

“Let’s Talk about Parenting”



FREE SERIES OF TALKS 2025



SPRING 2025

 KildareCountyLibraryService

 kildarelibrary

 kildarelibrary

www.kildarecoco.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, Athy Family Resource Centre, Kildare County Childcare Committee, West Wicklow Childcare Committee, HSE, Kildare Library Service, InSync, Newbridge Family Resource Centre, Foroige, Platinum Clubhouse, Integration Support KCC, Teach Dara, Child & Family Support Network (TUSLA) and Kildare Children's & Young People Services Committee.*



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 and this year we are also grateful for support from TUSLA and Kildare CYPSC.

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: 045 980844
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!

Naas Library

10.30am Tuesdays 21st January – 11th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1501441>



Naas

Celbridge Library:

10.30am Thursdays 13th March – 3rd April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1501442>



Celbridge

Maynooth Library:

10am Wednesdays 30th April – 21st May

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1501428>



Maynooth



Supporting Your Baby's Development Through Play

Presented by Katie Sweetman

Katie Sweetman has a BA in Early Childhood Studies and Certificate in Therapeutic Play Skills and works as a room leader in a baby room. This talk is aimed at parents, caregivers, childcare providers or anyone interested in child development. It's never too early to focus on baby's development and this talk demonstrates how this can be done through play.

Celbridge Library: 10.30am Saturday 22nd February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1506593>



Starting Solids / Weaning Your Baby

Presented by Cathy Monaghan

A one-hour online workshop on starting solids, aimed at parents of children under one. Covering all aspects of weaning including introducing allergens, reducing milk feeds and common problems. Questions and Answers included.

Online: 10.30am Wednesday 30th April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1506221>



Emotionally Based School Avoidance - Reasons and Strategies Towards Resolution

Presented by Michael Ryan

In this talk we will look at the reasons that students avoid school and outline some strategies and routes to try and bring about a successful conclusion. We look at what can be done by the students, the parents and the school to resolve the situation.

Online: 7pm Tuesday 11th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505108>



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

Kildare Town Library: 7pm Tuesday 25th March

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1501454>



Kildare

Leixlip Library: 7pm Thursday 27th March

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1501453>



Leixlip

Raising Bilingual Children in Ireland

Presented by Mother Tongues

Why do some bilingual children prefer one language over the other? Is it true that bilingual children start speaking late? How can I help my child to develop two languages at the same time? How long will it take for my child to start speaking the school language? Is it too late to start speaking my mother tongue to my child?

These and other questions will be addressed in this informative talk. Parents will learn about bilingual language development and about some of the most common strategies to support their child's linguistic development throughout childhood. Parents will also find out more about the cognitive, social and educational benefits of bilingualism across the lifespan.

Kildare Town Library: 7pm Thursday 20th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505105>



Kildare

Leixlip Library: 10.30am Thursday 27th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505103>



Leixlip



Connective Discipline

- A New Lens to View Discipline Through

Presented by Helena Walsh

"If you want to discipline your kids, make them your disciples. A disciple is someone who is not afraid of you. A disciple is someone who loves you and wants to belong to you and follow you. Discipline is the very opposite of punishment." **Dr. Gabor Maté**

Connective Discipline challenges many of the traditional views on discipline and fear-based compliance. It looks at behaviour through the lens of recent neuroscience which lends to understanding behaviour as communication of a need and highlights the value of our own intuition as parents.

Key Aspects:

- Consider how we were Disciplined: Challenging the traditional view of 'Discipline'.
- Behaviour: We explore the role of development and how this, together with emotional intelligence, influence behaviour. Our own intuition gives much insight into our child's behaviour also.
- Setting Boundaries: Connective Discipline emphasises the importance of setting firm but kind boundaries and understanding when and how to do so.
- Nurturing Secure Attachment: It offers practical, simple ways that we can connect with our children to nurture a secure attachment through the cycle of rupture & repair, as well as the role of 'play' in nurturing the secure attachment.

Celbridge Library: 6.30pm – 8pm Tuesday 11th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1508432>

Newbridge Library: 6.30 - 8pm Tuesday 25th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1508432>



Celbridge



Newbridge

Bullying

– Empowering Children and Strategies for Intervention

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.

