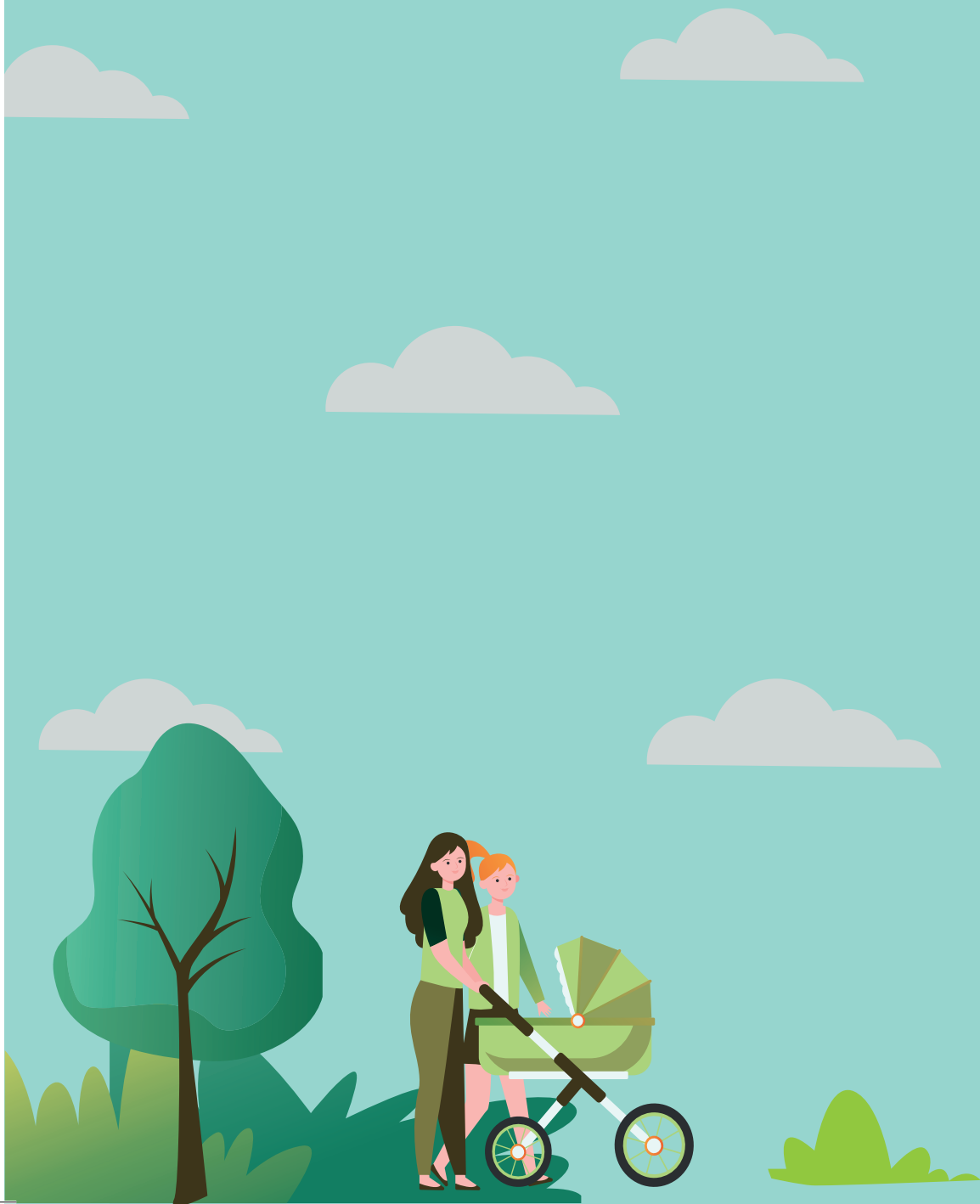


Sorry I'm late.
I've got kids!

