**Let’s Talk about Parenting**

This year long series of free Parenting Talks has been organised by Kildare Library Service with support from the following agencies and organisations: HSE Primary Care Psychology Team,TUSLA Child and Family Agency, Mental Health Ireland, Public Health Nurse HSE, Pieta House, An Garda Síochána and is funded by Kildare County Council.

Attendance at all of the events is free of charge and open to everyone but advance booking is required. Please contact the library where the talk is happening to book your place.

A brochure outlining all the talks and workshops is now available from your local library. For further information please check out [www.kildare.ie/library](http://www.kildare.ie/library)

See below the talks for September, October and November.

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

Presented by Finola Colgan from Mental Health Ireland

**Maynooth Library - Wednesday 7th September 7pm**

**Leixlip Library - Thursday 27th October 7pm**

**Naas Library - Thursday 10th November 7pm**

**Athy Library - Tuesday 15th November 7pm**

Finola will explore our understanding of mental health and wellbeing and how we can develop good coping strategies at stressful and anxious times. This presentation will include the five steps to good mental health

Connect, Be Active,Take Notice, Keep Learning & Give.

**Phonics/ phonological awareness: how to help struggling readers**

Presented by Catherine Sheahan Speech and Language Therapist

**Leixlip Library: Tuesday 20th September 7pm**

Phonological awareness skills are important in order to develop good reading skills.

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

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

**How to Deal With Bullying and Cyberbullying**

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

**Celbridge Library – Thursday 22nd September 7pm**

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

**Girls – Friends, Frenemies & Fights**

Presented by Clare Crowley Collier, Counsellor from Family Matters

**Maynooth Library : Tuesday 27th September 7pm**

Parents will develop an understanding of peer aggression; the hurtful behaviours girls use in their relationships and the roles that are played out. Parents will learn assertive communication tools and healthy conflict resolution techniques that girls can use when dealing with friendships and bullying.

**“Coming Out” – A talk for LGBT People and their supporters**

Presented by Michael Ryan Author and Counsellor

**Newbridge Library – Tuesday 27th September 7pm**

In this talk Michael will outline the top tips for people who are coming out as a person who is Lesbian/Gay/Bisexual or transgender. The talk also focuses on how supporters can best help someone who is coming out. He will outline the impact of last year’s referendum and the current challenges facing LGBT people.

**Parenting : The Challenges and Rewards – John Lonergan and Caroline Crotty**

**Naas Library: Tuesday 4th October 7pm**

John Lonergan served in the Irish Prison Service for over 42 years and retired as Governor of Mount Joy in 2010. He has published  a highly acclaimed memoir “The Governor”  and  “Parenting – Raising Your Child in Ireland Today”  and has been presenting talks for parents for over 25 years based on his own experience of parenting. Caroline Crotty is a Counsellor & Psychotherapist with clinics in West Cork, Cork and Waterford. John and Caroline will focus on a number of important issues facing parents of children of all ages.

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

**Help your Baby or Young Child Sleep Better**

Presented by Sinead Lawlor, PHN/Sleep Practitioner for HSE Kildare/West Wicklow

**Maynooth Library: Wednesday 5th October 7pm**

This session will look at the common sleep problems that infants and young children have. It addresses the causes of these problems and looks at ways that parents can improve the quality and quantity of their child’s sleep. The session is suitable to any parents of young children up to the age of 10.

**Parenting Tips and Strategies**

Presented byDr Julie Connolly, HSE Primary Care Clinical Psychology Service

**Athy Library: Wednesdays October 5th, 12th, 19th & 26th 10.15am – 11.45am**

Presented by Dr. Gary Collins, HSE Primary Care Clinical Psychology Service

**Newbridge Library: Wednesdays November 9th, 16th, 23rd & 30th 10am – 11.30am**

This course is delivered over 4 sessions, each lasting 90 minutes.  Parents often comment that “children don’t come with a manual”. This course was developed by the Kildare and West Wicklow Primary Care Psychology Team, based on well established psychological ideas and aims to provide the kind of information that would be helpful if there were “a manual”. The course addresses issues such as building up a strong connection with a child, supporting the child to make good choices and behave well and also with what to do at times when a child’s behaviour is not as you would like.

