

“Let’s Talk about Parenting”

FREE
series of
talks in Kildare
Libraries
for 2018



Comhairle Contae Chill Dara
Kildare County Council

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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, Kildare Youth Service, Kildare County Childcare Committee, Foróige, HSE health promotion unit 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 / 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 448353

Email: newbridgelib@kildarecoco.ie

Featured Talks

Bringing up responsible, well-behaved and happy children

Presented by John Sharry

Dr John Sharry is a social worker and family psychotherapist with over 27 years experience as a child and adolescent mental health professional. He is co-developer of the award winning Parents Plus Programmes, and the best selling author of fourteen positive psychology and self-help books for families including *Positive Parenting*, and *Counselling Children Adolescents and Families*. His books have been translated into nine languages including, Spanish, Chinese, Arabic and Japanese. John is the weekly 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.



In this talk, John Sharry describes a balanced approach to parenting that allows you both to teach your children responsibility while also having an open and enjoyable relationship with them. In particular you will learn a step by step positive approach to solving common childhood problems that can be applied to many challenges of being an effective parent.

Naas Library

Thurs February 8th 7pm

Parenting Teenagers: Managing conflict and getting on better with your teenager

Presented by John Sharry

Tackling the ups and downs of the teenage years when children can challenge their parents, this talk describes principles for staying connected with and understanding your teenager while also teaching them how to be responsible and grow up as independent confident young adults. You will be shown how to turn this challenging transition into an opportunity for deepening your relationship with your teenagers

Leixlip Library:

Thursday 6th September 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: [ww.facebook.com/parentingsupport](https://www.facebook.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. It has been funded by the Health Services Executive (HSE), Tusla, Child and Family Agency and Kildare 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.



Babies & Toddlers

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

Newbridge Library: Wednesday 21st March 10.30am

Maynooth Library: Tuesday 17th April 7pm

Athy Library: Thursday 13th September 7pm

The Affordable Childcare Subsidy and other childcare support

Presented by Emily Moore, Kildare County Childcare Committee

Join Kildare County Childcare Committee for a talk on the universal Affordable Childcare Scheme (for children from 6 months to 3 years) and other targeted government childcare schemes. If you have children and would like to know more or are a prospective parent please come along. If you believe you may be entitled to childcare support, for example if you hold a medical card or are taking part in a Solas/ETB training course and would like to know more Emily can answer your questions.

Emily will also discuss the ECCE preschool scheme, which has been extended in the budget. The AIM programme will also be explained, this allows children with disabilities or who need support in their preschool years to access the ECCE scheme. If you have questions about any of the above Emily will be available afterwards to answer your questions.

Professionals who work with parents and have questions about these schemes/ would like to understand them further are also welcome to attend. www.kccc.ie

Kildare Library: Thursday 10th May

Leixlip Library: Tuesday 15th May

Babies & Toddlers

Communication in the pre-school years

Presented by Catherine Sheahan

This topic will include early development in the foundations of language including play, attention, eye contact, joint interactions. An outline will be given of what to expect in communication development from first words to phrases to when children use sentences. Guidance in early identification of children who present with speech and communication difficulties will be given as well as strategies to improve speech and communication skills in preschool children.

Maynooth Library

Tuesday 20th Feb 7pm

The Importance of play to child development

Presented By Dr. Carol Barron

Carol will speak about the importance of play to child development and children and young people's right to play enshrined in UNCRC. Carol will also speak about her work with Kildare County Council and 'Play concerns' as viewed by Kildare children and young people.

Newbridge Library: Tuesday 6th March 7pm

Leixlip Library: Thursday 31st May 7pm

Maynooth Library: Thursday 11th October 7pm

Kildare Library: Thursday 18th October 7pm

Managing Anxiety, Anger and Panic Attacks in Children

Presented by Michael Ryan

Practical advice and strategies on how to help children who experience panic attacks or who have challenges with anger and anxiety.

Celbridge Library: Thursday 20th September 7pm

Children

Helping children to talk about difficult topics

Presented by Rosaleen McElvaney

This talk is based on Rosaleen's book 'Finding the Words: Talking Children through the Tough Times' and will focus on how parents or carers can reflect on and find ways to help their children talk about difficult experiences. She will talk about the importance of self-awareness and how we need to mind ourselves so that we can better support our children in such conversations.

