

“Let’s Talk about Parenting”

FREE
series of
talks in Kildare
Libraries
for 2019



Comhairle Contae Chill Dara
Kildare County Council

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www.kildare.ie/library

INTRODUCTION

This series of 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, Kildare Youth Service, Kildare County Childcare Committee, HSE health promotion unit 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. Sign up for our email service through your local library to receive monthly mailing information on these and all library events.

Athy Library:

Tel: 045 980555

Email: athylib@kildarecoco.ie

Celbridge Library:

Tel: 016272207

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

FEATURED TALK

DAVID COLEMAN

David Coleman is a practicing Clinical Psychologist. He also presents television programmes, contributes regularly to the Sean O'Rourke Show on RTÉ Radio 1, writes a weekly column for the Irish Independent and has authored three books so far.

David gives lectures and workshops to groups all around the country on topics ranging from parenting to communication. Speaking in person to thousands over the last few years, David enjoys the engagement with a live audience and his entertaining style is always acknowledged.

In the midst of all his media work David still practices as a Clinical Psychologist and unsurprisingly specialises in working with children, teenagers and their families.

David is also an ambassador for the ISPCC.



Scared Kids: Supporting children and teenagers growing up in an uncertain world

Presented by David Coleman

When we don't know what to expect we tend to get anxious. Unpredictability is stressful. Children and teenagers face many uncertainties in their lives, and anxiety among children is on the rise. In this presentation, David Coleman will focus on understanding how anxiety affects children, teenagers and families. 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.

Athy Library

Tuesday 26th February 8pm

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

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 the Health Services Executive (HSE), Tusla, the Child & Family Agency, Kildare CYPSC Seed Funding and Wicklow CYPSC Seed Funding from the Department of Children & Youth Affairs.*

**Forum members are: Co. Kildare LEADER Partnership, Curragh PRIDE Family Resource Centre, Foróige, Health Services Executive (HSE), Kildare Children & Young People's Services Committee, Kildare County Childcare Committee, Kildare Library Service, Kildare & Wicklow Education & Training Board, Kildare Youth Services, Newbridge Family Resource Centre, Tusla, Wicklow County Childcare Committee.*



How children develop and learn through play

Presented by Marie Dowdall of Kildare Child Care Committee

Have you ever wondered why your toddler likes to empty your kitchen presses and utensil drawer, or why your baby is still laughing at the 20th time they have dropped your car keys and you have picked them up? There are so many times in the day that your child is learning. Come along to this workshop to find out more about Aistear the Early Childhood Curriculum Framework and how it can support you to help your child learn through everyday activities and routines, such as getting food ready for meals, going to the shops, and checking the post. Aistear shows how important play is for your child's learning and development, and gives ideas for ways you and your child can play and learn together. And the good news is that this doesn't mean you have to buy expensive toys. Aistear has a long list of low-cost and free resources for play.

Maynooth Library
Newbridge Library

Tuesday 30th April 7pm
 Tuesday 7th May 7pm

Parent and toddler Yoga

With Yo-Yo Yoga

Join Yo-Yo Yoga for a fun-filled and beneficial yoga session for toddlers and their parents or caregivers. Sessions are lively with an emphasis on spending time together doing yoga through song, stories, games and cuddles. Suitable for little yogi's from 1 year (crawling) to 4 years of age. Sessions are child led and very relaxed.

Leixlip Library
Newbridge Library
Naas Library
Kildare Library
Athy Library
Celbridge Library
Maynooth Library

Saturday 7th September 10.00am
 Thursday 12th September 10.00am
 Thursday 19th September 10.00am
 Wednesday 25th September 10.00am
 Friday 25th October 10.00am
 Tuesday 5th November 10.00am
 Wednesday 13th November 10.00am

Healthy Sleep Habits in Babies and Children

Presented by Erica Hargaden of Babogue Sleep Solutions

In this seminar Erica will cover why sleep is so important, what happens when we sleep and what constitutes healthy sleep in babies and children. Guidelines will be given on how to recognise sleep issues versus healthy sleep habits. Overviews will be given on why such sleep issues arise and practical advice given on how to resolve them. There will be an opportunity to ask questions at these sessions.

