



PARENTS:

Practical and Positive Supports

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Introduction

This series of Parenting Talks has been organised by Kildare Library Service in partnership with HSE Primary Care Psychology Team and Mental Health Ireland 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 01 6272207 • Email: celbridgelib@kildarecoco.ie

Kildare Town Library:

Tel 045 530626 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



Promoting Positive Self-Esteem and Confidence in Children

Presented by Dr. John Sharry, Parenting Expert and Author

In this talk, John Sharry will present a new model of self-esteem that focuses on core parenting values and promoting children and teenagers confidence. Learn practical principles on how to help children discover their talents and strengths in a way that helps them grow up into well-adjusted and happy adults.

Leixlip Library: Thursday 5th March 7.00pm



Dr John Sharry is a best selling parenting author, with over 25 years experience as a child mental health professional. He is co-developer of the award winning Parents Plus Programmes, and the best selling author of twelve positive psychology and self-help book for families including *Positive Parenting*, and *Counselling Children Adolescents and Families*. 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

Babies and 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
- Temperature/febrile seizures

Celbridge Library: Tuesday 14th April 11.00am

Maynooth Library: Thursday 16th April 11.00am

Naas Library: Thursday 7th May 11.30am

Newbridge Library: Tuesday 26th May 7.00pm

Athy Library: Tuesday 9th June 7.00pm

Kildare Town Library: Thursday 24th September 11.30am

Leixlip Library: Tuesday 20th October 7.00pm



How to Help Babies and Toddlers Build a Sense of Security

Presented by HSE Primary Care Clinical Psychology Service

This talk is aimed at parents of children from birth to two years of age. It will explain the ideas behind attachment and bonding and include strategies and tips to help children develop a secure attachment.

Leixlip Library: Thursday 16th April 7.00pm

Newbridge Library: Friday 1st May 10.30am

Maynooth Library: Wednesday 21st October 7.00pm

How can I help my young child to Sleep?

Presented by HSE Primary Care Clinical Psychology Service

This talk aims to outline some of the ideas around infant sleep. It will cover what sleep is and how to encourage your child to learn how to sleep as well as possible. Strategies are explored for responding to disrupted sleep and promoting better sleep routines for your child.

Naas Library: Tuesday 22nd September 7.00pm

Children

Supporting Parents to Help Their Children to Behave Well

Presented by HSE Primary Care Clinical Psychology Service

This talk introduces basic ideas and strategies that can be of help to parents to reduce their child's undesirable behaviour. It will include tips and strategies to encourage children to behave in ways that are more helpful to themselves and others.

Kildare Town Library: Thursday 12th February 7.00pm

Naas Library: Tuesday 24th February 7.00pm

Leixlip Library: Wednesday 4th March 10.00am

Athy Library: Tuesday 21st April 7.00pm

Happy Parents/Happy Child

Presented by Sheila O'Malley, Parenting Expert

Sheila will share practical tips and skills to deal with sibling rivalry, difficult behaviour, Homework struggles and how to enjoy easier mornings and bedtimes.

Maynooth Library: Wednesday 11th March 7.00pm

Athy Library: Tuesday 24th March 7.00pm

Positive Discipline & Managing Challenging Behaviour

Presented by Sheila O'Malley, Parenting Expert

Sheila will look at how to promote more positive behaviour and experience less challenging behaviour from our child or teen. Sheila will also look at ways to deal with difficult behaviour more effectively when it happens

Kildare Town Library: Thursday 26th March 7.00pm



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

Presented by 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 Town Library: Thursday 30th April 11.30am

Celbridge Library: Thursday 12th November 7.00pm

Considering the Role of Digital Technology and Computer Games in your Child's Learning

Presented by Michael Hallissey

Young people today have been born into a digital world where the internet, tablets, apps, game consoles and much more are all pervasive. Many parents see such devices as having negative influences on a child's development yet they are powerful tools that can aid learning in a positive way. In his talk Michael will locate the use of technology today in a wider social context and in particular link it to the Government's forthcoming Digital Strategy for Schools.