Creating good channels of communication with our children is an essential aspect of parenting, but can often be challenging. We need to reflect on ourselves and the way we are with our children before we can begin to foster meaningful communication. It is important to recognise our own child's uniqueness and we, as parents and carers, need to tailor our conversations to take account of their individuality. Drawing on the author's extensive professional experience, Rosaleen's book also focuses on some key areas that may be difficult for children to talk about, such as parental separation, bereavement, bullying and sexual abuse.

Leixlip Library: Thurs 1st Feb 7pm
Naas Library: Tues 2nd Oct 7pm

Communication in the Primary school years

Presented by Catherine Sheahan

Many children have undiagnosed language processing and communication difficulties which affects your child's ability to achieve their potential at school. Children can have difficulties in following directions, understanding vocabulary of English and Maths, reading comprehensions which may be due to underlying language comprehension difficulties.

Children may also have difficulties in putting their ideas into sentences and using correct grammar. They may also have difficulties in telling stories in a logical and cohesive sequence.

This talk will help parents and teachers to identify if a child is having difficulty with language and learning and advise of some useful strategies.

Athy Library: Thurs 18th Oct 7pm

Childhood Worries and Anxieties

Presented by Dr Mary O'Kane

All children worry at times, but for some children it can be a real challenge to manage their anxieties. As parents, when your child is anxious it can be difficult to know how best to support them. However, parents play an important role in helping their child to both understand and to manage their anxiety. You don't want to belittle the child's feelings, but you also don't want to amplify them. In this talk Dr Mary O'Kane explains anxiety in children, and offers parents practical advice on how to support their children during difficult times, helping them to manage their fears and gain confidence.

Maynooth Library: Thursday 3rd May 7pm

Helping Children Who Worry Too Much

Presented by Dr. Meadhbh Campbell (Athy) Dr Julie Connolly (Naas) & Dr. Rosario Power (Kildare) 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.

Naas Library: Tues 27th February 7pm

Newbridge Library: Fri 9th March 10.30am

Athy Library: Thurs 4th October 7pm

Kildare Library: Thursday 11th October 7pm

Children

Helping Support your Child's Attention and Concentration

Presented by Dr. Meadhbh Campbell (Kildare), Dr Julie Connolly (Athy) & Dr. Rosario Power (Naas)

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 they can use to help 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.

Newbridge Library: Tuesday 13th March 7pm
Naas Library: Tuesday 17th April 10.30am
Athy Library: Thursday 26th April 7pm
Kildare Library: Wednesday 19th September 10.30am

Helping your Child build Resilience and Skills to cope with Life's Challenges

Presented by Dr Meadhbh Campbell (Athy), Dr Julie Connolly (Kildare) & Dr Rosario Power (Naas), 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: Wednesday 21st February 10.30am
Newbridge Library: Tuesday 3rd April 7pm
Naas Library: Thursday 8th November 10.30am
Athy Library: Thursday 15th 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.

Leixlip Library

Tuesday 2nd October 7 pm

The Transition from Primary to 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. Most teens are more resilient than parents expect, however, preparation for this transition can definitely make it smoother. 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
Athy Library

Thursday 19th April 7pm
Thursday 10th May 7pm

Older Children & Teens

How families survive the teenage years

Presented by Michael Ryan

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.

Kildare Library: Thursday 31st May 7pm

Managing Anxiety, Anger and Panic Attacks in Teens and Adults

Presented by Michael Ryan

Practical advice, tips and strategies for dealing with anger, anxiety and stress in today's fast-paced and ever changing world.

Maynooth Library: Tuesday 18th September 7pm

Young people and substance misuse

Presented By Pdraig O'Donovan of Foróige, Drug Prevention and Education Initiative, Kildare

In this 2 hour workshop, Parents will gain an insight into what substances are out there for young people including cannabis. Pdraig will focus on some practical skills that parents can do to reduce the possibility of their young people engaging in substance misuse. Parents will also consider some signs and symptoms of substance misuse along with where to access support and further information.

