

“Let’s Talk about Parenting”

FREE
series of
talks in Kildare
Libraries
for 2016



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, Mental Health Ireland, Public Health Nurse HSE, Pieta House, IFPA, Garda Síochána 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

Cop On: What it is and why your child needs it to thrive and survive in today's world

Presented by Colman Noctor

Colman Noctor is a Child and Adolescent Psychoanalytical Psychotherapist. He has worked across a range of Child & Adolescent Mental Health Services both in Ireland and abroad and he has a wealth of national and international clinical experience.

Colman will discuss how to equip your children to cope with life's challenges and to foster "cop on" through fostering emotional intelligence, self awareness and adaptive decision-making.

He will explain the importance of communicating & learning to see the your child's world through their eyes. His honest & practical insights offers a roadmap to guide your child to survive and thrive in today's world.

His book Cop On. What it is and why your child needs it to thrive and survive in today's world was published in March 2015.



Naas Library:

Tuesday 23rd February 7pm

Leixlip Library:

Thursday 3rd March 7pm

Featured Talks

Parenting : The Challenges and Rewards

Presented by John Lonergan & Caroline Crotty



John and Caroline will focus on a number of important issues facing parents of children of all ages. The main points will include our relationship with modern technology and social media and the dangers to our children, accepting our children's reality from day one including their ability and basing our expectations on their ability rather than ours as parents.



John and Caroline together will talk about the whole challenge of communication between children and parents, the importance of listening and hearing our children, the communication barriers that we as parents create and the importance of praise and positivity. The main emphasis will be on raising awareness for parents by highlighting the simple things that can make a difference.

Leixlip Library :
Naas Library:

Thursday 11th February 7pm
Tuesday 4th October 7pm

Nurturing Happiness and Contentment

Presented by John Lonergan & Caroline Crotty

John and Caroline will talk about nurturing happiness and contentment; how to "mind" ourselves. They will focus on the things we should do and those which we should avoid. It will be an informal and lighthearted evening while addressing important issues.

Athy Library:

Tuesday 3rd May 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 for:

- Details of upcoming parenting courses and talks in your area.
- Information about local services and organisations that support parents.
- Downloadable booklets and leaflets on a range of different topics relevant to parents.

If you work with parents:

- In addition to the above, you can post details on the website of courses, programmes or talks you are delivering by completing a simple online form.

For further information go to:

Website: www.parentingsupport.ie

Email: info@parentingsupport.ie

Facebook: www.facebook.com/parentingsupport

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) 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.



Help your Infant/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.

Celbridge Library: Thursday 4th February 7pm
Kildare Library: Thursday 9th June 7pm
Leixlip Library: Tuesday 14th June 7pm
Maynooth Library: Wednesday 5th October 7pm

First Aid for Parents

Presented by Siobhan Butler from First Aid for Everyone

This informative and interactive course will use lots of visual aids in the presentation and there will be plenty of opportunities 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: Thursday 14th April 7pm
Newbridge Library: Tuesday 10th May 7pm
Leixlip Library: Thursday 10th November 7pm

The ABCs of Healthy & Mindful Eating for Children

Presented by Dr. Bernadette Rock

It is never too early for a parent to influence how their children interact with food and eating. The aim of this talk will be to support parents in developing a healthy mindset around food to encourage balanced eating habits in their children.

Topics covered will include:

- Telling your children the truth about food
- What to do if your dinner table is a place of conflict
- How to handle "fussy" eaters
- Encouraging mindful children
- Your own childhood eating habits
- Find your pause button

Newbridge Library: Tuesday 1st March 7pm
Leixlip Library: Tuesday 17th May 7pm

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 become less powerful in their day-to-day lives.

Newbridge Library: Tuesday 8th March 7pm:
 Presented by Dr. Gary Collins

Naas Library: Thursday 14th April 7pm
 Presented by Dr. Rosario Power

Yuck I'm NOT eating that! Toddler and Childhood Nutritional Challenge

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.