Maynooth Library: Wednesday 22nd April 7.00pm

Naas Library: Tuesday 28th April 7.00pm

Helping Children Deal with Bullying

Presented by HSE Primary Care Clinical Psychology Service

This talk explores possible origins of bullying behaviour, the potential impacts of bullying such as feeling upset, hurt, rejected, afraid and isolated. It will also introduce strategies to support children to develop skills such as positive peer social interactions and enhanced assertiveness to overcome the negative impact of bullying.

Celbridge Library: Tuesday 5th May 11.00am

Athy Library: Tuesday 20th October 7.00pm

Helping Children Who Worry Too Much

Presented by 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 becomes less powerful in their day-to-day lives.

Maynooth Library: Wednesday 20th May 7.00pm

Leixlip Library: Thursday 24th September 7.00pm

Yuck I'm NOT eating that!

Toddler and Childhood Nutritional Challenges

Presented by Paula Mee, Dietician

Paula will give an overview of our children's common nutrition challenges and needs as they grow. She will cover food intolerances and allergies; parental feeding concerns e.g. what to feed young children and what to do if they are faddy and won't eat fruits and veg; when to consult with a specialist. Come along and ask your questions.

Naas Library: Thursday 21st May 7.00pm

Maynooth Library: Wednesday 16th September 7.00pm

Athy Library: Tuesday 24th November 7.00pm



Older Children & Teens

Helping Parents Recognise and Help their Teens with Stress

Presented by Finola Colgan from Mental Health Ireland

Fiona will show parents how to become aware of stress in their teens, ways to support their teen and ideas to manage stress. She will look at stressful situations such as exam stress, peer pressure & transitioning to college.

Athy Library: Tuesday 10th February 7.00pm

Leixlip Library: Thursday 26th February 7.00pm

Naas Library: Monday 23rd March 11.00am

Happy Parent/Happy Teen

Presented by Sheila O'Malley, Parenting Expert

Sheila will advise on how to establish a loving, trusting relationship with your teenager and negotiate the minefield of discos, alcohol, and screen time. Sheila will also look at positive relationships, peer pressure, body image and celebrity culture.

Celbridge Library: Thursday 12th February 7.00pm

Teenage Wellbeing & Positive Mental Health

Presented by Sheila O'Malley, Parenting Expert

'All we seem to do is argue!'

Parenting Teenagers can be challenging and there may be concern around eating, drinking or self-harm. Sheila will look at how to build self-esteem, establish better communication and problem solving skills.

Leixlip Library: Thursday 7th May 7.00pm





Social Networking & Cyberbullying Training

Presented by Fiona Ashe from Flashefoward Communications

This training course will give a simple overview of social networking, describing current social media trends. Fiona will look at teenage behaviour online. She will examine peer pressure, privacy issues and cyberbullying: what it is, what forms it takes, how to combat it and how to prevent it.

Leixlip Library: Wednesday 13th May 7.00pm

Celbridge Library: Thursday 17th September 7.00pm

Kildare Town Library: Thursday 5th November 7.00pm

Self-harming Behaviours in Young People

Presented by HSE Primary Care Clinical Psychology Service

For some young people acts of self harming can emerge as a way of dealing with painful emotions such as loss, hurt or lack of self worth. This talk aims to briefly explore the concept of deliberate self-harming behaviour. It will offer parents some information on alternative ways of helping a young person cope with psychological distress without risk of physical harm to themselves.