**South Dublin Library Parenting
programme 2021**



Venues

Castletymon Library

Tel: 01 414 9203

Email: castletymon@sdublincoco.ie

Ballyroan Library

Tel: 01 4941900

Email: ballyroan@sdublincoco.ie

North Clondalkin Library

Tel: 01 414 9269

Email: ncl@sdublincoco.ie

County Library Tallaght

Tel: 01 462 0073

Email: talib@sdublincoco.ie

Lucan Library

Tel: 01 6216422

Email: lucan@sdublincoco.ie

Palmerstown Hub

Tel: 01 4678909

Email: ptowndigihub@sdublincoco.ie

Clondalkin Library

Tel: 01 4593315

Email: clondalkin@sdublincoco.ie



Facilitator: **David Coleman**

Dates & Venue: **Ballyroan Library**
Wednesday 24th November 7pm
Live event and live streamed

Talk: **Talking parenting**

Bio: David Coleman is a practicing Clinical Psychologist and an Adjunct Associate Professor in the School of Psychology in UCD. He specialises in working with children, teenagers and their families. He is best known for the range of television programmes he has presented dealing with childhood struggles, teenage angst and other aspects of family life.

David is also a bestselling author of 'Parenting is Child's Play' a guide to raising young children. His second book is a guide for parents of teenagers called 'Parenting is Child's Play: The Teenage Years'. David's third book is titled 'The Thriving Family'.

David writes a feature column in the Irish Independent, every Wednesday, providing expert commentary on children, teenagers and family life. He is also the regular, expert, contributor on 'Today With Claire Byrne', on RTÉ Radio 1, on parenting and child and adolescent wellbeing and development.

David will speak on practical tips for parents. He'll give concrete and practical tips for how to help children and teenagers to deal with the stresses and pressures in their lives. With David's usual blend of information, common sense, sensitivity and humour, and an open forum for questions and answers at the end, the talk should be of interest to anyone living with or working with children and teenagers.

Facilitator: ***Trevor Higgins from Cloudsaway.ie***

Dates & Venue: ***Ballyroan Library Thursday 18th November
7pm-8pm***

- Talk: • ***Interactive group session facilitated by Parent Coach, Trevor Higgins***
- ***Agenda tailored to the wants of the participants on the day***
 - ***Positive and collaborative conversation***
 - ***Unique experience for all parents***
 - ***Confidence building***
 - ***Reassurance***
 - ***Normalizing challenges***
 - ***Empowering***

Bio: Trevor Higgins has a Master's Degree in Psychology from Boston University and has been working with children, teenagers, mothers and fathers since 1996. This experience has included pre-schools, special schools, youth work, family work, counselling, special needs work, mental health work, etc. He went on to become a Parent Coach after earning his Diploma from the Irish Management Institute. Trevor was born in New York City and raised in Atlanta. He made Dublin his home after meeting his wife here 20 years ago. They now have two children, a 14-year-old son and a 10-year-old daughter. Trevor loves working with people and discovered that Coaching is the best way for him to do that.

Facilitator: ***Lucy Wolfe of sleepmatters.ie***

Dates & Venue: ***Online County Library Tallaght 24th
November 7pm-8pm***

Talk: ***All About Baby Sleep.***

Bio: Lucy Wolfe is a Sleep Consultant, Co Creational Parent and Relationship Mentor and mum of four children. She is the author of the bestselling book- The Baby Sleep Solution and All About Baby Sleep- Your Questions Answered and Creator of the 100% natural Sleep Through Bed and Body Sleep Spray and Relaxing Rub brand.



Facilitator: **Anna Newell and Dan Leith**

Dates & Venue: **9th November 3 shows at County Library Tallaght**
19th November 3 shows at Ballyroan Library
27th November 3 Shows at North Clondalkin Library

Talk: ***My smile has fallen down Show for Children and parents age 5-7 years***
My Smile Has Fallen Down is a show for 5–7-year-olds about mental health and the power of listening, of finding your voice and of keeping going.

