



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

**South Dublin Libraries
Parenting Programme 2022**



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

Clondalkin Library

Tel: 01 4593315

Email: clondalkin@sdublincoco.ie



Talk: ***The joy of a playful state of mind - how to move towards more playful connection with our children***

Facilitator: ***Joanna Fortune***

Dates & Venue: ***County Library Tallaght - Live event
Thursday 10th November 7pm***

Description: ***As an expert in play, Joanna will speak about how we can practically embed playfulness into our parenting from infancy to young adulthood. Questions are invited and welcome and we will have time at the end to answer these.***

All events are free and tickets can be booked at <http://talib.eventbrite.com> (County Library Tallaght)

- This talk will cover
- *How children develop from infancy to adolescence through play*
 - *How to move towards more playful parenting*
 - *Joanna will explain how even 15 minutes of play per day can effect meaningful and sustained change in our relationships with our children.*

Bio: Joanna Fortune (MICP; MIFPP; Reg Pract APPI; CTTTS; ApSup PTI/ICP) is an accredited psychotherapist and child/adolescent specialist. She is the author of the best-selling 15-Minute Parenting series (as featured in Grazia Magazine's Top 21 Parenting Books in 2020) of books (0-7 years; 8-12 years and the Teenage years) and her new book Why We Play - how to find joy and meaning in everyday day life all published by Thread Books UK.

She is the host of the 15-Minute parenting podcast. She founded the Solamh Parent Child Relationship Clinic in Dublin in 2010 (www.solamh.com) where she has worked with families around a variety of issues. She is a recognised supervisor, trainer and conference speaker in her field.

In 2017 she delivered a TEDx Talk on the topic 'Social media – the ultimate shame game?' She has a weekly parenting column in the Irish Examiner newspaper and continues to write and contribute to articles on child development and parenting in various other print publications.

She is also a regular media contributor to a variety of radio (RTE, Newstalk and regional radio) and TV shows (RTE and Virgin Media Television). She is the parenting consultant on the weekly parenting slot on Newstalk's Moncrieff Show for over 4 years.

Talk: ***Baby Sign Language***

Facilitator: ***Clever Little Handies***

Dates & Venue: ***North Clondalkin Library - Live event
4 weeks starting Thursday 6th October -
10:30am***

Please only book one ticket per baby attending. Accompanying adults do not need their own ticket.

All events are free and tickets can be booked at <http://northclondalkinlibrary.eventbrite.com> (North Clondalkin Library)

Description: Clever Little Handies is a baby sign language class using Irish Sign Language signs relevant to day-to-day life with a baby. The signs are taught through nursery rhymes, songs and poems, and the classes are suitable for parents with babies from new-born to wobblers (about 12 - 18 months).

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 teaching them sign language from an early age they will have a vocabulary to use, allowing them to communicate what they want, even if they're not formulating words.

Talk: **7 Steps to Better Sleep - Newborn to Toddler**

Facilitator: **Babogue**

Dates & Venue: **North Clondalkin Library - Live event, followed by Q&A.
Tuesday 11th October - 6:30pm**

All events are free and tickets can be booked at <http://northclondalkinlibrary.eventbrite.com> (North Clondalkin Library)

Description: Erica is a mum of three, Certified Child Sleep Consultant and Member of the International Association of Child Sleep Consultants. Her passion is helping parents understand their child's sleep and empowering them with the tools and confidence to create settled sleep in their home. While working with families Erica brings compassion and understanding from the struggles she had with her first child (who is now a great sleeper).

Bio: Since Babogue was established in 2017 Erica and her team have helped thousands of families globally via their online sleep courses "The Sleep Series"



Talk: ***Embrace the awkward. How to talk to kids about sex and sexuality***

Facilitator: ***Sarah Sproule***

Dates & Venue: ***Ballyroan Library - Live Event
Wednesday 12th October - 7pm***

All events are free and tickets can be booked at <http://ballyroanlibrary.eventbrite.com> (Ballyroan Library)

Description: This presentation begins to equip parents and other caring adults to raise young adults to have healthy, supportive and consensual relationships. Attendees will learn why conversations about sex and sexuality are difficult, but why they are still important for families to discuss. Participants will come away with simple first steps to get moving comfortably with this part of parenting.

Bio: When Sarah was 11 she was afraid she was only growing one breast and didn't know who to turn to for help. Now as mother of three teens, with two decades experience as a therapist and a masters in sexuality studies, Sarah uses her skills as an occupational therapist and sex educator to ensure every parent and caring adult knows how to build deeper connection with their growing kid(s). Because no child should ever feel alone and unable to reach out for help with their body, their boundaries, or their knowledge about sexuality. ... and yes, Sarah eventually grew two breasts roughly the same size.