Newbridge Library: Tuesday 10th November 7.00pm

Leixlip Library: Thursday 26th November 7.00pm

Parents

Taking care of yourself when Stressed and Worried

Presented by HSE Primary Care Clinical Psychology Service
(in association with Shelf Help Programme)

Stress is a natural part of life for everyone. In fact, it is a fundamental part of being alive. However, for the majority of us, we are trying everyday to meet demands and manage the high stress levels that go hand in hand with these as best as we can. This talk is a short introduction to the ideas and strategies that are part of our Stress Control classes and its aim is to outline what stress is and some of the useful ways in which we can feel more control of it in our daily lives.

Leixlip Library: Tuesday 27th January 7.00pm

Parenting Alone

Presented by Sheila O'Malley, Parenting Expert

Sheila will look at parenting positively when parenting alone and how to help children and teens cope. Come and find help and support for yourself and your children or teens. Having support is essential when parenting alone.

Newbridge Library: Tuesday 14th April 7.00pm

Time Management for Working Parents

Presented by Sheila O'Malley, Parenting Expert

Do you have too little time with too many demands? How do you manage time or does it manage you? Come and learn practical tips and skills to get more time – for you!

Naas Library: Tuesday 12th May 7.00pm



For further information on
parenting programmes and courses
in your area check out
www.parentingsupport.ie

Biogs

Fiona Ashe

Flasheforward Communications

Fiona Ashe is an award-winning digital marketing consultant and trainer. She has a 20-year track record in professional communications. Fiona graduated from Dublin City University in 1991 with an Honours Bachelor of Arts Degree in Communications Studies. She was one of the first people in Ireland to secure a qualification in digital media, following her participation at The New Media Factory at Dundalk Institute of Technology in 2007/2008

In addition, Fiona is a filmmaker who specialises in social issue drama. She is currently writing a feature film script about cyberbullying and mental health.

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 has 4 children herself and in 2009 a friend asked her to deliver a First Aid course to a group of local mum's. After doing this course she recognised the need for parents of babies and young children to have a knowledge of basic first aid that could save their child's life in an emergency.

She did the First Aid instructors course, and while still working in the emergency room she set up her company First Aid For Everyone.

She has also completed the instructors course with the Irish Heart foundation to deliver CPR/AED courses.

Fiona Colgan

Finola is a Development Officer with Mental Health Ireland. She has extensive experience of speaking to young people and adults on mental health & well being. Finola supports schools, individuals and communities in becoming aware of and helping positive mental health.

Michael Hallissy

Michael Hallissy is a founding partner of H2 Learning, who provide consultative services and professional development services to government, schools and teachers. Michael is a former primary teacher and he holds a M.Ed in Education Technology from Boston College and a Doctorate in Online Learning from the Institute of Education (IOE), in London. He is currently assisting the Department of Education and Skills in developing their new Digital Strategy for Schools and he is involved in a number of projects to help young people develop their digital skills, through programmes such as Future Creators which is delivered jointly by the Digital Hub and the National College of Art and Design (NCAD).

Paula Mee

BSc., Dip Dietetics., MSc in Health Sciences., Dip Allergy, M.I.N.D.I.

Paula has been awarded a Diploma in Allergy from Southampton University. She has also completed the British Dietetic Association's Sports Dietitian course. Paula has completed INDI led courses in Behavioural Change and in April 2013, she was certified by Dr Michael Arloski, of the US Wellness Coach Training Institute as a Health and Wellness Coach. Paula set up her own consultancy in 2004 and provides an extensive range of services in nutrition, corporate wellness, marketing communications, recipe and menu analysis and product development.

Sheila O'Malley

Sheila O'Malley is one of Ireland's leading Professional Trainers/Public Speakers in the area of Well being. Sheila holds a degree in Relationship Studies in addition to her Parent Mentoring qualification. Her specialty is her unique delivery which is active and engaging. She has been a Correspondent for Independent Newspapers and ran a TV slot on TV3 and she is the parenting expert on the Pat Kenny Show on Newstalk Radio. Sheila combines a professional approach with a facilitative style that is warm and engaging. With her personable approach, she delivers material in a relaxed and enjoyable manner that is well received.

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