

“Let’s Talk about Parenting”



FREE SERIES OF TALKS 2024



SPRING 2024

 KildareCountyLibraryService

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www.kildare.ie/library



Comhairle Contae Chill Dara
Kildare County Council

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: www.facebook.com/parentingsupport
Instagram: www.instagram.com/parentingsupport
Twitter: [@parentingsupport](https://twitter.com/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 and Wicklow Children & Young People's Services Committee (CYPSC). It has been funded by Kildare CYPSC via the Better Outcomes, Brighter Futures Programme funding from the Department of Children and Youth Affairs.*

**Forum members are: Co. Kildare LEADER partnership, Curragh PRIDE Family resource centre, Athy Family Resource Centre, Kildare County Childcare Committee, West Wicklow Childcare Committee, HSE, Kildare Library Service, InSync, Newbridge Family Resource Centre, Prevention, Partnership & Family Support TUSLA.*



INTRODUCTION

These Spring series of parenting talks have been organised by Kildare Library Service with support from the Kildare Child and Young People Services Committee and The Kildare & West Wicklow Parenting Forum. The 'Let's talk about Parenting' Programme has been running in Kildare Libraries since 2015 and is funded by Kildare County Council.

These events hope to support both parents and professionals working with children and families in County Kildare. Attendance at all events is free of charge and open to library members (its free and easy to join - at your local library or online via <https://kildarecoco.ie/library/>) but booking is required. Talks are a mixture of in-house and online and bookings will be taken via the supplied Ticket Tailor web links. Certificates of attendance are available for Continuing Professional Development purposes.

For more information on the programme please contact co-ordinators Suzanne Brosnan (North Kildare) at sbrosnan@kildarecoco.ie or Andrea Dermody (South Kildare) adermody@kildarecoco.ie and we will be happy to assist you. Alternatively, for venue specific details or help with booking etc you can contact the relevant library - contact details below. We hope you enjoy the programme.

Athy Library

Tel: 045 980555
Email: athylib@kildarecoco.ie

Celbridge Library

Tel: 045 980994
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: 045 980493
Email: maynoothlib@kildarecoco.ie

Naas Library & Cultural Centre

Tel: 045 980975
Email: naaslib@kildarecoco.ie

Newbridge Library

Tel: 045 906130
Email: newbridgelib@kildarecoco.ie



EARLY & PRE-SCHOOL YEARS

Baby Sign Language (4 week course)

Presented by Claire Glynn

Clever Little Handies is an award-winning baby sign class for parents with babies from newborns, up to wobblers / babies of 1 years of age. We already know babies can communicate with their hands before they can talk; they can wave; they can clap; they can point. They have the dexterity in their hands to formulate signs long before they have the muscle dexterity in their mouths to form words. By providing tools to communicate from an early age they will have a vocabulary to use, even if they're not formulating words yet. Irish Sign Language signs that pertain to the day to day with a baby are taught through nursery rhymes, songs and poems. Don't wait to communicate!

Athy Library:

Wednesdays 10.30am – 11.30am 14th February – 6th March

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094019>



Athy

Naas Library & Cultural Centre:

Tuesdays 10.30am – 11.30am 9th – 30th April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094025>



Naas

Maynooth Library:

Wednesdays 10.30am – 11.30am 8th – 29th May

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094026>



Maynooth



Sleep - What Every Parent Needs to Know (birth - 6 years)

Presented by Lucy Wolfe, Sleep Consultant

An introduction to your child's sleep. Responsive sleep shaping strategies to embrace from birth - 6 months Responsive sleep learning strategies to implement from 6 months to 6 years.

Addressing 3 core reasons that routinely dilute parents' efforts.

Decisions to make that improve sleep-where does your baby sleep-who starts the process-using a dummy-when to begin.

10 definitive steps towards positive sleep practices including using my stay and support approach to improve sleep gently and considerately by day and by night.

Online Talk: Wednesday 13th March 10am – 11am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1093968>



Toilet Training - Less Stress more Success!

Presented by Dee Holland Hannon

This workshop prepares the parent for potty training. It will cover readiness and prepping your child before starting. With the correct preparation a lot of the hard work can be done before the child ever sits on the potty. It will teach the parent Deirdre's unique approach to potty training, including rewards, naps and bedtime. Deirdre will highlight the common challenges of potty training to reassure the parent of what's "normal" for many. Learn how to avoid and reduce resistance, encourage co-operation and have a motivated learner during training. Understand the basics of bowel and bladder health and come away better equipped to tackle this next stage in your toddler's development.