Celbridge Library: Thursday 10th March 7pm
Naas Library: Thursday 13th October 7pm

How to Deal With Bullying and Cyberbullying

Presented by Garda Dave Prendergast, Juvenile Liaison Officer, Kildare Division

This presentation on bullying and cyberbullying will cover why it is important that children and young people foster a sense of care and respect for others online. Garda Prendergast will explain how to equip both children and parents with the skills to deal effectively with bullying.

Athy Library: Tuesday 15th March 7pm
Kildare Library: Thursday 24th March 7pm
Celbridge Library: Thursday 22nd September 7pm

Happy Parents/Happy Child

Presented by Sheila O'Malley, Relationship & Parenting Mentor

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

Newbridge Library: Tuesday 5th April 7pm

Raising Boys

Presented by Sheila O'Malley, Relationship & Parenting Mentor

Sheila will offer practical and honest advice for parenting boys using real life situations. Managing anger or difficult behaviour, sibling rivalry and positive discipline are all covered. Sheila will provide thought provoking insights as well as humour and great tips. Whether you are struggling with a toddler or a teenager - this talk is for you.

Leixlip Library: Thursday 7th April 7pm

Parenting Tips and Strategies

Presented by HSE Primary Care Clinical Psychology Service

This course is delivered over 4 sessions, each lasting 90 minutes. Parents often comment that "children don't come with a manual". This course was developed by the Kildare and West Wicklow Primary Care Psychology Team, based on well established psychological ideas and aims to provide the kind of information that would be helpful if there were "a manual". The course addresses issues such as building up a strong connection with a child, supporting the child to make good choices and behave well and also with what to do at times when a child's behaviour is not as you would like. While there is something in this course for all parents, it will have most relevance to parents of children up to about 12 years of age

Naas Library: Thursdays April 14th, April 21st, April 28th & May 5th
10.15am - 11.45am

Presented by Dr Rosario Power
Athy Library: Wednesdays Oct 5th, 12th, 19th & 26th
10.15am - 11.45am

Presented by Dr Julie Connolly
Newbridge Library: Wednesday November 9th, November 16th,
November 23rd & November 30th.
10am - 11.30am

Presented by Dr Gary Collins

The Changing Face of Childhood and Parenthood: Connecting with what really matters in a complex and competitive world

Presented by Dr. Catriona O'Toole, Lecturer in Educational Psychology, NUIM

This talk explores how complex modern society has changed the face of both childhood and parenthood, often resulting in increased pressures on children to accomplish and parallel pressures on parents to "get it right". This discussion will explore ways of fostering resilience through the ordinary and timeless magic of everyday relationships.

Maynooth Library: Wednesday 25th May 7pm

Nurturing the Seeds of Self-Discipline, Independence and 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.

Leixlip Library: Thursday 2nd June 7pm
Maynooth Library: Wednesday 19th October 7pm

Phonics/ phonological awareness: how to help struggling readers

Presented by Catherine Sheahan Speech and Language Therapist

Phonological awareness skills are important in order to develop good reading skills. Having good phonological awareness skills means that a child is able to manipulate sounds and words, or "play" with sounds and words. Phonological awareness is important because it is a basis for reading. Children begin to read by listening to others read aloud, then recognising sounds in words, sounding words out for themselves, recognising familiar words, and so on. This talk will help parents discover why their child is struggling with reading skills and cover the following topics:

- What is phonological awareness: the importance of early rhyme, syllabification, blending and segmenting of sounds.
- Working at home with your child .. How to develop sound letter knowledge
- Using a phonic approach to reading and spelling. Cues for blending and segmenting
- Useful resources and websites to use at home

Leixlip Library: Tuesday 20th September 7pm

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.

Newbridge Library: Tuesday 18th October 7pm
 Presented by Dr. Gary Collins

From Barbie Dolls to Twerking Popstars: Parenting girls in a culture obsessed with beauty and sexiness

Presented by Dr. Catriona O'Toole, Lecturer in Educational Psychology, NUIM

Starting from an early age, our daughters face an endless barrage of messages from media, advertising and other sources, which impacts how they see themselves and their roles in society. This session aims to create awareness of how expectations for girls are often narrow and restricting. This discussion will explore ways that families can empower girls to thrive as healthy and active members of society.