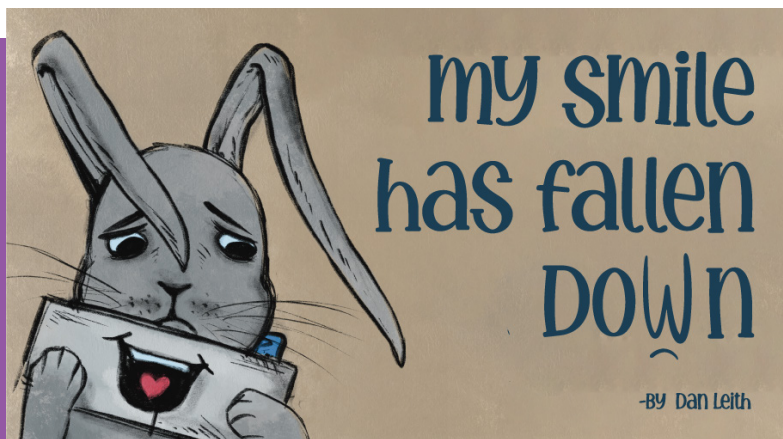
It's a story about Dan who can't get out of bed and doesn't know why. On his journey through his worries and out the other side are the soft toys that live with him on his bed who both help and hinder him. Helped by the toys, Dan faces his fears, conquers his lack of confidence and finds ways to cope with his anxieties. Together they defeat the fear of the Bed Monster and find hope in friendship and listening to each other.

Bio: One of Ireland's leading theatre makers for young audiences, creating unique theatre adventures for babies, early years and children/young people with complex needs.

Anna created the world's first BabyDay, introduced theatre for children and young people with PMLD (Profound and Multiple Learning Difficulties) into Ireland and helped start babytheatre in South Africa.

The work for early years audiences has been seen on six continents.

The shows are informed and inspired by their audiences at every stage of their creation and have human connection at their very heart.



Facilitator: ***First Aid for Everyone***

Dates & Venue: ***Castletymon Library***
Monday 1st November 7pm
North Clondalkin Library
Wednesday 3rd November 3pm

Talk: ***First Aid for Parents***

This informative and interactive course will use lots of visual aids in the presentation and there is plenty of opportunity for the participants to ask questions. Topics covered will include: Calling the emergency services, The First Aid Kit, Choking, Meningitis, Burns, Temperatures / Seizures etc.

Facilitator: ***Healthy Food Made easy***
Roisin Ellis coordinator

Dates & Venue: ***6 week course***
Starting Wednesday 20th October
5pm- 6.45pm Lucan Library
Starting Thursday 21st October 10am-
11.45am Clondalkin Library
Starting Friday 22nd October 10am-
11.45am North Clondalkin library

Talk: ***Healthy Food Made Easy 6 session HSE***
programme designed to help people develop
the skills, knowledge and confidence to eat
well and improve their health.

This online community nutrition and cooking programme has been developed by HSE Dietitians. Local people have been trained to deliver the course in their community. Sessions include group discussions, quizzes, activities and videos to support learning. Participants will be encouraged to shop for a chosen recipe and cook at the session each week. Participants will need access to a tablet, laptop, smart phone or desktop and an internet connection.





Facilitator: ***Stella O'Malley***

Dates & Venue: ***Palmerstown Hub Monday 8th November
7pm (Online)***

Talk: ***Supporting Children in Challenging Times***
***We all want to support our children in these
challenging times. But, with love and support
they can weather the storm. This talk will
help parents to support their children in
these challenging times.***

Dates & Venue: ***North Clondalkin Library Wednesday
10th November 7pm***

Talk: ***Bully-Proof Kids: Developing Resilience
& Social Skills'*** - This talk focuses on how
we can help our kids tap into their inner
strength so they feel able to deflect any
negative attention. Covering all aspects
of cyberbullying and irl bullying, parents
and teenagers who attend will feel more
informed about the way bullies work and so
more able to anticipate and influence future
behaviour.

Dates & Venue: ***Lucan Library Thursday 11th November
7pm***

Talk: ***Developing Resilience, Confidence and
Social Skills in Children*** Some children come
out of the womb feeling brave while others
seem to be gentler souls. This talk helps
parents learn how to identify their children's
strengths and so they can build confidence
and inner strength.

Bio: Much of Stella's counselling and teaching work is with parents and young people which culminated in the publication of her two bestselling books 'Cotton Wool Kids' in 2015 and 'Bully-Proof Kids' in 2017. Stella's latest book *Fragile*, was released in 2019 and focuses on overcoming anxiety and stress.