Athy Library
Leixlip Library
Newbridge Library
Maynooth Library

Thursday 7th March 7pm
Thursday 28th March 7pm
Tuesday 15th October 7pm
Thursday 21st November 7pm



CHILDREN

Helping your Child to Behave Well

Presented by Dr Elaine Coyne (Leixlip), Sinead McGrath (Naas),
Dr Mary Kelly (Celbridge), HSE Primary Care Psychology Service

The majority of parents, at some time, have concerns about their child's behaviour and want to know ways of encouraging them to change what they are doing. This workshop focuses on providing ideas for developing the relationship between parent and child, along with strategies and skills for parents which can encourage their children to behave in ways that are more helpful to themselves and others. It focuses on ways of both building strong connections in their family and for supporting their children in positive ways to make good choices in how they behave and relate to others.

Celbridge Library
Naas Library
Leixlip Library

Thursday 28th February 7pm
Tuesday 17th September 7pm
Tuesday 24th September 7pm

Helping your Child to Cope with Life's Challenges

Presented by Emma O'Friel (Celbridge & Leixlip),
Emma Maloney (Naas), HSE Primary Care Psychology Service

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.

Naas Library
Celbridge Library
Leixlip Library

Thursday 4th April 10.30am
Thursday 30th May 7pm
Tuesday 1st October 7pm



Helping Support your Child's Attention and Concentration

Presented by Shane MacSweeney,
HSE Primary Care Psychology Service

Many children struggle to concentrate and attend to tasks and demands; in school, pre-school, or at home. These difficulties staying focused can be related to lots of different factors and it can be hard as parents to feel confident to know what's going on and how they can best help. This talk is aimed at helping parents to firstly begin to understand what might be underlying their own child's difficulties with concentration and sustaining their attention on certain tasks and activities. It will also suggest multiple strategies that they can use to help their child to manage these challenges. The talk will also give some information on local services and community supports should parents need access to these for their child.

Athy Library

Thursday 28th March 7pm

Helping Children who worry too much

Presented by Mary Mangan (Naas), Dr Elaine Coyne (Leixlip) and Dr Tom Waldron (Celbridge) HSE Primary Care Psychology Service

This talk explores many of the common factors which can cause and increase worries for children. It will include strategies to help children to manage and overcome their worries so that the worries become less powerful in their day to day lives.

Naas Library
Celbridge Library
Leixlip Library

Tuesday 19th February 7pm
Thursday 11th April 7pm
Tuesday 19th November 7pm

First Aid for Parents

Presented by Siobhan Butler from First Aid for Everyone

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

Leixlip Library
Kildare Library
Celbridge Library
Naas Library

Tuesday 5th March 7pm - 8.30pm
Thursday 4th April 7pm – 8.30pm
Tuesday 1st October 10.30am – 12pm
Tuesday 19th November 7pm-8.30pm

Fostering Courageous Childhood Friendships

Presented by Sarah Murphy

Friendship is a fundamental and important part of a child's life, however it can also be a great source of stress and strain for children and parents alike. In this talk, Sarah Murphy, life coach and founder of www.courageouskids.ie will discuss the issues children face within their friendships and how parents can address the them. Using the FRIENDS acronym, Sarah will share ways to help children think about, evaluate and ultimately take action in their friendships which will set them up for successful future relationships.

Newbridge Library
Maynooth Library
Celbridge Library
Kildare Library

Tuesday 2nd April 7pm
Thursday 23rd May 7pm
Thursday 5th September 7pm
Thursday 19th September 7pm





Childhood Worries and Anxiety

Presented by Mary O'Kane

All children worry at times, but for some children it can be a real challenge to manage their anxieties. As parents, when your child is anxious it can be difficult to know how best to support them. However, parents play an important role in helping their child to both understand and to manage their anxiety. You don't want to belittle the child's feelings, but you also don't want to amplify them. In this talk Dr Mary O'Kane explains anxiety in children, and offers parents practical advice on how to support their children during difficult times, helping them to manage their fears and gain confidence.

Leixlip Library
Kildare Town Library

Tuesday 9th April 7pm
Thursday 7th November 7pm

Self Esteem, Confidence and Resilience

Presented by Dr Mary O'Kane

These three aspects of development are key in preparing children for so many aspects of their lives both as young children and in supporting children as they transition into adulthood. Teenagers are under so much pressure today, building these strong supports in childhood can help them to negotiate difficulties later in life. In this seminar, Dr Mary O'Kane explains the interaction between these three aspects, and offers practical advice on how to support children in these important areas.