Online: Wednesday 29th May 8pm - 9pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1124140>



Starting 'Big School'

Presented by Dr Mary O'Kane

Your child is starting 'Big School' in September, this means new experiences, new friends, and a whole new identity as a Junior Infant. Naturally you want to support them in making this transition a success. How should you best prepare your child for this major transition in their lives? In this session, Dr Mary O'Kane offers some very practical advice on the most important skill sets for children during this transition, and how best to support your child over the summer in developing these skills.

Online: Thursday 30th May 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1113742>



GENERAL

Dealing with Challenging Behaviour

Presented by Alan Quinn, Le Cheile

When faced with a child/teen who is argumentative, disruptive, controlling, abusive and even threatening or violent it is really useful to approach this from a place of understanding. Firstly, understanding our own triggers and reactions. But also understanding what their behaviour is telling us about what is really going on and how we can better respond to it.

Online Talk: Tuesday 20th February 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1093979>





Lost in Transition - Rediscovering Your Identity in Motherhood

Presented by Anne Morgan

Becoming a mother is an incredible, life changing experience, and it is also one of the most significant psychological and physical changes a woman will ever have. No matter how prepared we are for the arrival of our little one, we often overlook the impact this transformation will have on our sense of self.

During those early years, many women find they have almost fallen into the gap between who they once were and who they are now. Society expects women to appreciate the gains motherhood brings, without providing a space to reflect on the losses. This means that we often struggle in silence to make sense of the dramatic changes we undergo as individuals.

Regardless of what stage of the journey you are on, if you ever find yourself saying *"I don't really know who I am anymore"* then this talk is for you. My aim is to provide you with some practical tools and useful insights to reconnect with your sense of self, to rebuild your confidence and to help you get your spark back by doing more of what makes you feel alive. This is a reminder that we can fully embrace motherhood, while fully embracing ourselves too.

Naas Library & Cultural Centre: Thursday 22nd February 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1120582>

Celbridge Library: Thursday 18th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1120590>



Naas



Celbridge

Helping your Anxious Child – Tips and Strategies for Parents

Presented by Helen Vaughan

This talk will cover the tell-tale signs of a worried child, how to talk to them about it, practical skills on learning to cope with stress (and not avoid it), how anxiety works in our bodies & why, and building resilience in our young people/families.

Online: Thursday 14th March 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1123997>



Parenting with Patience

Presented by Dr Mary O'Kane

Parents often cite challenging behaviour as one of the most stressful aspects of parenting. From tantrums for the little ones to negotiation with older children, managing children's behaviour in a positive way is very important in terms of supporting their social and emotional development. In this Webinar, Mary supports parents in framing behaviour management in a positive way, giving practical advice on best to support positive behaviour using connection to help us parent with patience.

Maynooth Library: Thursday 25th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1093991>



How to think like a Psychologist

Presented by Dr Antaine S'fobhairt

Antaine will introduce some frameworks that psychologists use to understand the factors contributing to emotional and behavioural difficulties and to identify things that could be helpful. He will then provide a brief introduction to key concepts for intervention that are used by several major therapeutic models. The aim is to equip parents with a solid foundation for addressing difficulties more effectively and provide directions for further learning.

Online: Thursday 21st March 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1100184>



First Aid for Parents & Caregivers

Presented by First Aid for Everyone

A popular and regular event on the programme, this informative and interactive course uses 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: Tuesday 19th March 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094034>



Newbridge

Leixlip Library: Tuesday 16th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094036>



Leixlip

Empowering Safer Children Online

Presented by CyberSafe Kids

This is Cybersafe kids most popular session aimed at those with, or working with children from 8-13 years old and offers a general overview of social media, gaming and the online world. Our aim is not to scare, but rather to raise awareness of what children are doing online and offer practical advice and resources to help participants deepen their knowledge. Areas of focus are popular apps and protecting privacy, areas of risk, digital wellbeing and critical thinking and useful resources.

Celbridge Library:

Tuesday 16th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1123431>



Understanding Bullying

Presented by Jennifer Ryan

This seminar will take a common-sense approach to the complexities of bullying and aims to equip parents to deal with bullying effectively. It will guide parents through why bullying happens, how to recognize it in your child and effective strategies for intervention for you as parent and for your child.

