



TTT

Kildare Library and Arts Services

Toys, Technology and Training Project 2015

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This series of TTT talks and workshops has been organised by Kildare Library Service as part of our Toys, Technology and Training Project and is funded by Kildare County Council.

What is the TTT Project?

Kildare Library Services would like to inform you about our specialised Toys, Technology and Training Project. The collection is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs. Based in Athy, Leixlip and Naas Libraries this specialised collection of toys, software and assistive technology can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library. Items in the catalogue can be requested or renewed online and collected by the borrower at their nearest branch library.

Membership is free to any individual who lives, works or goes to school in County Kildare. Contact the libraries listed below for further terms and conditions of use.

This **Toy and Technology** collection have been chosen by the staff of Kildare Library Service in partnership with therapists working in the community.

The Project also includes the **Training** element of “TTT” which is our annual series of free lectures and workshops. These events offer further guidance, support and networking opportunities for parents, teachers and healthcare professionals.

For up to date details of future talks and events relating to the TTT Project please email us and ask to join our mailing list at leixliplib@kildarecoco.ie

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.

Athy Library:

Tel 059 8631144 • Email: athylib@kildarecoco.ie

Kildare Town Library:

Tel 045 530626 Email: kildarelib@kildarecoco.ie

Leixlip Library:

Tel: 01 6060050 • Email: leixliplib@kildarecoco.ie

Naas Library:

Tel 045 879111 • Email: naaslib@kildarecoco.ie

Newbridge Library:

Tel 045 448353 • Email: newbridgelib@kildarecoco.ie

Guest Speaker to Launch TTT Programme for 2015

Adam Harris, Founder of AslAm.ie

Adam Harris is the 19 year old founder of AslAm.ie, Ireland's online support and advocacy service for those affected by Autism Spectrum Conditions. Adam founded AslAm in response to his own experiences of living with Aspergers Syndrome and the need for greater public awareness of Autism.

A member of the NCSE Consultative Forum, Adam is a frequent commentator on Autism on national television, radio and print media. Adam has also spoken, on the need to change societal minds and hearts towards Autism, internationally at conferences in the United States, Morocco and the United Kingdom.

During the session, Adam will give an insight into his experiences of Aspergers Syndrome, the work of AslAm.ie and the role a community can play in empowering people with Autism. Parents, professionals and young people are invited to meet Adam and hear his own positive and inspiring story about living with Aspergers

Leixlip Library: Thursday 22nd January 7.00pm

Naas Library: Tuesday 27th January 7.00pm

Occupational Therapy Lectures/ Workshops with Dorothy Armstrong

Dorothy is an Occupational Therapist with a private practice in Maynooth. She has both a degree and a Masters and is currently studying towards a PhD in the area of dyspraxia. She is also a lecturer in occupational therapy at the National University of Galway.

Helping Primary School Children with Issues such as Dyspraxia, Asperger's, ADHD / ADD Prepare to Transition to Secondary School

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with this population. It will cover issues such as:

- The issues that are challenging when transitioning to secondary school
- The preparation needed to prepare the child for the transition
- Strategies that will help with organisation and secondary school readiness
- Strategies to promote inclusion once the student are there

Newbridge Library: Tuesday 13th January 7.00pm

Leixlip Library: Thursday 29th January 7.00pm

Study Skills for older children and teenagers with Dyslexia

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with this population. This talk will help students learn how to prepare for exams and will cover issues such as:

- Understanding how dyslexia can impact studying
- Preparing to study
- Using your own learning style
- How to read to understand
- How to take notes
- Memory strategies

Kildare Town Library: Thursday 22nd January 7.00pm

Leixlip Library: Thursday 5th February 7.00pm

Naas Library: Thursday 26th February 7.00pm

Helping Children with Special Needs (e.g. Down Syndrome, Autistic Spectrum Disorder, Intellectual Disability) Prepare to Transition to a Main Stream Primary School

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with this population. The talk will focus on the transition of children with Special needs to a main stream primary school. Your child may not have a diagnosis but if you think they may have a special need this talk will be helpful for you. The issues covered will include:

- The skills your child needs before going into primary school
- Helping the child develop the skills needed for primary school
- The school environment – supports available
- Orientating the child to the new school environment and routines
- Strategies to promote inclusion once they are there

Athy Library: Tuesday 10th March 7.00pm

Naas Library: Thursday 26th March 7.00pm



Can't write, Won't write!

What can a parent do to help a child who struggles with handwriting

Dorothy Armstrong will host an evening that is aimed primarily at parents, though teachers and those who work with this population may also find this useful. This talk will help parents understand why their child might be struggling when writing.

There will be a presentation of practical ideas to help children and of relevant equipment from the Toys, Technology and Training collection.

Dorothy will also discuss when handwriting may not be the best option and when to consider the need for assistive technology such as a laptop.

Kildare Town Library: Thursday 16th April 7.00pm

Naas Library: Thursday 24th September 7.00pm

Anger Management and Strategies for Managing and Preventing Aggressive Behaviour

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children with conditions such as Asperger's syndrome, Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder or those with anger issues. It will cover the following issues:

- What makes some children more susceptible to angry outbursts
- Strategies to help children manage their anger
- Diet, exercise and staying calm
- Dealing with aggressive or violent behaviour

Leixlip Library: Thursday 30th April 7.00pm

Athy Library: Tuesday 6th October 7.00pm

Intellectually Gifted Children and Teenagers

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children who are intellectually gifted (exceptionally able). Being intellectually gifted in school is a special need that is under acknowledged and under resourced. This talk will cover the following issues:

- Who are the intellectually gifted?
- Difficulties encountered by intellectually gifted students in the school setting?
- Twice Exceptional – intellectually gifted with another special need.
- How parents can help their intellectually gifted child
- Strategies towards full inclusion of intellectually gifted children in the classroom setting

Naas Library: Thursday 18th June 7.00pm

It's Too loud, Too Bright, Too Tight and the Seams on my Socks Hurt! Helping Children with Sensory Processing Disorder Concentrate and Learn in an Overwhelming World

We all receive information about the world around us through our senses e.g. sight, hearing, taste, smell and touch. This helps us to understand the world around us and helps us to know how to respond to it. A sensory processing disorder refers to a problem with processing sensory information, it is common for people on the autistic spectrum to have difficulties in this area but children can have these problems who have no diagnosis of any kind. Examples of sensory processing problems include:

- Smells other people don't find a problem make the person feel sick
- Finding the noise of a Hoover or hand-dryer painful
- Needing to move or fidget constantly
- Becoming anxious or aggressive with light or unexpected touch
- Needing the labels to be cut off clothes

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with people with sensory processing problems. It will cover issues such as:

- What is a Sensory Processing Disorder
- Strategies to help children with problems in this area concentrate and learn in the classroom setting and when doing homework
- Introduction to some of the toys from the Libraries Toys, Technology and Training collection that are of use to children with these issues.

Naas Library: Thursday 28th May 7.00pm

Leixlip Library: Thursday 10th September 7.00pm

Helping my child with ADHD

Dorothy Armstrong will host an evening that is primarily aimed at parents, although teachers and those who work with children with ADHD may also find this talk useful. Children with ADHD are frequently misunderstood and falsely labelled as badly behaved, this can lead to them developing low self-esteem with resultant mental health issues. This talk aims to promote ways to build and maintain their self-confidence and resilience. Strategies for helping children with ADHD to achieve optimally in school will also be discussed.

Athy Library: Tuesday 5th May 7.00pm

Newbridge Library: Tuesday 13th October 7.00pm

My child has just received a diagnosis – what now?

When a child is first diagnosed with any form of disability, parents feel a wide range of emotions – grief, relief, fear and an intense need to protect their child. The road forward can seem unclear and overwhelming. This following issues will be discussed in this talk:

- Common feelings experienced
- Telling family and friends
- Entitlements and Supports offered from agencies such as the HSE
- Supports available from voluntary groups in the community
- Liaising with schools and the education system

Kildare Town Library: Thursday 5th March 7.00pm

Leixlip Library: Thursday 4th June 7.00pm

Stress Management for Older Children and Teenagers

Dorothy Armstrong will host an evening that is aimed primarily at parents, but teachers and those who work with children who suffer from anxiety will also benefit from attending. Teenagers themselves are also very welcome to attend.

The following topics will be covered:

- The stress response
- The causes of anxiety in children
- The role of diet and exercise
- Strategies to help your child manage their anxiety.

Naas Library: Thursday 23rd April 7.00pm

Leixlip Library: Thursday 14th May 7.00pm

Minding Yourself When Parenting Your Child with Special Needs. You're important too!

Dorothy Armstrong will host an evening which focuses on the importance of self-care for parents of children with special needs. Parents are often so busy minding their children that their own emotional and physical health is neglected leading to poor health and a low frustration tolerance. This evening will offer practical guidance and strategies for parents.

Naas Library: Thursday 22nd October 7pm



Improving your child's social skills

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children with conditions such as Asperger's syndrome, Attention Deficit Hyperactivity Disorder, Developmental Coordination Disorder (Dyspraxia) etc. It will cover the following issues:

- Developing good communication strategies
- Body language
- Dealing with conflict
- Maintaining friendships

Leixlip Library: Thursday 5th November 7.00pm

Naas Library: Thursday 26th November 7.00pm

Together We Stand Strong: How to Set Up a Support Group

Being the parent of a child with special needs can be rewarding but exhausting. There is a great need for the support of other parents who know exactly what you are going through because they have been there too. Parents can also help to promote the rights and needs of their children and together they are a force to be reckoned with.

This workshop is designed to help people who are considering setting up a support group. Different types of groups will be discussed along with practicalities and pitfalls.

If you know a group of parents who are considering setting up a support group and would like Dorothy to help get you started, please contact Leixlip Library to arrange for Dorothy to meet the group in your nearest branch library.



Speech and Language Therapy Lectures with Catherine Sheahan

Catherine Sheahan is a Speech and Language Therapist who founded and runs a private practice Caint Speech Therapy in Naas. Catherine qualified from Trinity in 1997 and was awarded a Masters in 2009. She has extensive experience in working with individuals with a variety of speech and language difficulties in Australia, USA and Ireland.

Catherine commenced her professional career working with the HSE before subsequently 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 has extensive experience in running seminars and training for teachers regarding communication difficulties. Catherine develops programmes for teachers for IEP and Resource planning.

Communication In the School Years

In her lecture Catherine will focus on the following:

- What are the different of areas of language?
- Why are these important in the school years?
- How can language difficulties affect a child's learning?
- Tips and strategies for parents and teachers
- Understanding Speech and Language Assessment Reports

There will be time at the end of the talk for questions from the audience.

Athy Library: Tuesday 23rd June 7.00pm

Leixlip Library: Thursday 1st October 7.00pm

Late Talkers

In her lecture Catherine will focus on the following:

- Ages and stages of early language development - Birth to 4 years
- Promoting early interaction in babies
- Building blocks of language- turn taking, eye contact, attention and listening
- The importance of play
- How to encourage first words- communication temptations/ imitation/ choices
- Putting words together and forming sentences
- Later language development-- grammar/ vocab/ stories
- Fluency/ childhood stuttering

There will be time at the end of the talk for questions from the audience.

Leixlip Library: Thursday 11th June 7.00pm

Naas Library: Tuesday 16th June 7.00pm

Nutritional Advice with Michelle Skelly, Registered Dietitian, Nutri Vive Nutrition Clinic

Michelle qualified as a Dietitian from The University of Ulster in 2005 and has 9 years of experience as a hospital based Dietitian. She has worked in The National Rehabilitation Hospital, St. James' Hospital, Our Lady of Lourdes Hospital Drogheda, Louth County Hospital and Midland Regional Hospital Portlaoise. Michelle has gained extensive experience in nutrition for Diabetes, Cardiology, Weight Management, Pregnancy, Eating Disorders and Paediatrics (nutrition for babies, children and teenagers). Michelle joined Nutri Vive Nutrition Clinic in 2014 and holds private consultations by appointment at the Vista Clinic in Naas, Co. Kildare.

Nutrition, Managing Fussy Eaters and Eating Difficulties for Children with Special Needs

This nutrition seminar will help parents to ensure that their child receives all of the essential nutrients for optimal growth and development. Practical guidance will also be provided to help manage fussy eating and eating difficulties often experienced with special needs. Michelle will answer any questions you may have on the topic.

Leixlip Library: Thursday 12th March 7.00pm

Naas Library: Tuesday 30th June 7.00pm



Assistive Technology with Belinda Davies Assistive Technology Practitioner

Belinda Davis is a Specialist Assistive Technology Practitioner who works with the Central Remedial Clinic.

Tablet v. iPad v. Laptop

Which device or piece of assistive technology will work best for you/your child?

It's that time of year again when parents are thinking about purchasing expensive equipment for their children to use in school and at home. But before you go and spend money on a particular device for your child with learning difficulties or special needs you need good advice on what will work best for them.

During this workshop Belinda will offer advice on which piece of assistive technology will work best for you or your child. She will talk about and demo the latest software and apps that are most appropriate for individuals with Dyslexia/Dyspraxia, learning difficulties or physical disabilities.

Naas Library: Thursday 8th October 7.00pm

Leixlip Library: Thursday 15th October 7.00pm