Celbridge Library: Thursday 22nd February 7-9pm

Athy Library: Thursday 7th June 7-9pm

Kildare Library: Thursday 25th October 7-9pm

Older Children & Teens

Exam stress - tips for supporting your teenager at this challenging time

Presented by Deirdre O'Shea Consulting

Facing exams can lead to considerable stress for teenagers and their families. There can be an increase in anxiety and worry which can affect their overall wellbeing, especially their confidence as well as their concentration and performance in exams. This talk will provide tips for helping those facing exams with particular focus on:

- Strategies for coping with stress and worry in the run up to exams
- Tips to make study time more effective
- Coping with the exam itself.

Kildare Library: Thurs 5th April 7pm
Athy Library: Thurs 3rd May 7pm
Maynooth Library: Thurs 24th May 7pm

Parents

Dads and their young people

Presented by Pdraig O'Donovan of Foróige, Drug Prevention and Education Initiative, Kildare

In this 2 hour workshop, Pdraig focuses on the role of dads in parenting their young people. It will consider the importance of dads participating in all aspects of home-life and how this influences their young people. Dads will also gain an insight into the value and positive impact of spending one-one time with their young people on a regular basis.

Leixlip Library:	Tuesday 20th March 7-9pm
Kildare Library:	Thursday 13th September 7-9pm
Athy Library:	Thursday 20th September 7-9pm
Celbridge Library:	Thursday 11th October 7-9pm

Playgrounds / Recreational Spaces in the Community: Planning, Design, Locations and the new County Play Policy

Presented By Simon Wallace, Senior Executive Parks Superintendent, KCC

How to influence the development of play and recreation amenities in your community - including an outline of the systems / processes involved in Kildare County Council planning for towns, estates playgrounds and public space and how parents can input into these. Simon will talk about the planning process for playgrounds, design considerations, where we have playgrounds located and the new play policy for the county. An interesting talk for anyone wondering how to inform themselves to actively get involved or just for general information. Followed by a Question & Answer Session.

Celbridge Library	Thurs 8th March 7pm
Newbridge Library	Thurs 17th April 7pm
Athy Library	Thurs 1st Nov 7pm

Healthy Food Made Easy – for Parents!

Community Nutrition Programme Supported by the Health Promotion Unit (Dublin Mid Leinster) the Senior Community Dietitian for Kildare West Wickow & locally trained volunteers

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 attendees 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 Dietitian 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.

Naas Library
Celbridge Library
Athy Library

Wednesdays 10am-12.30pm starting 11th April
Fridays 10am-12.30pm starting 7th September
Tuesdays 10am-12.30pm starting 11th September

Family Finance Advice

Presented by MABS

These talks will give an overview of the service provided by the Money Advice and Budgeting Service and for a family group would look a basic budget showing how to budget for weekly monthly yearly bills and offer some advice tips around the area of debt management.

Naas Library
Leixlip Library
Athy Library
Kildare Town Library

Thursday 22nd March 7pm
Tuesday 10th April 7pm
Thursday 14th June 7pm
Thursday 20th September 7pm

Parents

Co-Parenting Presented By Kildare Youth Services

Co parenting (often referred to as parenting when separated) is a reality for many of the parents of the young people seen for counselling in the Kildare Youth Service's Youth counselling service. Finding strategies for coping with the challenges of agreeing on parenting styles, ways of exchanging information about the needs of and priorities of/for the young person, agreeing on shared concerns and finding ways to become solution focused are key fundamentals of embracing the task successfully. This talk, by KYS Counsellors who have supported many separated parents, will reflect the experience and valued insight of parents moving from a condemning or compensatory approach to a more balanced and realistic approach to their shared care.

Celbridge Library: Thursday 3rd May 7pm
Naas Library: Tuesday 9th October 10am
Maynooth Library: Tuesday 6th November 7pm

Finding Balance: Self-Care Workshop for Parents Presented by Sarah Murphy

Duration: 90 mins

Parenting is a demanding job which often leaves parents burnt out, guilt-ridden or feeling like a failure. Discover how placing importance on your own needs leads to benefits in all areas of your life. Join life coach Sarah Murphy for this important workshop which introduces you to effective self-care practices which nourish the mind, body and soul, increase emotional wellbeing, alleviate anxiety and lead to more satisfying personal relationships. Learn how to implement self-care practices and follow through by designing your own self-care plan. This workshop features meditation, journaling, experiential exercises and more.