While there is something in this course for all parents, it will have most relevance to parents of children up to about 12 years of age

**Self-harming Behaviours in Young People**

Presented by Marguerite Kiely, Clinical Director, Pieta House

**Leixlip Library - Thursday 6th October 7pm**

**Naas Library – Thursday 24th November 7pm**

Many young people do things that they know are harmful to themselves to help them to cope with difficult emotions or experiences. This might be eating or drinking too much or taking drugs. Sometimes young people intentionally harm themselves for the same reasons.

This presentation will provide information for parents in how to recognise and respond to signs of self-harming behaviours in their teens. It will also cover the issues that affect children and adolescents who access Pieta House services and the type of help they can offer.

**Social Networking & Cyberbullying Training**

Presented by Fiona Ashe from Flashefoward Communicaions

**Newbridge - Tuesday 11th October 7pm**

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

**Yuck I’m NOT eating that!**

**Toddler and Childhood Nutritional Challenges**.

Presented by Paula Mee, Dietician

**Naas Library – Thursday 13th October 7pm**

Paula will give an overview of our children’s common nutrition challenges and needs as they grow. She will cover food intolerances and allergies; parental feeding concerns e.g. what to feed young children and what to do if they are faddy and won’t eat fruits and veg; when to consult with a specialist. Come along and ask your questions.

**Helping Children to be Resilient and Develop Skills to Cope with the Challenges of Life**

Presented by Dr. Gary Collins, HSE Primary Care Clinical Psychology Service

**Newbridge Library: Tuesday 18th October 7pm**

This talk explores the support and experiences our children need to develop resilience or mental strength. It will help parents develop their children’s ability to thrive despite life’s challenges e.g. growing up, bullying or living with difficult circumstances; and to bounce back from adversity.

**Nurturing the Seeds of Self-Discipline, Independence and Confidence in Children 2 – 6 years old**

Presented by Bridie Clancy, Support Officer, TUSLA Child and Family Agency

**Maynooth Library: Wednesday 19th October 7pm**

This interactive session will explore ways in which parents/carers can help young children become self-disciplined and confident. It will also focus on ways to deal effectively with difficult behaviour and how play can help to alleviate challenging moments.

**Parenting When Separated**

Presented by Martina Newe from HelpMe2Parent

**Athy Library – Tuesday 25th October 7pm**

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

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

**First Aid for Parents**

Presented by Siobhan Butler from First Aid for Everyone

**Leixlip Library: Thursday 10th November 7pm**

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

-Temperature/febrile seizures

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

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

**Celbridge Library : Thursday 10th November 7pm**

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

**Toys, Technology and Training Programme**

**Events for Autumn 2016**

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.

Attendance at all of the events is free of charge and open to everyone but advance booking is required. Please contact the library where the talk is happening to book your place.

A brochure outlining all the talks and workshops is now available from your local library. For further information please check out [www.kildare.ie/library](http://www.kildare.ie/library)

See below the talks for September, November and December

**What is Dyslexia?  - Amy Smyth, Information Officer from Dyslexia Association of Ireland**

**Leixlip Library: Thursday 8th September 7pm**

In this talk Amy will explain what Dyslexia is, the causes and what a parent/teacher can do to make life easier for someone with Dyslexia.

Amy will also cover how to

* get an assessment for a child or adult with Dyslexia
* common indicators of Dyslexia
* Dyslexia in school and technology that may help dyslexic children in their day to day and school life.

There will also be lots of time put aside for participants to ask our Information Officer any questions that they may have about Dyslexia.