Celbridge Library: Thursday 10th November 7pm

Reading comprehension- the role of language

Presented by Catherine Sheahan Speech and Language Therapist

"My child can read so why can't he answer the questions?" Without comprehension, reading is simply following words on a page from left to right while sounding them out. The words on the page have no meaning. Many children can read words on the page easily and yet cannot process the meaning of the text.

This talk will cover the following topics:

- Identifying reasons why students have difficulty with reading comprehension.
- The role of vocabulary and sentence comprehension
- Word mapping to develop better vocabulary skills
- Tips and strategies to aid reading comprehension
- Working through questions and planning answers in reading comprehension texts
- Useful resources and websites when working with your children at home/school

Maynooth Library: Wednesday 16th November 7pm

Happy Parent/Happy Teen

Presented by Sheila O'Malley, Relationship & Parenting Mentor

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

Athy Library: Tuesday 9th February 7pm

Social Networking & Cyberbullying Training

Presented by Fiona Ashe from Flashefoward Communications

Social networks have become a more dangerous place for teenagers, with a significant rise in cyberbullying. The more parents know about the world of social networking, the more they can protect their children. This training course will look at teenage behaviour online, examine the huge peer pressure on teenagers and the issues of privacy which the internet presents. It will also analyse cyberbullying: what it is, what forms it takes, how to combat it and how to prevent it.

Maynooth Library: Wednesday 24th February 7pm
Naas Library: Thursday 5th May 7pm
Newbridge Library: Tuesday 11th October 7pm

Teenage Well Being and Positive Mental Health

Presented by Sheila O'Malley, Relationship & Parenting Mentor

Tired of the drama, the shouting, the arguments? Get practical tips to help you raise your teen's self esteem and how they feel about themselves or maybe improve your communication with them. As parents there is much we can do to help our teen be resilient and to feel able to meet the demands of life.

Kildare Library: Thursday 3rd March 7pm

Peer Pressure & Parental Influence

Presented by Clare Crowley Collier, Counsellor from Family Matters

The age-old problem of peer pressure is alive and well amongst teenagers today. Beginning earlier, pressure and influence from peers has also increased in strength, fuelled by social media. However parents still play a vital role in guiding their teenagers. This talk will look at how parents can build relationships based on trust and mutual respect, so they can continue to be a strong influence in their teenager's lives.

Kildare Library: Thursday 21st April 7pm
Celbridge Library: Thursday 19th May 7pm

Promoting Teenage Wellbeing

Presented by Dr Julie Connolly, HSE Primary Care Clinical Psychology Service

The teenage years can be difficult ones for a young person to navigate – as well as for their parents! This talk will explore some of the challenges young people face, will help parents understand and communicate with their young person, support them to develop ways of coping with difficulties in life and promote their emotional wellbeing. It will help parents to recognise signs of stress and to help their young person develop skills to manage such feelings.

Athy Library: Tuesday 26th April 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.

Leixlip Library: Thursday 28th April 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.

Maynooth Library: Tuesday 27th September 8pm

"Coming Out": A talk for LGBT People and their supporters

Presented by Michael Ryan Author & 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 last year's referendum and the current challenges facing LGBT people.

Newbridge Library: Tuesday 27th 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.

Leixlip Library: Thursday 6th October 7pm
Naas Library: Thursday 24th November 7pm

Mental Wellbeing and Self Care Strategies: 'You Cannot Get Water from a Dry Well'

Presented by Finola Colgan from Mental Health Ireland

Finola will explore our understanding of mental health and wellbeing and how we can develop good coping strategies at stressful and anxious times.

This presentation will include the five steps to good mental health: Connect, Be Active, Take Notice, Keep Learning & Give.