Newbridge Library: Sat 14th April 11am – 12.30pm
Athy Library: Thurs 17th May 10.30am – 12pm
Naas Library: Thurs 27th Sept 7pm – 8.30pm

Dr. Carol Barron

Dr Carol Barron is a children's nurse and anthropologist. She holds a Masters in child development from Brunel University, U.K and a PhD in Children's play and play spaces from Maynooth University. Dr Barron led the research team examining the play and recreational needs of children and young people growing up in Co Kildare in 2016 and 2017. Dr Barron has recently conducting research on the Schools Manuscript Collection of 1937-8 focusing on Irish children's games, rhymes, riddles and homemade toys. A small selection of the raw material was recently collated into a book for all local authorities to support the DCYA theme of Play Day and Recreation week 2016 which is 'Remembering 1916. Play from the Past in the Present' . Dr Barron is a member of International Council for Children's Play (ICCP) in Europe and The Association for the Study of Play in (TASP) in North America as well as being the chairperson of Súgradh the Irish organisation promoting the child's right to play and recreation.

Siobhan Butler

First Aid for Everyone

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

Dr. Meadhbh Campbell

Dr. Meadhbh Campbell is a Clinical Psychologist who has been working within the HSE Psychological Services for a number of years. She is currently the Primary Care Psychologist covering the Athy, Dunlavin and Baltinglass areas and works out of Athy Health Centre.

She works with both adults and children across the lifespan, who are experiencing mild to moderate psychological difficulties.

Biogs

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.

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 Dietitians 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.

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.

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.

Dr. Rosaleen McElvaney

Dr. Rosaleen Elvaney is a clinical psychologist who has worked in the public health services in Ireland for many years, mostly in services for children or adults who have experienced sexual abuse.

She has served on the Boards of Crime Victims Helpline, the National Board for Safeguarding Children in the Catholic Church in Ireland and One in Four.

She is a past president of the Psychological Society of Ireland and currently Chair of the European Federation of Psychologists' Associations (EFPA) Euro*Psy *European Awarding Committee. She is currently a board member of the Nursing and Midwifery Board of Ireland (NMBI).

MABS

Kildare Money, Advice and Budget Service are a free confidential money advice service. They meet with clients to discuss their individual budget and from that offer assistance. If needed MABS can negotiate with creditors.

Sarah Murphy

Sarah Murphy is a life coach who works with people of all ages to empower them to live their best lives. She is a passionate advocate of personal transformation and the cultivation of human potential (www.firedfromwithin.com).

In addition to helping people achieve their personal goals through action and accountability, she also stresses the importance of a positive relationship with oneself as a fundamental basis for health and positive change.

She is also the founder of www.courageouskids.ie which empowers children to develop positive resources such as courage, kindness and resilience through coaching, programmes and workshops.

Biogs

Padraig O'Donovan

Padraig O'Donovan 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.

Padraig 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

Dr Mary O'Kane

Dr Mary O'Kane is a Lecturer in Psychology and Early Childhood Education teaching in Maynooth University and the Open University.

She is also a regular contributor to Ireland AM on both parenting and early childhood education issues.

Deirdre O'Shea

Deirdre O'Shea is a Psychotherapist and Life and Business Coach with 25 years experience of working with children, teenagers and their families. She spent 15 years working in specialist therapy services for children and currently has a private practice in Maynooth.

She and a colleague have set up ACT - Achieve Coaching and Training, providing seminars and workshops on a range of 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 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

Michael is an accredited Counsellor & Psychotherapist who has worked with Children and Teenagers in Schools for the past 10 years. He is the author of a self-help book for teenagers and gives training to teachers on how best to support young people's mental health. He also works with adults in private practice so he has a broad scope of experience. He is a human rights activist and has volunteered in Ethiopia on various projects.

Dr. John Sharry

Dr John Sharry is a social worker and family psychotherapist with over 27 years experience as a child and adolescent mental health professional.

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. His books have been translated into nine languages including, Spanish, Chinese, Arabic and Japanese. John is the weekly 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

Catherine Sheahan

Catherine Sheahan is a Speech and Language Therapist who founded and runs a private practice Caint Speech Therapy in Naas. Caint is a Multidisciplinary Clinic with speech therapy, occupational therapy, and psychology services.