Maynooth Library

Thursday 26th September 7pm

Why "Good Kids" Have Meltdowns, Answer Back & Won't Listen

Presented by Val Mullally

Discover why your otherwise "well-behaved" child isn't always easy – and what a parent can do to create a home environment where every family member can thrive. This parenting workshop is for you if at times you:

- feel worried or frustrated by your child's behaviour
- want to know how to handle challenging interactions with your child
- want to build a strong, positive relationship with your child

This workshop is aimed at parents of children aged 3 to 10 years old – how to parent mindfully and respond in a way that will create more enjoyable family relationships and happier, more co-operative children.

Athy Library
Naas Library
Maynooth Library

Tuesday 21st May 7pm
Thursday 23rd May 7pm
Tuesday 28th May 7pm

Raising Bilingual Children in Ireland

Presented by Dr. Francesca La Morgia from 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 learn 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 for parents who are raising bilingual or multilingual children. Parents will learn about bilingual language development, and about some of the most common strategies to support their child's linguistic development throughout childhood. They will also find out more about the cognitive, social and educational benefits of bilingualism across the lifespan. We offer practical advice based on the latest research and there will also be a free booklet to take away at the end of the talk.

Celbridge Library

Thursday 21st March 7pm

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. Most teens are more resilient than parents expect, however, preparation for this transition can definitely make it smoother. 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.

Newbridge Library

Tuesday 21st May 7pm

TEENAGERS

5 ways Parents of Teens can assist Career Planning in Senior Cycle Years

Presented by Dearbhla Kelly

What do most parents want for their teens? I believe that they want them to be happy and successful. When it comes to career planning, 92% of teens rely on their parents for career choice. Therefore, parents have a huge and important role to play. This talk focuses on 5 practical ways that you can help your teen plan ahead in a way that generates happiness, meaning and success in their career choices. You will be given a toolkit in handout form, of tried and tested techniques that will help you assist your teen in navigating the ocean of choices available to them.

Be the parent that says, as Thoreau famously said "Go confidently in the direction of your dreams! Live the life you've imagined!"

Newbridge Library
Kildare Town Library
Maynooth Library
Leixlip Library

Tuesday 5th March 7pm
Thursday 7th March 7pm
Tuesday 1st October 7pm
Thursday 3rd October 7pm

How Families survive the Teenage Years

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 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, dealing with a Mental Health crises and managing technology.

Maynooth Library

Thursday 17th October 7pm

'Under the Influence': Preventing Drugs & Alcohol Problems in Teenagers – What Parents can do

Presented by Dr Bobby Smyth MRCPsych PhD

The talk will address normal adolescent development and the impact that alcohol and drug use can sometimes have upon that process. The potential risks associated with adolescent drinking and drug use will be described. While teenagers are influenced by school, peers, community and wider culture, it appears clear that parents are the most important single influence upon them. The positive steps which parents can take to support healthy adolescent development will be described.

Clear advice will be provided on the parenting strategies which reduce the risks of teenagers developing alcohol or other substance abuse problems.

Athy Library
Leixlip Library
Naas Library

Tuesday 9th April 7pm
Thursday 9th May 7pm
Thursday 28th November 7pm



PARENTS

The Fifteen Minute Parent

Presented by Joanna Fortune

Joanna believes that when it comes to parenting, good enough is good enough. She believes that small changes can make big differences. She believes in a parenting strategy that leads to less tears and more laughter. She believes that play is the language of children and that it is essential to connect with our children in their language, even for 15 minutes of mindful play a day. Joanna's talk will introduce developmental play, highlight the difference and benefits of either adult led (child-focused) and child led play and she will ensure that everyone leaves with at least 15 minutes of practical therapeutic play that can be taken home and implemented immediately.

Leixlip Library
Celbridge Library
Naas Library

Tuesday 26th February 7pm
Thursday 16th May 7pm
Thursday 5th September 7pm

Wellness: Achieving a Healthy Balance in Daily Living

Presented by Michael Ryan

In this talk we will look at how we can practically achieve more balance in our lives. We will explore the current realities for teens and adults, we look at how we can deal with our inner critic, outline The 5 Pillars of Wellness, find out how to deal with change. Each participant will leave with their own Personal Wellness Plan to begin the process of rebalancing your life.

Newbridge Library

Tuesday 12th February 7pm



Self Care for Parents

Presented by Sarah Murphy

Parenting is a demanding job which often leaves parents burnt out, guilt-ridden or feeling like a failure. Discover how placing importance on your own needs leads to benefits in all areas of your life. Join life coach Sarah Murphy for this important workshop which introduces you to effective self-care practices which nourish the mind, body and soul, increase emotional wellbeing, alleviate anxiety and lead to more satisfying personal relationships. Learn how to implement self-care practices and follow through by designing your own self-care plan. This workshop features meditation, journaling, experiential exercises and more.