Forging a career in the Irish media, Stella is a regular contributor to the Irish Independent and the Sunday Independent and also writes extensively about mental health issues for newspapers such as the Irish Times, Sunday Times, Irish Examiner, Evening Herald, Daily Mail, Irish Tatler, Pregnancy and Parenting magazine and many other media outlets.

Stella frequently appears on national and local media such as RTE Radio 1, RTE television, TV3, Newstalk, Today FM and BBC Northern Ireland to discuss a broad range of topics such as mental well-being, mindfulness, conflict resolution in the workplace, communication skills, parenting and childhood issues in Ireland today.

Fast becoming one of the leading voices on what's influencing people's behaviour in Ireland today, Stella gives public talks and lectures on a range of topics for different organisations, nationwide such as ETB, VTOS, the Dept. of Education, Merrill Lynch, the Dept. of Finance and Grow. She lectures in CBT (Cognitive Behavioural Therapy) and Mindfulness for Laois Offaly ETB as well as presenting different talks in libraries and schools around the country on a variety of issues.



Facilitator: **Don Boardman of South Dublin County Partnership**

Dates & Venue: **Tuesday 30th November 7.00pm-8-00pm
Ballyroan Library**

Talk: **How to Co-Operatively Parent following Parental Separation by Don Boardman**

This practically orientated session will focus on how to co-operatively parent following parental separation. Don will Draw from more than 20 years clinical experience in working with young people and their families, he will share practical ideas for separated parents grounded in the research of 'what work's' in supporting children. Don will share some insights into how to ensure that children whose parents have separated not only cope but may even thrive. Practical tips and strategies will be presented which may help steer separated parents and their families through these often, choppy waters.

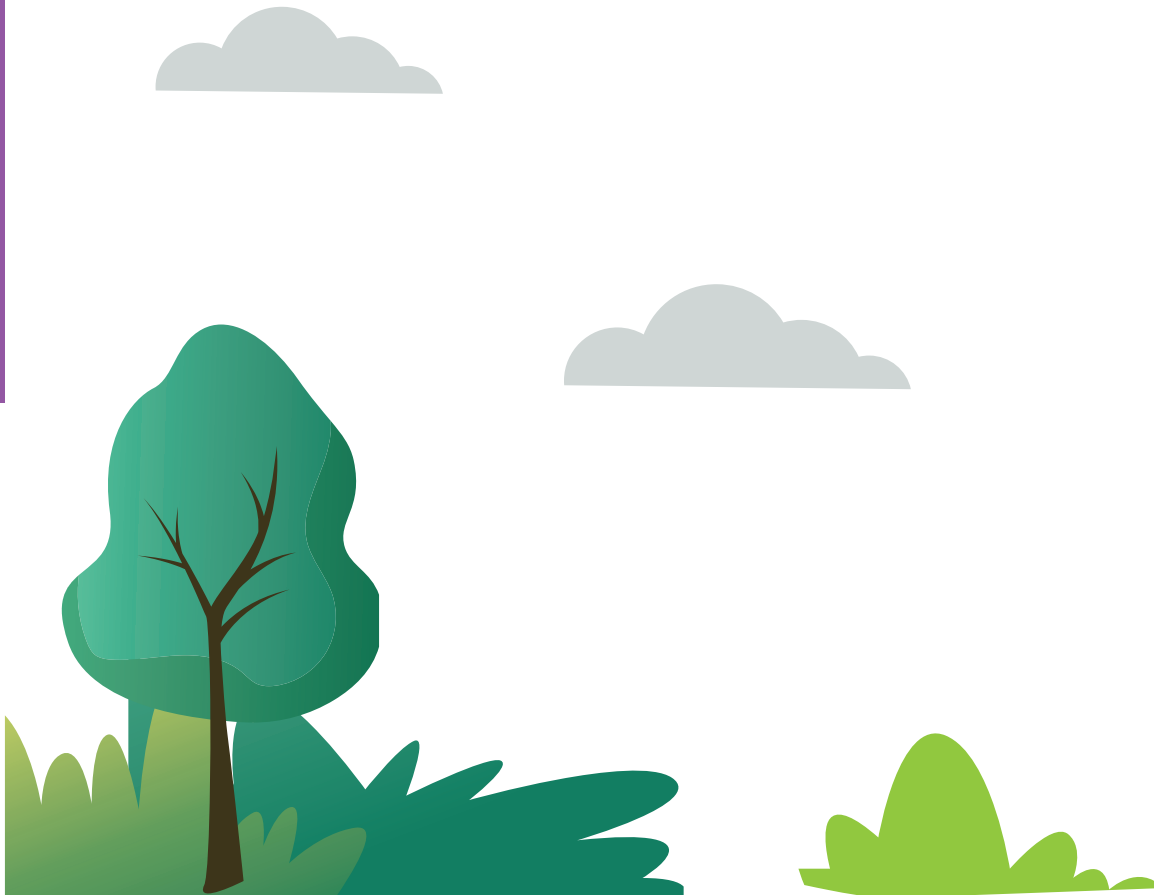
Bio: South Dublin County Partnership is a local development company in South Dublin County, Ireland. We develop and deliver projects to tackle poverty and social exclusion in the area. We do this through working together with people, local groups and partner organisations to address the issues that matter most.