Online: Wednesday 24th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1124149>



Dealing with Challenging Behaviour

Presented by Joanna Fortune

When we are parenting through Challenging Behaviour with our children, it is helpful to hold in mind that our children are not trying to be difficult so much as they are trying to show us that they are having a difficulty! In this parenting talk, Dr Joanna Fortune will talk us through creative and therapeutic ways to respond to our children's challenging behaviour in way that brings "*(behavioural) correction within our (emotional) connection*". She will also help us to develop strategies to ensure that we stay grounded and don't "*flip our lids*" when faced with such challenging behavior. This is an informative and practical talk and Dr Fortune will model therapeutic techniques that parents can use.

Naas Library & Cultural Centre: Wednesday 8th May 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1133813>



TWEENS & TEENS

Supporting your Anxious Teen

Presented by Helen Vaughan

What can you do for your anxious teen?

This workshop with Helen Vaughan from Maynooth Counselling & Psychotherapy will discuss:

- Understanding teen development
- How to parent adolescents
- How anxiety impacts our young people & supporting them.
- Teen issues: secondary school, bullying, social anxiety & boosting resilience

Online: Thursday 29th February 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094039>



Helping Teens Thrive Online

Presented by Cyber Safe Kids

Whether we like it or not, being online is part of life and none so much perhaps as for teenagers. This sessions aims to raise awareness of what young people are doing online, and the associated risks and safeguards. We provide information and guidance on platforms teenagers are using, digital literacy and wellbeing, and the inherent risks of being online; oversharing and privacy, cyberbullying, sexting, grooming and digital footprint.

Athy Library: Tuesday 5th March 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1123426>





Parenting Tweens and Teens

Presented by Dr Mary O'Kane

Adolescence is a time of rapid change, during which there are two main aims. The first is to become an independent autonomous adult, and the second is to develop an individual identity. In this Webinar, Mary explains some of the changes taking place in the teenage brain, and how they impact on social and emotional development. She offers practical advice on how we can: support our teens to grow into the adults we know they can become and achieve all they are capable of.

Leixlip Library: Thursday 11th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1094015>



Family Wellbeing through the Teenage Years

- For Parents/Guardians

Presented by Michael Ryan

In this talk, we will 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 in the family at this stage and give practical tips on how to survive the change in family dynamics. We explore the current realities for teenagers and their parents and give practical tips on communication, positive mental wellbeing and managing technology.

Naas Library & Cultural Centre: Thursday 25th April 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1135023>



Naas

Kildare Town Library: Tuesday 14th May 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1127712>



Kildare

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. 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.

Online: Thursday 16th May 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1113751>



CYBERSAFE KIDS

CyberSafeKids is an Irish charity, which has been empowering children, parents, schools and businesses to navigate the online world in a safer and more responsible way since 2015. Their founders and staff have backgrounds in cybercrime investigation, law enforcement, psychology, education, online child protection, academia and the not-for-profit sector. They want our children to be able to embrace the opportunities for learning and enjoyment that technology can deliver, but they recognise that as parents and educators we have a responsibility to equip them with the tools to stay safe and avoid harm.

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 the qualifications include nurses with years of front line experience as well as parents and registered First Aid instructors.

DR. JOANNA FORTUNE

Dr Joanna Fortune is an accredited psychotherapist and published author specialising in the parent-child/teen relationship. She has published 4 best-selling books in the area of play and playful parenting. She writes a weekly parenting column in the Irish Examiner and is the weekly parenting expert on Newstalk FM's Sean Moncrieff show. She is a regular media contributor and a recognised event speaker.

CLAIRE GLYNN

Clever Little Handies is an award-winning baby sign class for parents with babies from newborns up to wobblers. Claire began this venture in 2019, with the heartfelt desire to bring new parents and their newborns together beyond the confines of their homes.

As the journey progressed, so did a commitment to proficiency. Claire has completed the Signature Level 1 award in Irish Sign Language and a QQI Level 4 in ISL. This fusion of passion and expertise propels Clever Little Handies forward, nurturing a space where communication, camaraderie, and early education flourish hand in hand.

With a Clever Little Handies baby sign book newly published and soon to be released it will be even easier to connect with your little one!

DEIRDRE HOLLAND HANNON

Deirdre Holland Hannon is a Msc. Behaviour Specialist, parenting support provider and is Irelands leading potty training expert. Deirdre has a special interest in incontinence and she has been supporting Irish families with potty training and bowel problems for over 15 years. She is creator of the unique approach to potty training "Toilet Training: Less Stress More Success" and provider of Irelands first urotherapy-style parent support for Bed Wetting and Night Dryness.

ANNE MORGAN

Anne Morgan, MBACP is a qualified Psychotherapist, Coach and Mindfulness Teacher with a passion for helping women negotiate motherhood and career advancement through her business, Sparkback Consultancy. Prior to opening her own consultancy practice, Anne spent over a decade at the helm of one of Ireland's leading talent management agencies, Distinct Model Management. After navigating the difficult transition from business owner to working mother in 2017, Anne recognised an obvious lack of supports for parents who were finding it challenging to navigate the profound identity shift involved in becoming a parent.

Combining training and expertise in Psychotherapy, Coaching, Business Leadership, and Mindfulness, Sparkback Consultancy provides practical, professional and emotional support for parents at any stage of their journey, and the organisations who value and support them. Our mission is to help more women get their professional spark back so they can shine in their careers and reach their full potential.

DR MARY O'KANE

Dr Mary O'Kane is a Lecturer in Psychology and Early Childhood Education teaching with the Open University. Popular for sharing her expertise in a warm and relatable way, Mary is a regular contributor to Ireland AM on both parenting and early childhood education issues. She gives public talks on a range of topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach. Her first book 'Perfectly Imperfect Parenting: Connection not Perfection' was published in 2021.

ALAN QUINN

Alan has a First Class Honours Masters Degree in Family Support Studies from NUIG and joined Le Cheile in 2011 as Mentoring Coordinator, becoming their Southern Regional Manager in 2021. He has worked with families and youth for the last 17 years. This experience is made up of generic youth work and also the field of youth justice (youth criminal offending). As part of his work he has developed a parenting programme called "PRAY- Parents Responding to Angry Youth". This programme is based on the international programme Non-Violent Resistance which is aimed at parents of children/teens who

are violent and aggressive. He has successfully worked with parents using these techniques both in his full-time job and also in a private capacity with TUSLA referred clients.

JENNIFER RYAN

Jennifer Ryan is a Chartered psychologist who has been working in an educational setting for nearly 20 years and now also runs a busy private practice. She obtained a degree in psychology and then graduated with a Masters in Forensic Psychology. In 2009, she graduated from DCU with a higher diploma in Educational Guidance and Counselling. She worked in schools for many years in a career guidance capacity and lectured in TCD on the Guidance and Counselling Masters and in UCD on the Child and Adolescent Mental health course. In 2013 she trained with Kidscape in the UK and then established Ireland's first resilience and assertiveness course for children affected by bullying. Jennifer won an award with Social Entrepreneurs Ireland for her anti bullying work and was nominated for Image business woman of the year in a social enterprise.

MICHAEL RYAN

Michael Ryan (MA/MIACP) is a Counsellor/Psychotherapist and Author who works with children and adolescents in primary & secondary schools as well as having a private practice for adults in West Dublin. He occasionally provides training and hosts workshops/webinars on positive Mental Health. He regularly contributes to media debate on these subjects and has spoken at regional and national conferences on topics related to Mental Health, Wellness and Neurodiversity.

DR ANTAINÉ STÍOBHAIRT

Dr Antaine Stíobhairt completed a bachelor's degree in psychology at Maynooth University, a master's in Cognitive Neuropsychology at the University of Edinburgh and a doctorate in Clinical Psychology at UCD. Antaine has worked across a range of services over the years. He is currently based at the HSE Primary Care Psychology Service for Celbridge, Maynooth and Leixlip, where he works with children and adults who experience a wide range of difficulties.

HELEN VAUGHAN

Helen Vaughan is an accredited therapist, speaker & broadcaster who features regularly in the media on mental health topics on RTE, Today FM, Newstalk & others. She worked as a radio & TV journalist for 15+ years before training as a counsellor.