Athy Library
Leixlip Library
Naas Library

Wednesday 2nd October 10.30am – 12pm
Tuesday 15th October 7pm – 8.30pm
Tuesday 5th November 10.30am - 12pm

Keeping your kids safe online

Presented by Cybersafe Ireland

As parents of young children, we can see on a daily basis how technology is going to play an increasingly important part of their futures. It will be used more widely in schools and even a fairly basic mobile phone these days will allow a child the ability to take risks almost unthinkable 20 years ago. We want our children to be able to embrace the opportunities for learning and enjoyment that technology can deliver, but we recognise that as parents and educators we have a responsibility to equip them with the tools to stay safe and avoid harm.

We believe that everybody can play a role in keeping children safe online, including children themselves. Education is a key part of the solution and both schools and parents have a vital role to play in supporting children to be safe online. Our parents' talk runs for 1 hour with additional time for Q&A. Interactive throughout, we cover a range of topics, including discussions on social media apps & games that children are using, associated risks, and useful strategies for parents.

Maynooth Library
Newbridge Library
Celbridge Library
Kildare Town Library

Thursday 14th March 7pm
Tuesday 19th March 7pm
Thursday 26th September 7pm
Thursday 21st November 7pm



Healthy Food Made Easy – for Parents!

Supported by the Health Promotion Unit (Dublin Mid-Leinster) the Senior Community Dieticians for Kildare West Wicklow & Peer Leaders

This free 6 week course is aimed at supporting people who are interested in healthier eating, at a reasonable cost, for their families. It aims to improve attendee's nutritional knowledge and help them put it into practice in everyday life. The course is practical but fun and everyone can participate. There will be 6 sessions including cooking and tasting and a visit from the local community Dietician to answer any questions you might have. Pick up some tips and ideas to make your families lunchtimes and dinners more healthy, tasty and varied. All utensils, food etc provided.

Leixlip Library

Wednesdays 10am – 12.30pm
Starting 30th January:
30th & 6th January, 13th & 27th February,
6th & 13th March

Adoptive Parenthood

Presented by Mari Gallagher

In this talk, Mari Gallagher, Author of *'Reflections of Adoptive Parenthood,'* will share her personal experience of adoptive parenting. There will be a particular focus on intercountry adoptive parenting and the talk will cover topics such as: the desire to parent - forming a family through adoption, suitability to adopt, assessment process, meeting and bonding with a child, the importance of attachment parenting and the emotional challenge of talking to and being open with a child about their adoption.

Celbridge Library
Newbridge Library

Thursday 21st February 7pm
Tuesday 22nd October 7pm

BIOS

SIOBHAN BUTLER

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

DR. ELAINE COYNE

Dr Elaine Coyne is a Primary Care Psychologist providing a service to the Kilcock, Derrinturn, Maynooth and Leixlip areas. With experience in a range of child and adult services, she works in a compassionate way to help people to better understand the challenges they face and support them in developing their own coping strategies and ways to more effectively manage their difficulties.

CYBERSAFE IRELAND

CyberSafeIreland is a not-for-profit organisation, established in 2015, that works to empower children, parents and teachers to navigate the online world in a safe and responsible manner. Our founders have backgrounds in cybercrime

investigation, law enforcement, forensic psychology, online child protection, academia and the not-for-profit sector.

MARIE DOWDALL

Marie is the KCCC Training and Information Officer for Kildare County Childcare Committee. She is the dedicated support person within the organisation for parents in Kildare from childcare support, parenting information, funding entitlements and many more. KCCC are responsible for the promotion of cross-agency cooperation and coordination in the delivery of childcare services at local level in Co. Kildare for all children from birth to 14 years.

JOANNA FORTUNE

Joanna Fortune is an accredited psychotherapist and author. She founded the Solamh Parent Child Relationship Clinic in Dublin in 2010 (www.solamh.com) where she works with families around a variety of issues, specialising in attachment therapy. 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?" Having previously written a parenting column for the Sunday Times (Ireland Edition) she 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 Irish radio and TV shows including regular appearances on Ireland AM and RTE's Today Show amongst others. She is the consultant on the weekly parenting slot on Newstalk FM's Sean Moncrieff Show. She has contributed to a number of books and publications and her first solo written book for parents, published by Gill Books, called '*15 minute parenting*', is available now in bookshops and online.