Our work is guided by our mission, vision and values:

Mission Working with partner organisations to tackle poverty and social exclusion, focusing on the most vulnerable groups, we will: Create neutral spaces and opportunities for parties to work together on solutions; Initiate, develop and deliver projects; Enable and empower communities; Influence policy and decision making. Vision That South County Dublin is a place where people

of all backgrounds and abilities, can realise their full potential within thriving communities

SDC Partnership is embedded in the practice of community development, both as an area of work and an approach to engaging with people and groups. Our approaches to this work are underpinned and informed by a strong commitment to social justice and equality and an explicit value-base



Facilitator: **Dr Francesca La Morgia**

Dates & Venue: **County Library Tallaght: Wednesday 10th November 7pm**
Lucan Library: Wednesday 24th November 7pm

Talk: ***Raising bilingual children in Ireland***

Parents of children who speak two or more languages are often full of questions. Will my child be able to manage with the school language? Should I keep using my mother tongue or should I stop? Are three languages too much for a child? How do we make sure that all languages develop? What are the best methods for raising bilingual children? Join Dr Francesca La Morgia, director of Mother Tongues and expert in language development and bilingualism, for this interactive talk. There will be time for questions and discussion, and to share our experiences of parenting through multiple languages.

Bio: Mother Tongues is a social enterprise working to promote multilingualism and intercultural dialogue in Ireland. They provide resources for families and educators in the areas of language development, bilingualism, and interculturalism. They also offer training and other networking events for professionals interested in fostering multilingualism in their setting.
<https://mothertongues.ie/>

Facilitator: ***Susan McTernan from The Relaxation Room***

Dates & Venue: ***Clondalkin Library 4 week course starting Friday 26th November 10am***

Talk: ***4 Week Baby and Toddler Reflexology Classes Online***

***The classes are provided via Zoom.
The sessions are suitable for any parent who has a Baby or toddler up to age of 4, who has:***

- ***trouble sleeping***
- ***colic/reflux***
- ***digestive issues***
- ***respiratory issues such as asthma***
- ***teething pain***
- ***or any parent who would like to promote bonding and over health and wellness***

Notes: It is important to note reflexology is not a substitute for medical care and you should always consult your GP or public health nurse if you are concerned about your child.

There is a small window when baby reflexology should be practiced on a baby (to be explained in 1st class) and for this reason it is not necessary that the baby attend the class however babies are of course more than welcome.

Facilitator: **Gymboree Play and Music**

Dates & Venue: **Castletymon Library 19th Nov, 26th Nov, and 3rd Dec 10am**

Classes: **Arts and Crafts for Ages 2.5-4years. Sculpt with playdough, create a collage, or experiment with different mediums. Get creative with puppets and dramatic play; and let the inspiration flow making one-of-a-kind works of art!**