**Improving your child’s social skills** **– Dorothy Armstrong, Occupational Therapist**

**Newbridge Library: Tuesday 13th September 7pm**

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children with conditions such as Asperger’s syndrome, Attention Deficit Hyperactivity Disorder, Developmental Coordination Disorder (Dyspraxia) etc.  It will cover the following issues:

* Developing good communication strategies
* Body language
* Dealing with conflict
* Maintaining friendships

**Anger Management and Strategies for Managing and Preventing Aggressive Behaviour  - Dorothy Armstrong, Occupational Therapist**

**Kildare Library: Thursday 22nd September**

Dorothy Armstrong Occupational Therapist, will host an evening that is aimed at parents, teachers and those who work with children with conditions such as Asperger’s syndrome, Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder or those with anger issues.  It will cover the following issues:

* What makes some children more susceptible to angry outbursts
* Strategies to help children manage their anger
* Diet, exercise and staying calm
* Dealing with aggressive or violent behaviour

**It’s Too loud, Too Bright, Too Tight and the Seams on my Socks Hurt!Helping Children with Sensory Processing Disorder concentrate and learn in an overwhelming world – Dorothy Armstrong, Occupational Therapist**

**Athy Library: Thursday 27th September 7pm**

A Sensory Processing Disorder refers to a problem with processing sensory information, it is common for people on the autistic spectrum to have difficulties in this area but children can have these problems who have no diagnosis of any kind.    Examples of sensory processing problems include:

* Smells other people don’t find a problem make the person feel sick
* Finding the noise of a hoover or hand-dryer painful
* Needing to move or fidget constantly
* becoming anxious or aggressive with light or unexpected touch
* Needing the labels to be cut off clothes

Dorothy  Armstrong, Occupational Therapist will host an evening that is aimed at parents, teachers and those who work with people with sensory processing problems.  It will cover issues such as:

* What is a Sensory Processing Disorder
* Strategies to help children with problems in this area concentrate and learn in the classroom setting and when doing homework
* Introduction to some of the toys from the Libraries Toys, Technology and Training collection that are of use to children with these issues.

**Speakeasy ©** **Talking to Your Children about Growing Up – Anita Ghafoor-Butt, Training and Development Manager, Irish Family Planning Association**

**Leixlip Library: Thursday 29th September 7pm**

**Naas Library : Thursday 27th October 7pm**

Many parents fear the time when their child starts reaching the years of puberty. They may also dread the time when their child starts to take an interest in others where intimacy is involved on an emotional and sexual level. This can be even more difficult for parents of children special needs or children who have issues with social skills.

We all want to protect our children from the negative consequences of life, and at this time the whole issue of protecting our children and giving them the space to develop as adults may become all the more confusing.

Anita will talk about elements of the course which is delivered by the IFPA and is designed to provide parents of any age child with an opportunity to develop skills, knowledge and confidence in talking to their child about relationships, sexuality, growing up and keeping safe.

**Behavioural Therapy : Challenging Behaviour with Audrey Cully, Behavioural Consultant**

**Athy Library : Tuesday 4th October 7pm**

Audrey Cully is a Behavioural Consultant who has over 12 years experience working in the field of special needs with a strong background in Autism. She has worked with children from 2 years old up to18 year in both special schools and mainstream settings and works with children with Autism in their homes. She held the position of Behaviour Therapist within a special school and worked as a Behavioural Consultant.She has a Master's Degree in Applied Behaviour Analysis and is trained as an instructor of Professional Crisis Management.

In regard to specific disorders, if the parents you mentioned have children who exhibit any kind of challenging behaviour then this talk will be of benefit to them. Other disorders that I have experience with include: ADHD, ADD, Oppositional Defiant Disorder, Aspergers Syndrome etc.

This talk will include all aspects related to challenging behaviour, why it occurs and how to deal with it. Challenging behaviour does not occur for no reason, it has a communicative function. Using specific strategies and tools it is possible to find out why problematic behaviour occurs.

During this talk Audrey will cover

* Why challenging behaviour occurs
* Functional assessment/analysis
* Reinforcement of challenging of behaviour
* Preventative Strategies
* Strategies on how to respond to challenging behaviour when it occurs including teaching appropriate skills that serve the same function as the challenging behaviour.