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.

Simon Wallace

Simon Wallace is Parks Superintendent in Kildare County Council. Simon has spent nearly 20 years working in various parks departments including over 12 years in Kildare. Part of his work in Kildare has been to deliver and maintain 25 playgrounds in the county and the recent completion of a Play Strategy for the Kildare.

At A Glance

Event	Date	Time	Location
Bringing up responsible well-behaved and happy children	Thur 8th Feb	7pm	Naas Library
Parenting Teenagers: Managing conflict and getting on better with your Teenager	Thur 6th Sep	7pm	Leixlip Library
First Aid for Parents	Wed 21st Mar Tue 17th Apr Thur 13th Sept	10.30am 7pm 7pm	Newbridge Library Maynooth Library Athy Library
The Affordable Childcare Subsidy and other childcare supports	Thur 10th May Tue 15th May	7pm 7pm	Kildare Library Leixlip Library
Communication in the Pre-school years	Tue 20th Feb	7pm	Maynooth Library
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Childhood Worries and Anxieties	Thur 3rd May	7pm	Maynooth Library
Helping children who worry too much	Tue 27th Feb Fri 9th Mar Thur 4th Oct Thur 11th Oct	7pm 10.30am 7pm 7pm	Naas Library Newbridge Library Athy Library Kildare Library
Helping support your child's attention and concentration	Tue 13th Mar Tue 17th Apr Thur 26th Apr Wed 19th Sept	7pm 10.30am 7pm 10.30am	Newbridge Library Naas Library Athy Library Kildare Library
Helping your child build Resilience and Skills to cope with Life's challenges	Wed 21st Feb Tue 3rd Apr Thur 8th Nov Thur 15th Nov	10.30am 7pm 10.30am 7pm	Kildare Library Newbridge Library Naas Library Athy Library
Self Esteem, Confidence and Resilience	Tue 2nd Oct	7pm	Leixlip Library
The transition from Primary to Secondary School	Thur 19th April Thur 10th May	7pm 7pm	Celbridge Library Athy Library

At A Glance

Event	Date	Time	Location
How families survive the teenage years	Thur 31st May	7pm	Kildare Library
Managing Anxiety, Anger and Panic Attacks in Teens and Adults	Tue 18th Sept	7pm	Maynooth Library
Young People and Substance Misuse	Thur 22nd Feb Thur 7th June Thur 25th Oct	7 - 9pm 7 - 9pm 7 - 9pm	Celbridge Library Athy Library Kildare Library
Exam Stress - tips for supporting your teenager at this challenging time	Thur 5th April Thur 3rd May Thur 24th May	7pm 7pm 7pm	Kildare Library Athy Library Maynooth Library
Dads and their young people	Tue 20th Mar Thur 13th Sept Thur 20th Sept Thur 11th Oct	7 - 9pm 7 - 9pm 7 - 9pm 7 - 9pm	Leixlip Library Kildare Library Athy Library Celbridge Library
Playgrounds / Recreational Spaces in the Community	Thur 8th Mar Tue 17th Apr Thur 1st Nov	7pm 7pm 7pm	Celbridge Library Newbridge Library Athy Library
Healthy Food Made Easy for Parents	Wed 11th Apr - 16th May Fri 7th Sept - 12th Oct Tue 11th Sept - 16th Oct	10am - 12.30pm 10am - 12.30pm 10am - 12.30pm	Naas Library Celbridge Library Athy Library
Family Finance Advice with MABS	Thur 22nd Mar Tue 10th Apr Thur 14th Jun Thur 20th Sept	7pm 7pm 7pm 7pm	Naas Library Leixlip Library Athy Library Kildare Library
Co-parenting	Thur 3rd May Tue 9th Oct Tue 6th Nov	7pm 10am 7pm	Celbridge Library Naas Library Maynooth Library
Finding Balance: Self Care Workshop for Parents	Sat 14th April Thur 17th May Thur 27th Sept	11am - 12.30pm 10.30am - 12pm 7pm - 8.30pm	Newbridge Library Athy Library Naas Library



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