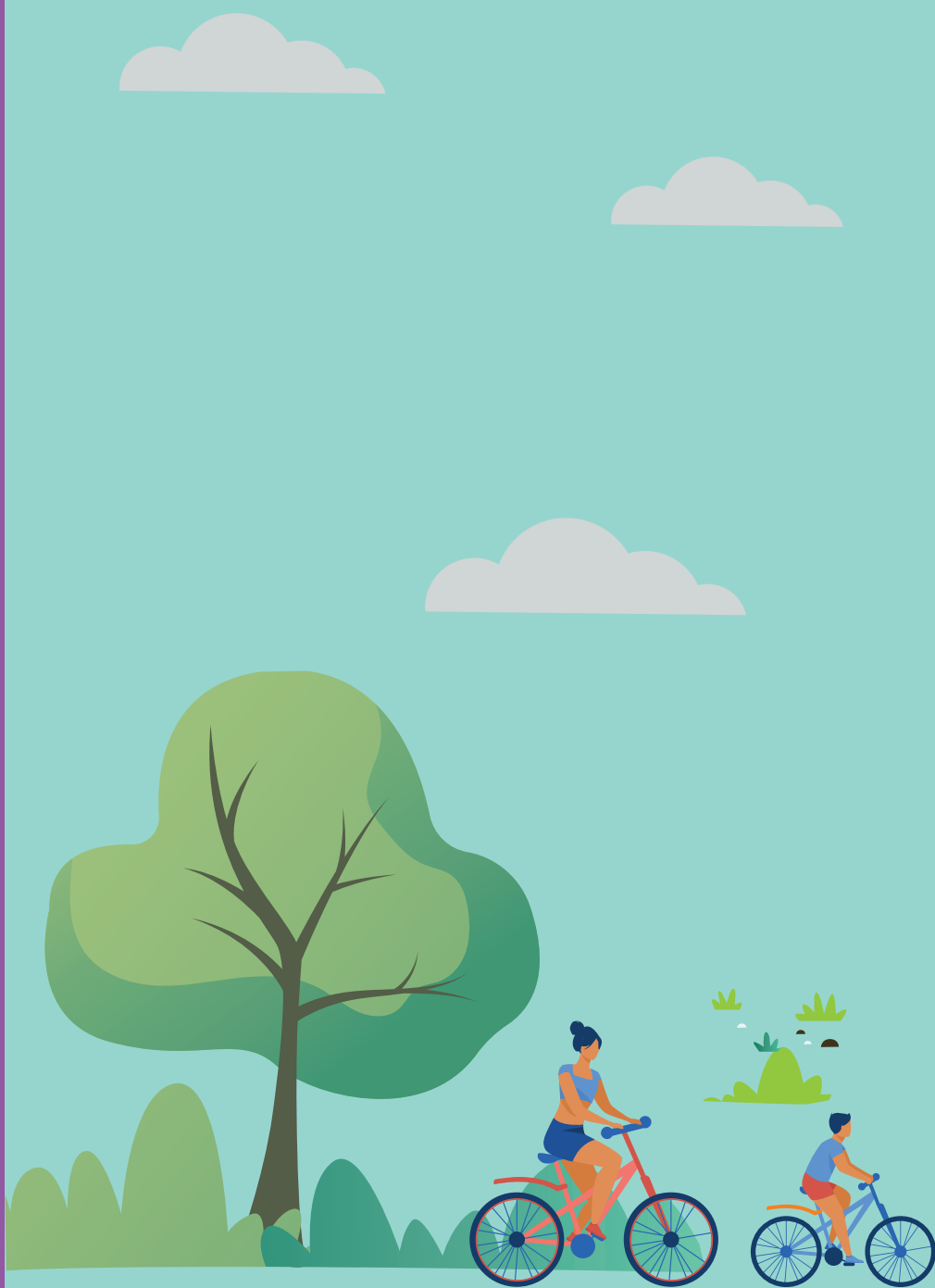
Dates & Venue: **Tallaght Library 23rd Nov, 30th Nov and 7th Dec 10am**

Classes: **Baby Sensory for ages 0-12months. You'll learn a variety of ways to play with your newest little bundle of joy. Non-mobile babies are exposed to sensory play, songs, and the beginnings of social play.**

Meet like-minded parents while our teachers lead you through tummy time, sight, tactile, and hearing activities. The first stepping stone to sparking a love of learning!