**Being Intellectually Gifted is a Special Education Need Too!  – Dorothy Armstrong, Occupational Therapist**

**Leixlip Library: Thursday 13th October 7pm**

Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children who are intellectually gifted (exceptionally able).  Being intellectually gifted in school is a special need that is under acknowledged and under resourced.  This talk will cover the following issues:

* Who are the intellectually gifted?
* Difficulties encountered by intellectually gifted students in the school setting?
* Twice Exceptional – being intellectually gifted with another special need.
* How parents can help their intellectually gifted child
* Strategies towards full inclusion of intellectually gifted children in the classroom setting

**Study Skills for older children and teenagers with Dyslexia – Dorothy Armstrong, Occupational Therapist**

**Athy Library: Tuesday 18th October 7pm**

Dorothy Armstrong, Occupational Therapist will host an evening that is aimed at parents, students with Dyslexia, teachers and those who work with this population.  This talk will help students learn how to prepare for exams and will cover issues such as:

* Understanding how dyslexia can impact studying
* Preparing to study
* Using your own learning style
* How to read to understand
* How to take notes
* Memory strategies

**The Building Blocks of Language – Catherine Sheahan, Speech and Language Therapist**

**Naas Library: Thursday 20th October 7pm**

Children diagnosed with ASD often have difficulties in preverbal skills, with turn taking, joint attention, eye contact, play, imitation and communication interaction.

This workshop will explain each of these difficulties so parents can map their child's ability in each area. Practical strategies will be discussed to develop your child skills in each of these areas.

This is an interactive workshop where parents will be able to develop specific goals for their child with the support of the SLT

**Helping Children with Down Syndrome develop their handwriting skills – Dorothy Armstrong, Occupational Therapist**

**Newbridge Library: Tuesday 25th October 7pm**

Children with Down Syndrome have specific needs when it comes to developing their handwriting skills.  This talk is facilitated by Dorothy Armstrong and will address the difficulties children with Down Syndrome may face when writing and offer solutions and methods for instruction.  The talk is aimed at parents, teachers and those who work with children with Down Syndrome.

**Helping my child who struggles with maths (Dyscalculia) – Dorothy Armstrong, Occupational Therapist**

**Naas Library: Tuesday 15th November 7pm**

Dyscalculia is difficulty in learning or comprehending arithmetic, such as difficulty in understanding numbers, learning how to manipulate numbers, and learning maths facts. It is generally seen as a [specific developmental disorder](http://en.wikipedia.org/wiki/Specific_developmental_disorder) like [dyslexia](http://en.wikipedia.org/wiki/Dyslexia). Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children who experience Dyscalculia.  Topics covered will include:

* What is Dyscalculia and what causes it?
* What are the signs and symptoms of Dyscalculia?
* Computer programmes and games to help children with Dyscalculia

**Understanding and Helping Children with Selective Mutism**

**Leixlip Library: Thursday 24th November 7pm**

Selective Mutism is a complex childhood anxiety disorder characterized by a child's inability to speak and communicate effectively in select social settings, such as school. These children are able to speak and communicate in settings where they are comfortable, secure, and relaxed.  Dorothy Armstrong will deliver a talk which will include:

* Common characteristics of children with Selective Mutism
* Diagnostic criteria for a diagnosis of Selective Mutism and some of the underlying causes of this disorder
* Methods for helping children with Selective Mutism

**Continuous Professional Development Certificates of Attendance for all TTT and Let’s Talk about Parenting events in 2016 will only be given in person on the evening/day of the event. So please remember to ask for your cert before you leave as we will not be able to provide them at a later date.**

For up to date details of future talks and events relating to the TTT Project please email us and ask to join our mailing list at leixliplib@kildarecoco.ie

Attendance at all of the events is **free of charge and open to everyone** but advance booking is required. Please contact the library where the talk is happening to book your place.

Athy Library : Tel 059 8631144 Email athylib@kildarecoco.ie

Celbridge Library: Tel 01 6272207 Email celbridgelib@kildarecoco.ie

Kildare Town Library: Tel 045 520235  Email: kildarelib@kildarecoco.ie

Leixlip Library: Tel: 01 6060050 Email: leixliplib@kildarecoco.ie

Maynooth Library: Tel 01 6285530 Email: maynoothlib@kildarecoco.ie

Naas Library: Tel 045 879111 Email: naaslib@kildarecoco.ie

Newbridge Library: Tel 045 448353 Email: newbridgelib@kildarecoco.ie