Celbridge Library: Thursday 25th February 7pm
Kildare Library: Thursday 5th May 7pm
Newbridge Library: Tuesday 7th June 7pm
Maynooth Library: Wednesday 7th September 7pm
Leixlip Library: Thursday 27th October 7pm
Naas Library: Thursday 10th November 7pm
Athy Library: Tuesday 15th November 7pm

Time Management for Working Parents

Presented by Sheila O'Malley, Relationship & Parenting Mentor

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!

Maynooth Library: Wednesday 4th May 7pm

Parenting When Separated

Presented by Martina Newe from HelpMe2Parent

Parenting is a tough job for parents but even tougher when you find yourself separated or divorced and trying to handle everyday parenting challenges effectively. Whether a couple split amicably or acrimoniously, they are still parents to their children and must get on with their responsibility of co-parenting in a way that helps their children to cope with the new family structure and also protects them as much as possible from stress. Martina will talk about:

- Recognising the issues that children experience
- Protecting your child and allowing them to recognise emotions and feelings
- Allowing your child to love and know both parents without feeling that they are taking sides
- The importance of parental communication and what should be shared between parents
- Commitment letters - some suggestions for parents

Maynooth Library:
Athy Library:

Wednesday 13th April 7pm
Tuesday 25th October 7pm

Dr Catriona O'Toole

Dr Catriona O'Toole is a lecturer in educational psychology in Maynooth University Department of Education. Her research focuses broadly on children and young people's wellbeing including how contemporary culture shapes children's lives and experiences. Catriona has published papers in key academic journals and has conducted research for agencies including the Department of Children and Youth Affairs. In addition to her academic work, Catriona is actively engaged in a variety of community and inter-agency groups that work to enhance the lives of children in Ireland.

Michael Ryan

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.

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.

Catherine Sheahan

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.

Dave Prendergast

Dave Prendergast is a Garda with 15 years' service and is currently working as a Juvenile Liaison Officer in the Kildare Division. He works primarily with young people who have come into conflict with the law.

Paula Mee

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

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 and has 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.

Bridie Clancy

Bridie currently works as a Support Officer in the Social Work Department. 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.

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.

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 instructors course with the Irish Heart foundation to deliver CPR/AED courses.

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 Irish Independent and herfamily.ie. She works in private practice in Celbridge and in a number of schools as a therapist and facilitator.

Caroline Crotty

Caroline Crotty (Counsellor & Psychotherapist) works on an individual basis with adolescents and adults and has clinics in West Cork, Cork and Waterford. Much of Caroline's individual therapeutic work with adults and children relates to nurturing positivity, self-reliance and developing new coping skills. Caroline delivers wellbeing training, talks and workshops to promote contentment, hope and positive change to the education sector (at each level); workplace, corporate and community groups

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.

John Lonergan

John Lonergan is a native of Bansha, Co Tipperary. He served in the Irish Prison Service for over 42 years and retired as Governor of Mountjoy in 2010. He has published a highly acclaimed memoir "The Governor" and "Parenting – Raising Your Child in Ireland Today". For over 20 years John has delivered talks to communities and parents, sharing his personal experience of parenting.

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. She has been a Correspondent for Independent Newspapers and ran a TV slot on TV3 as well as on Radio.

Martina Newe

Martina Newe is a co-founder and director of the parenting support company 'Help Me To Parent' - see www.HelpMe2Parent.ie and is a regular contributor to websites such as Rollercoaster.ie and Schooldays.ie. She writes many articles on parenting for magazines and is frequently featured in many articles in The Irish Times and The Irish Independent. She has also appeared on TV3's The Morning Show. Martina trained as a Parent Coach and is a fully accredited Family Mediator.

Colman Noctor

Colman Noctor is a Child and Adolescent Psychoanalytical Psychotherapist. He has worked across a range of Child & Adolescent Mental Health Services both in Ireland and abroad and he has a wealth of national and international clinical experience. Colman specialises in the treatment of emotional disorders. He is a frequent contributor to both the national broadsheet press (Irish Times, Irish Independent) and Newstalk's Moncrieff. His book Cop On. What it is and why your child needs it to thrive and survive in today's world was published in March 2015.