Naas Library & Cultural Centre: 7pm Wednesday 26th March

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1506576>



Raising Competent Eaters

Presented by Zuzanna Gajowiec

There is so much confusion amongst parents on how to raise a child that would be able to eat well, listen to their bodies, and have positive body image. Parents face so many dilemmas about sweets, so called junk food, issues with picky eating, helping their kids navigate the misinformation about nutrition and peer pressure. How to Raise competent eaters is a compassionate talk for parents to help improve their kids relationship with food, connection to their bodies and in turn happiness and wellbeing of their children without struggles and confusion.

Athy Library: 10.30am Wednesday 9th April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505212>

Celbridge Library: 10.30am Thursday 10th April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505219>



Athy



Celbridge

How To Think Like A Psychologist

Presented by Dr Antaine Sfiobhairt

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: 7pm Tuesday 13th May

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505195>



Supporting Children, Adolescents and Families Experiencing Grief/Bereavement

Presented by Michael Ryan

In this talk we explore the ways in which families cope with grief and in particular we look at how families, communities and schools can support children and adolescents who are experiencing grief and bereavement. In the talk we will look at the stages of grief, funeral process, considerations for different ages and genders and how we can provide supportive home and school environments.

Online: 7pm Tuesday 27th May

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505207>



Parenting After Separation or Divorce

Presented by Allen O'Donoghue

As we all know, parenting can be challenging enough at the best of times. When families go through a breakup, every little issue can be heightened and sometimes parents and children can struggle to manage the transition to becoming a separated family.

Our Parenting After Separation and Divorce talk aims to help gently support parents to reduce the stress and upset for themselves and their children. Packed full of practical advice and techniques, parents leave with an array of different ways they can improve things for their children, while also taking care of themselves.

Online: 7pm Tuesday 18th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1519591>



TWEENS & TEENS

Supporting Young People in Making Healthy Choices: Conversations About Substance Use

Presented by Darren Shanahan, Foroige

How can parents help their teenagers make healthy choices about drugs and alcohol while fostering open, honest conversations? This interactive webinar offers insights into the substances young people commonly encounter and the reasons they might choose to experiment - or not.

Learn practical strategies to start meaningful conversations about drugs and alcohol early and explore ways to support your teen in making informed decisions. The session will also include a Q&A, giving parents an opportunity to ask questions and access additional support.

Online: 7pm Thursday 27th February

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1505200>



Building Bridges: Youth Emotional Health

Presented by Deirdre Reddan

This talk will cover the following:

- Why does it matter?
- How can we support our Young People?
- The Do's and Dont's.
- What supports are available.
- Q & A.

Naas Library & Cultural Centre: 7pm Wednesday 30th April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1510900>



Naas

Maynooth Library: 7pm Thursday 15th May

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1510930>



Maynooth

SELF CARE

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.

Kildare Town Library: 7pm Thursday 23rd January

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1369132>



Kildare

Naas Library: 7pm Thursday 3rd April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1530180>



Naas

50/50 Parenting: Parenting Fairly and Sharing The Load

Presented by Dee Holland Hannon

Parenting in 2025 can be a balancing act to say the least. There has never been so much pressure on a generation of parents to “get it right” but the role of parents has also broadened way past homemaker and bread winner! Juggling the emotional, mental and physical load between both parents can be a real challenge. Historically the bulk of parenting can fall to one parent. Families are now striving to rebalance that parenting load more fairly between both parents to stop surviving and start thriving!

This workshop will take parents through;

- What unfair parenting impacts.
- Why many families, parent in an 80/20 divide.
- Our inheritance of the 80/20 divide.
- What keeps us in an unbalanced parenting dynamic.
- Actionable steps - where and how to start the rebalance.
- Q&A

Online Talk: 8pm Tuesday 6th May

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1519587>



Changing the Narrative of Your Life

Presented by Fiona Hall

As a psychotherapist there are certain words and phrases Fiona uses with clients to reframe thoughts. You can also incorporate these into your daily life to change the negative loop in your head and find joy again. Take time out for yourself for a bit of self-care and join Fiona for this life affirming session. Step back and take stock of your self-talk and change the messages you are giving yourself for the better.

Online: 7pm Tuesday 8th April

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1519583>



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.

ZUZANNA GAJOWIEC

Zuzanna Gajowiec is a Clinical Psychologist, Family Therapist and Certified Eating Disorder Specialist (CEDS) and consultant with 20 years clinical experience. Zuzanna works in a residential eating disorder treatment centre and in a private practice. She is passionate about improving eating disorder services, prevention, and early intervention. Part of the eating disorder recovery is supporting clients struggling with body image issues. Zuzanna believes empowering parents and equipping them with tools and strategies is one of the best ways to promote positive body image in children. Parents need support navigating the dangerous, image obsessed culture their children live in.