Dates & Venue: **North Clondalkin Library Thursdays November 4th, 11th and 18th 2pm**

Classes: **Sports and Fitness for ages 3-5years. Move, stretch and build an active lifestyle by learning fitness and sports fundamentals. Have fun, get some exercise and learn about team-building through fitness-inspired activities. Activities focus on developing the skills involved in soccer, basketball, baseball, volleyball, football, golf, hockey, racquet sports and track and field**



Facilitator: **ShoutOut**

Dates & Venue: **Castletymon Library**
Monday 22nd November 7pm (Online)

Talk: **Supporting your LGBTQ+ Teenager**

Specifically for parents and guardians and those who have young people in their lives, this session draws directly on our work with young people in schools. Participants will learn how small steps can make their home more inclusive, and leave feeling fluent in the language young people use to capture their identity in 2021. We'll discuss why it can still be difficult for young people to come out in a more accepting Ireland, and together find practical solutions to support anyone who may be struggling.

Bio: ShoutOut is a registered charity committed to improving life for LGBTQ+ people by sharing personal stories and educating school students, parents & guardians, teachers, youth workers and workplaces on LGBTQ+ issues. Since 2012 they have been delivering workshops in secondary schools across Ireland which tackle LGBTQ+ bullying and this experience with young people informs all their training modules and educational workshops. If you would like to learn more, further information can be found at <https://www.shoutout.ie/>



Events

Healthy Food Made Easy

20/10/2021 | 5pm | Lucan Library | Online

21/10/2021 | 10am | Clondalkin Library | Online

22/10/2021 | 10am | North Clondalkin Library | Online

First Aid for everyone

01/11/2021 | 7pm | Castletymon Library | Live

03/11/2021 | 3pm | North Clondalkin Library | Live

Gymboree Sports and Fitness for ages 3-5years

04/11/2021 | 2pm | North Clondalkin Library | Live

11/11/2021 | 2pm | North Clondalkin Library | Live

18/11/2021 | 2pm | North Clondalkin Library | Live

Supporting Children in Challenging Times with Stella O'Malley

08/11/2021 | 7pm | Palmerstown Hub | Online

My Smile has fallen down

09/11/2021 | 11.30am | 1pm & 2.30pm | County Library Tallaght | Live

Bully-proof Kids: Developing Resilience & Social Skills

10/11/2021 | 7pm | North Clondalkin Library | Live

Raising Bilingual Children in Ireland with Dr Francesca La Morgia

10/11/2021 | 7pm | County Library Tallaght | Live

Developing Resilience, Confidence and Social Skills in Children

11/11/2021 | 7pm | Lucan Library | Live

Trevor Higgins of Cloudsaway.ie talk

17/11/2021 | 7pm | Ballyroan Library | Live

18/11/2021 | 7pm | North Clondalkin Library | Live

My Smile has fallen down

19/11/2021 | 11.30am | 1pm & 2.30pm | Ballyroan Library | Live

Gymboree arts and crafts for 2.5-4 years

19/11/2021 | 10am | Castletymon Library | Live

Supporting your LGBTQ+ Teenager with Shoutout

22/11/2021 | 7pm | Castletymon Library | Online

Gymboree Baby Sensory for ages 0-12months

23/11/2021 | 10am | County Library Tallaght | Live

Talking Parenting with David Coleman

24/11/2021 | 7pm | Ballyroan Library | Live and Live streamed

Sleep talk for parents with Lucy Wolfe

24/11/2021 | 7pm | County Library Tallaght | Online

Raising Bilingual Children in Ireland with Dr Francesca La Morgia

24/11/2021 | 7pm | Lucan Library | Live

4 week Baby and Toddler Reflexology Classes Online

26/11/2021 | 10am | Clondalkin Library | Online

Gymboree arts and crafts for 2.5-4 years

26/11/2021 | 10am | Castletymon Library | Live

My Smile has fallen down

27/11/2021 | 11.30am | 1pm & 2.30pm | North Clondalkin Library | Live

How to Co-Operatively Parent following Parental Separation by Don Boardman

30/11/2021 | 7pm | Ballyroan Library | Live

Gymboree Baby Sensory for ages 0-12months

30/11/2021 | 10am | County Library Tallaght | Live

Gymboree arts and crafts for 2.5-4 years

03/12/2021 | 10am | Castletymon Library | Live

Gymboree Baby Sensory for ages 0-12months

07/12/2021 | 10am | County Library Tallaght | Live