Talk: ***Practical Techniques to help a child's communication***

Facilitator: ***Jennifer Grundulis, Senior Speech and Language Therapist***

Dates & Venue: ***Lucan Library - Online Event
Tuesday 18th October - 11am (Online)***

All events are free and tickets can be booked at <http://lucanlibrarydublin.eventbrite.com/> (Lucan Library)

Description: The techniques in this talk are the foundation skills needed to ensure your child gets the best consistent opportunities to communicate and learn. They are used to assist a child to encourage communication – whether that child is pre-verbal or at any stage of language development.

Bio: Jennifer has more than 25 years experience in Speech and Language Therapy. She has degrees from Syracuse University in New York and University of Texas. She has worked in Texas before moving to Ireland in 2005. Her experience includes working with ID, DS, ASD with a wide variety of ages and abilities as well as creating training for the www.cattscourses.com Special Education video library.

Talk: **Foster Care information session**

Facilitator: **Tusla Foster Care team**

Dates & Venue: **County Library Tallaght - Live event
Tuesday 25th October - 7pm**

**All events are free and tickets can be
booked at <http://talib.eventbrite.com>
(County Library Tallaght)**

Description: Children and young people in your community urgently need the opportunity to be cared for in a loving and caring home. Due to the humanitarian crisis and the impact of Covid-19 on our communities, Tusla is experiencing an increased demand for all types of foster care placements.

Tusla foster carers provide a safe, secure and stable home environment for the most vulnerable in our society and are a core part of ensuring children who need foster care are cared for in a loving, home environment.

Tusla are running a recruitment campaign to encourage people to consider fostering, and changing a child's life.

Bio: Tusla is the only organisation that provides a statutory fostering service to the public.

Across Ireland some 4,124 Tusla foster carers open their homes to 5,450 children.

Tusla owes our foster carers in each county a big debt of gratitude. Our foster carers are invisible heroes.



Talk: ***Baby and Child First Aid***

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

Dates & Venue: ***Castletymon Library - Live event
Monday 7th November - 7pm
Lucan Library - Live event
Monday 14th November - 7pm***

All events are free and tickets can be booked at <http://castletymonlibrary.eventbrite.com> (Castletymon library)

Description: This talk will cover Baby and child CPR, Baby and child choking, Recovery position, Temperature management, Burns and time for Q&A.

Bio: First Aid for Everyone are first aid experts who provide advice and outstanding first aid training to groups and individuals, uniquely tailored to the needs of those attending.

At First Aid for Everyone we are passionate about providing top rate first aid training and empowering people with the skills and confidence to help in an emergency. Our trainer is a highly experienced medical and emergency services professional who will teach in a reassuring and engaging manner and tailor the course to your needs.

Talk: *Using Toys to develop your child's language*

Facilitator: *Marijke Morris Clinical Director, Speech and Language Therapist CATTs*

Dates & Venue: *Ballyroan Library - Online Event
Monday 14th November - 10.30am*

*All events are free and tickets can be booked
at <http://ballyroanlibrary.eventbrite.com>
(Ballyroan Library)*

Description: Play is an integral part of your child's development. It is the main tool that is utilised by childcare professionals to help develop communication and living skills. This short talk will show you how to use your child's toys to help develop and encourage their language.

Bio: Marijke has over 25 years experience as a Speech and Language Therapist. She set up CATTs Ireland (Clinical Assessment Therapy & Training Services) in 2009 so that she could help people access speech and language therapy without long waiting lists. Marijke loves helping families reduce children's frustration, to make learning fun and to relieve parents' anxiety about their child's speech and language skills.





Events

Baby Sign Language | 4 week course

06/10/2022 | 10:30am | North Clondalkin Library | Live event

7 Steps to Better Sleep | Newborn to Toddler

11/10/2022 | 6:30pm | North Clondalkin Library | Live event

Embrace the awkward. How to talk to kids about sex and sexuality with Sarah Sproule

12/10/2022 | 7 pm | Ballyroan Library | Live Event

Practical Techniques to help a child's communication with Jennifer Grundulis of CATTs

18/10/2022 | 11am-Lucan Library | Online Event

Foster Care information session with Tusla Foster Care team

25/10/2022 | 7pm | County Library Tallaght | Live Event

Baby and Child First Aid with First Aid for Everyone

07/11/2022 | 7pm – Castletymon Library | Live event

14/11/2022 | 7pm – Lucan Library | Live event

The joy of a playful state of mind - how to move towards more playful connection with our children with Joanna Fortune

10/11/2022 | 7pm | County Library Tallaght | Live Event

Using Toys to develop your child's language with Marijke Morris of CATTs

14/11/2022 | 10.30am | Ballyroan Library | Online Event