CLAIRE GLYNN

Claire Glynn is an accomplished entrepreneur and the founder of an award-winning baby sign programme, which launched in 2019. Her passion for supporting parents and babies alike led her to create an innovative approach to early communication development, which has helped over 1,000 families across the country.

Claire's commitment to continued professional development and education is evident in her Postgrad Diploma in Communications. She continued her education during lockdowns by completing two ISL exams and a business course with the entrepreneur's academy, receiving her QQI and Signature certificates with merit. She has also recently published her own board book '*Clever Little Handies: Baby Sign*' available in all Kildare libraries.

FIONA HALL

Fiona Hall (MIACP) is a Psychotherapist and a busy Mum to twins. She runs '*Consciously Clearing*', a company specialising in Decluttering your Mind and Life. She has published in VIP, Sunday World, Maternity & Infant, Stellar, Easy Parenting and more.

DEIRDRE HOLLAND HANNON

Deirdre Holland Hannon is a Behaviour specialist (Msc) and Parent Support Provider, supporting families navigating the challenges and milestones of everyday life. With a special interest in children's continence, she is the creator of "Toilet Training Less Stress more Success" approach to Potty Training! Proudly providing Irelands first parent support in Bed Wetting with a Urotherapy style Bed Wetting and Night Dryness Workshop. She is Mum of 3 and has over 15 years experience working with children.

CATHY MONAGHAN

Cathy is a Mum of 3 and has over 15 years experience with Childrens Health Ireland at Temple Street, working with families since 2008. As a registered senior Paediatric Dietitian, she knows how valuable it is to introduce families to the nurturing foundations of food before any problems begin. She is experienced in many different areas of childhood nutrition including weaning, feeding toddlers, fussy eating, allergies, weight management, Metabolic Disorders and Type 1 Diabetes. She has a B.Sc from the University of Galway and a M.Sc in Dietetics from Queen Margaret University, Edinburgh and is also a member of the Irish Nutrition and Dietetic Institute and registered with CORU.

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.

MOTHER TONGUES

Mother Tongues is an organisation that aims to inspire everyone in Ireland to be open to linguistic and cultural diversity. Their mission is to empower bilingual children through creativity and the arts so they can grow up confident in their linguistic and cultural identity. Their talks on bilingualism have reached parents all over Ireland, supporting them in raising children who are confident in their languages and cultures.

KATIE MUGAN

Katie Mugan is a registered general and childrens nurse, public health nurse and a certified lactation consultant. She is one of Irelands best-known and most trusted breastfeeding experts. As an experienced General, Paediatric and Public Health Nurse for over 20 years, she is passionate about empowering mums around breastfeeding. When it comes to breastfeeding, support and knowledge is the key to success. For more information about Katie and her workshops visit www.nursingmama.ie

ALLEN O'DONOGHUE

Allen is an LBCAI accredited professional coach, trainer and facilitator with over 20 years of experience in youth and family development. With qualifications in Transactional Analysis Psychotherapy, Social Science and Logosynthesis, Allen's specialist knowledge and understanding of family dynamics has supported hundreds of young people and adults in setting and achieving their personal goals.

This experience has brought Allen to become a highly regarded speaker on family coaching, appearing regularly on radio and television and presenting at international events.

DEIRDRE REDDAN

Deirdre Reddan is an Eating Disorder Coach and Mentor and co-founder of Supported Families, <https://supportedfamilies.ie/>. Supported Families educate, equip and empower parents, partners and family members on eating disorder recovery. They also train professionals. A former banker, Deirdre came to this field after supporting her own child's recovery. She holds an Advanced Diploma in Coaching and a Diploma in Eating Disorders (approved by the British Psychological Society) and is a member of the European Coaching and Mentoring Council and an Associate Instructor with Youth Mental Health First Aid Ireland.

JENNIFER RYAN

Jennifer Ryan is a Chartered psychologist who has been working in an educational setting for 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 businesswoman of the year in a social enterprise. She now works part time in a therapeutic capacity at a Dublin school and the rest of her working week is in private practice. She has just completed her Masters in Systemic Psychotherapy.

MICHAEL RYAN

Michael Ryan (MA/MIACP) is a Counsellor/Psychotherapist, Author and Lecturer who works with adolescents in secondary schools as well as having a private practice for adults in West Dublin. He lectures on Counselling/ Psychotherapy Courses and 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.