Event	Date	Time	Location
Cop On: What it is & why your child needs it to thrive & survive in today's world	Tue 23rd Feb Thur 3rd Mar	7pm 7pm	Naas Library Leixlip Library
Parenting: The Challenges & Rewards	Thur 11th Mar Tue 4th Oct	7pm 7pm	Leixlip Library Naas Library
Nurturing Happiness & Contentment	Tue 3rd May	7pm	Athy Library
Help your Infant/Child Sleep Better	Thur 4th Feb Thur 9th Jun Tue 14th Jun Wed 5th Oct	7pm 7pm 7pm 7pm	Celbridge Library Kildare Library Leixlip Library Maynooth Library
First Aid for Parents	Thur 14th Apr Tue 10th May Thur 10th Nov	7pm 7pm 7pm	Celbridge Library Newbridge Library Leixlip Library
The ABCs of Healthy & Mindful Eating for Children	Tue 1st Mar Tue 17th May	7pm 7pm	Newbridge Library Leixlip Library
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Yuck I'm NOT eating that! Toddler and Childhood Nutritional Challenges	Thur 10th Mar Thur 13th Oct	7pm 7pm	Celbridge Library Naas Library
How to Deal With Bullying and Cyberbullying	Tue 15th Mar Thu 24th Mar Thu 22nd Sept	7pm 7pm 7pm	Athy Library Kildare Library Celbridge Library
Happy Parents/Happy Child	Tue 5th Apr	7pm	Newbridge Library
Raising Boys	Thur 7th Apr	7pm	Leixlip Library
Parenting Tips and Strategies	see listing for info		
The Changing Face of Childhood and Parenthood: Connecting with what really matters in a complex and competitive world	Wed 25th May	7pm	Maynooth Library
Nurturing the Seeds of Self-Discipline, Independence and Confidence in Children 2 – 6 years old	Thur 2nd Jun Wed 19th Oct	7pm 7pm	Leixlip Library Maynooth Library
Phonics/ phonological awareness: how to help struggling readers	Tue 20th Sept	7pm	Lexlip Library

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From Barbie Dolls to Twerking Popstars: Parenting girls in a culture obsessed with beauty and sexiness	Thur 10th Nov	7pm	Celbridge Library
Reading comprehension- the role of language	Wed 16th Nov	7pm	Maynooth Library
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Social Networking & Cyberbullying Training	Wed 24th Feb Thur 5th May Tue 11th Oct	7pm 7pm 7pm	Maynooth Library Naas Library Newbridge Library
Teenage Well Being and Positive Mental Health	Thur 3rd Mar	7pm	Kildare Library
Peer Pressure & Parental Influence	Thur 21st Apr Thur 19th May	7pm 7pm	Kildare Library Celbridge Library
Promoting Teenage Wellbeing	Tue 26th Apr	7pm	Athy Library
Building your Daughters Self-Esteem	Thur 28th Apr	7pm	Leixlip Library
Girls – Friends, Frenemies & Fights	Tue 27th Sept	8pm	Maynooth Library
“Coming Out” : A talk for LGBT People and their supporters	Tue 27th Sept	7pm	Newbridge Library
Self-harming Behaviours in Young People	Thur 6th Oct Thur 24th Nov	7pm 7pm	Leixlip Library Naas Library
Mental Wellbeing and Self Care Strategies: 'You Cannot Get Water from a Dry Well'	Thur 25th Feb Thur 5th May Tue 7th Jun Wed 7th Sept Thur 27th Oct Thur 10th Nov Tue 15th Nov	7pm 7pm 7pm 7pm 7pm 7pm 7pm	Celbridge Library Kildare Library Newbridge Library Maynooth Library Leixlip Library Naas Library Athy Library
Parenting When Separated	Wed 13th Apr Tue 25th Oct	7pm 7pm	Maynooth Library Athy Library
Time Management for Working Parents	Wed 4th May	7pm	Maynooth Library



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