She is the owner of Maynooth Counselling & Psychotherapy, a busy counselling practice with a team of 12+ therapists in Maynooth & Leixlip, Co Kildare. In her practice, she specialises in working with anxiety/stress, fertility counselling and CBT which focuses on how we think, feel & behave. She also works with couples and teenagers. Testimonials & more info can be found at: www.maynoothcounselling.ie

LUCY WOLFE

Lucy is a leading Irish Sleep Consultant, Co-Creational Relationship Mentor and Author of the best-selling books: The Baby Sleep Solution and All About the Baby Sleep Solution and Mum of four children. She is a graduate of University College Cork in Parent Mentoring and Relationship Studies and holds a master's degree in the Psychotherapy of Relationship Mentoring, Technological University of Shannon (TUS). She is a current PhD student with TUS and her research is an intergenerational exploration of an Irish mothers' perceptions of their children's sleep with a view to understanding how we may psycho-educationally support parents in their sleep experiences in the future. She has completed extensive training and education in Ireland, UK, and USA, together with continuous professional development, staying informed and engaged with recent research and development in the field of psychoanalytic and psychodynamic theories, conscious parenting, childhood development and sleep. she is an active member of the Irish Fertility Counsellors Association.

POWER OF PLAY!

POP!

**EARLY YEARS
AT KILDARE LIBRARIES**

A monthly programme of fun activities including art, music, messy play, theatre, dance, storytelling and yoga to promote development of language, literacy and numeracy skills in children aged 0-5 years.

These events will also give children the space and opportunity for socialising with other children their age.

Ask staff for more information.

Get notified of upcoming library events by signing up to our newsletter: kildarecoco.ie/library/newsletter

Learn Through Play!



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 and assistive equipment 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 has 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 subscribe to our newsletter at www.kildare.ie/library

Attendance at all of the events is free of charge and open to everyone but advance booking is required.

**NEW TOYS,
TECHNOLOGY
AND TRAINING
CATALOGUE & BOOK
COLLECTION NOW
AVAILABLE!**



AT A GLANCE

Topic	Facilitator	Date	Location
Baby Sign Language	Claire Glynn	Wednesdays 14th Feb – 6th March 10.30am - 11.30am	Athy Library
Dealing with Challenging Behaviour	Alan Quinn	Tuesday 20th February 7pm	Online
Lost in transition: rediscovering your identity	Anne Morgan	Thursday 22nd February 7pm	Naas Library
Supporting your Anxious Teen	Helen Vaughan	Thursday 29th February 7pm	Online
Helping Teens Thrive Online	CyberSafe	Tuesday 5th March 7pm	Athy Library
Sleep - what every parent needs to know	Lucy Wolfe	Wednesday 13th March 10am - 11am	Online
Helping your Anxious Child	Helen Vaughan	Thursday 14th March 7pm	Online
First Aid for Parents & Caregivers	First Aid for everyone	Tuesday 19th March 7pm	Newbridge Library
How to think like a Psychologist	Dr Antaine Stiobhairt	Thursday 21st March 7pm	Online
Baby Sign Language	Claire Glynn	Tuesdays 9th - 30th April 10.30am - 11.30am	Naas Library
Parenting Teens & Tweens	Dr Mary O'Kane	Thursday 11th April 7pm	Leixlip Library

Topic	Facilitator	Date	Location
First Aid for Parents & Caregivers	First Aid for everyone	Tuesday 16th April 7pm - 8.30pm	Leixlip Library
Empowering Safer Children Online	CyberSafe	Tuesday 16th April 7pm	Celbridge Library
Lost in transition: rediscovering your identity	Anne Morgan	Thursday 18th April 7pm	Celbridge Library
Understanding Bullying	Jennifer Ryan	Wednesday 24th April 7pm	Online
Parenting with Patience	Dr Mary O'Kane	Thursday 25th April 7pm	Maynooth Library
Family wellbeing through the Teenage years	Michael Ryan	Thursday 25th April 7pm	Naas Library
Dealing with Challenging Behaviour	Dr. Joanna Fortune	Wednesday 8th May 7pm	Naas Library
Baby Sign Language	Claire Glynn	Wednesdays 8th – 29th May 10.30am - 11.30am	Maynooth Library
Family wellbeing through the Teenage years	Michael Ryan	Tuesday 14th May 7pm	Kildare Town Library
The Transition from Primary to Secondary School	Dr Mary O'Kane	Thursday 16th May 7pm	Online
Toilet Training - Less Stress, More Success!	Deirdre Holland-Hannon	Wednesday 29th May 8pm	Online
Starting 'Big' School	Dr Mary O'Kane	Thursday 30th May 7pm	Online



Comhairle Contae Chill Dara Kildare County Council

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