DARREN SHANAHAN

Darren is a Senior Youth Officer with Foróige's Drug Prevention & Education Initiative for Kildare and West Wicklow, a project funded by the Substance Use Regional Forum (SURF). As SYO and Coordinator of the Communities that Care framework, Darren works closely with professionals, parents, and guardians to empower young people. His role focuses on promoting informed decision-making and healthy choices regarding substance use, while also fostering opportunities for young people to develop essential life skills and build resilience.

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 public and private services over the years with people who experience a broad range of difficulties, including young children, teens, their families, adults and people who are neurodivergent. He currently works for the HSE in a Child and Adolescent Mental Health Service (CAMHS).

DR KATIE SWEETMAN

Katie is an early years educator, with a BA in Early Childhood Studies and a certificate in Therapeutic Play Skills. Before she went down the childcare and education route, she wanted to earn a living by making art. She did her first degree in Fine Art, painting in DIT. Having a family changed her priorities and as painting disappeared from her life, she set up a child-minding business and child development slowly became her new passion.

After completing her BA in Early Childhood Studies, she began additional training to build skills to support children with additional needs - including Teach me ASIAM, Therapeutic Play Skills, Special Needs Assisting, and Restorative Practice training.

HELENA WALSH

Helena is a fully accredited Child and Adolescent Psychotherapist, Play Therapist and Primary school teacher for the past 21 years. She is an experienced training facilitator in the areas of play, behaviour and experiential wellbeing. More information can be found on her website www.experientialwellbeing.com

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 | Venue |
|---|------------------------|--|--------------|
| Baby Sign Language | Claire Glynn | 10.30am Tuesdays 21st Jan - 11th Feb | Naas |
| Lost in Transition | Anne Morgan | 7pm Thursday 23rd January | Kildare Town |
| Connective Discipline | Helena Walsh | 6.30pm Tuesday 11th February | Celbridge |
| Emotionally Based School Avoidance | Michael Ryan | 7pm Tuesday 11th February | Online |
| Parenting When Separated Or Divorced | Allen O Donoghue | 7pm Tuesday 18th February | Online |
| Raising Bilingual Children in Ireland | Mother Tongues | 7pm Thursday 20th February | Kildare Town |
| Supporting Baby's Development Through Play | Katie Sweetman | 10.30am Saturday 22nd February | Celbridge |
| Connective Discipline | Helena Walsh | 6.30pm Tuesday 25th February | Newbridge |
| Raising Bilingual Children in Ireland | Mother Tongues | 10.30am Thursday 27th February | Leixlip |
| Teen Substance Use | Darren Shanahan | 7pm Thursday 27th February | Online |
| Baby Sign Language | Claire Glynn | 10.30am Thursdays 13th March - 3rd April | Celbridge |
| First Aid For Parents | First Aid For Everyone | 10.30am Tuesday 25th March | Kildare Town |
| Understanding Bullying | Jennifer Ryan | 7pm Wednesday 26th March | Naas |

| Topic | Facilitator | Date | Venue |
|---|------------------------|---|--------------|
| First Aid for parents | First Aid For Everyone | 7pm Thursday 27th March | Leixlip |
| Lost in Transition | Anne Morgan | 7pm Thursday 3rd April | Naas |
| Changing The Narrative Of Your Life | Fiona Hall | 7pm Tuesday 8th April | Online |
| Raising Competent Eaters | Zuzanna Gajowiec | 10.30am Wednesday 9th April | Athy |
| Raising Competent Eaters | Zuzanna Gajowiec | 10.30am Thursday 10th April | Celbridge |
| Baby Sign Language | Claire Glynn | 10am Wednesdays 30th April - 21st May | Maynooth |
| Weaning | Cathy Monaghan | 10.30am Wednesday 30th April | Online |
| Building Bridges: Youth Emotional Health | Deirdre Reddan | 7pm Wednesday 30th April | Naas |
| 50/50 Parenting - Sharing The Load | Dee Holland Hannon | 8pm Tuesday 6th May | Online |
| How To Think Like A Psychologist | Dr Antaine Stiobhairt | 7pm Tuesday 13th May | Online |
| Building Bridges: Youth Emotional Health | Deirdre Reddan | 7pm Thursday 15th May | Maynooth |
| Understanding and Supporting Bereavement | Michael Ryan | 7pm Tuesday 27th May | Online |



Comhairle Contae Chill Dara Kildare County Council

 facebook.com/KildareCountyLibraryService

 twitter.com/kildarelibrary

 instagram/kildarelibrary

www.kildarecoco.ie/library



Supported by:

