur 5th Oct	9.45am 10.30am 6.30pm	Kildare Library Newbridge Library Naas Library
<b>Coping with an Anxious Child and Panic Attacks</b>	Tue 2nd May Tue 23rd May	7pm 7pm	Athy Library Maynooth Library
<b>Helping Children Who Worry Too Much</b>	Tue 9th May Tue 13th June Tue 12th Sept	9.45am 7pm 11am	Kildare Library Newbridge Library Naas Library
<b>Managing early childhood stuttering: advice to parents</b>	Tue 30th May	7pm	Leixlip Library

Event	Date	Time	Location
<b>The Transition from Preschool to Primary School (for Parents)</b>	Thur 1st Jun	7pm	Naas Library
<b>Helping Children to be Resilient and Develop Skills to Cope with the Challenges of Life</b>	Thur 15th Jun Thur 2nd Nov Wed 11th Oct	7pm 7pm 11am	Kildare Library Naas Library Newbridge Library
<b>The role of play in early communication development</b>	Thur 15th Jun	7pm	Celbridge Library
<b>Childhood Anxieties, Kindness and Bullying</b>	Thur 14th Sept	7pm	Leixlip Library
<b>Self-harming Behaviours in Young People</b>	Tue 24th Jan	7pm	Naas Library
<b>Parents Guide to the Leaving Cert</b>	Thur 2nd Mar Tue 21st Mar Tue 28th Mar Thur 30th Mar Tue 11th Apr	7pm 7pm 7pm 7pm 7pm	Kildare Library Maynooth Library Leixlip Library Celbridge Library Newbridge Library
<b>Helping our Teenagers Choose Healthy Relationships</b>	Tue 21st Mar Thur 30th Mar Tue 17th Oct	7pm 7pm 7pm	Athy Library Leixlip Library Newbridge Library
<b>Understanding Eating Disorders</b>	Thur 11th May Thur 23rd Nov	7pm 7pm	Celbridge Library Leixlip Library
<b>“Coming Out” – A talk for LGBT People and their supporters</b>	Thur 28th Sept	7pm	Leixlip Library
<b>How families survive the teenage years – A guide for parents/guardians</b>	Thur 12th Oct Thur 16th Nov	7pm 7pm	Celbridge Library Naas Library
<b>Raising Boys</b>	Tue 17th Oct	7pm	Maynooth Library
<b>Girls – Friends, Frenemies &amp; Fights</b>	Thur 9th Nov	7pm	Leixlip Library
<b>Building your Daughters Self-Esteem</b>	Tue 14th Nov	7pm	Maynooth Library
<b>Self Esteem, Confidence and Resilience</b>	Thur 23rd Nov	7pm	Celbridge Library
<b>On being a parent in Action</b>	Mon 30th Jan	10am	Naas Library
<b>The self reflecting parent</b>	Wed 1st Mar	10am	Newbridge Library
<b>The Legal Rights and Responsibilities of Unmarried Parents</b>	Tue 14th Mar Tue 20th Jun Thur 19th Oct	7pm 7pm 7pm	Leixlip Library Maynooth Library Naas Library
<b>Where do I come from, where do I go?</b>	Tue 14th Mar Wed 21st Jun	10am 10am	Celbridge Library Naas Library
<b>Mindful Self –Compassion Workshop</b>	Tue 19th Sept Thur 21st Sept Tue 10th Oct Tue 10th Oct	8pm 11am 10am 7pm	Celbridge Library Maynooth Library Kildare Library Leixlip Library





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Kildare County Council

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