NICOLA FOXE

Nicola has been teaching yoga to children of all ages and abilities since 2012 when she founded Yo-Yo Yoga. She is also a mother of two, works as an SNA, has studied child psychology and has worked in both crèches and as a childminder. The sessions introduce yoga in a fun, engaging yet beneficial way and aims to give children the tools they need to navigate life's challenges, before they need them

MARI GALLAGHER

Mari Gallagher is a psychotherapist in private practice in Newbridge, Co Kildare and the author of becoming a Mother: Reflections on Adoptive Parenthood (2018), the first book published in Ireland on adoption by an adoptive parent. She is mother to two internationally adopted children from Russia and Kazakhstan and is a regular speaker at Barnardos post adoption training workshops.
www.marigallaghertherapist.com

ERICA HARGADEN

Erica Hargaden is a Certified Child Sleep Consultant who offers sleep Consultancy and support services to parents experiencing sleep issues with their children through her company Babogue Sleep Solutions (www.babogue.ie).

As a mother of three she has had her own brush with sleep deprivation and understands what is involved with getting on top of issues within a family context.

Erica has extensive experience working with families both in Ireland and abroad. She likes to ensure that parents not only get closer to achieving their family sleep goals but after working with her have a greater understanding & knowledge of their child's sleep and how to manage it going forward.

HEALTHY FOOD MADE EASY PROGRAMME

The Healthy Food Made Easy programme is supported by the Health Promotion Service, Dublin Mid Leinster and the Senior Community Dieticians for Kildare West Wicklow. The sessions are facilitated by a local person who has been trained in the delivery of the 6-week course. Liz Griffin is the food and health co-ordinator for the Healthy Living Centre based in Clondalkin and the Healthy Food made easy programmes.

DEARBHLA KELLY

Dearbhla Kelly has been in education training and guidance since 1991, working in secondary schools with Cavan Monaghan ETB, in adult education with Donegal ETB and as a careers advisor in Trinity College Dublin. She uses a mixture of life coaching, NLP techniques, and counselling in order to give people practical solutions to find their purpose and follow their career dreams. Dearbhla has published a book called Career Coach with Gill and Co which is a practical step by step guide to help teen's find their life purpose. Dearbhla has trained trainers in the US in interviewing techniques based on a winning new jobs and opportunities programme for the University of Michigan. Currently, Dearbhla is using the Human Givens Psychotherapy approach to helping clients in getting their needs met and achieve better emotional health, adopt clear thinking and to improve their performance.

DR. MARY KELLY

Dr Mary Kelly is a Clinical Psychologist with the HSE Primary Care Service and is based in Celbridge. Dr Mary Kelly has worked across mental health and disability services with both children and adults. Her current post in Primary Care Psychology involves working with people across the lifespan. She is experienced in delivering talks and workshops on a range of topics.

FRANCESCA LA MORGIA

Francesca is Assistant Professor in Clinical Speech and Language Studies in Trinity College Dublin, and the coordinator of the Irish Research Network in Childhood Bilingualism and Multilingualism. Since 2006, her research has focused on child language development and bilingualism. Before joining Trinity, Francesca lectured in UCD, DCU and at the University of Reading, where she was also responsible for the English branch of Bilingualism Matters. She has been running workshops for bilingual families, teachers and other professionals for 10 years, and in 2017 she founded Mother Tongues, to offer these workshops and classes to a wider audience. Francesca has since been shortlisted for a number of national awards, including the Social Entrepreneur Awards and Ireland's Best Young Entrepreneur.

SHANE MacSWEENEY

Shane MacSweeney is an Assistant Psychologist with the HSE Primary Care Psychology Service and is based in Naas and in Blessington. He works with children and adults who are experiencing mild to moderate level psychological difficulties.

SINÉAD McGRATH

Sinéad McGrath is an Assistant Psychologist working with the HSE Primary Care Psychological Services which provides a lifespan service to children and adults experiencing mild to moderate psychological difficulties. She has been involved in delivering groups and workshops for parents on a range of different topics.

EMMA MALONEY

Emma Maloney is an Assistant Psychologist working with the Kildare Primary Care Psychology Team. She has experience facilitating groups covering a variety of topics with Parents and Children.

MARY MANGAN

Mary Mangan is a Psychologist in Clinical Training in Trinity College Dublin currently on placement in the HSE Primary Care Service in Kildare. Currently working with children experiencing mild to moderate level mental health difficulties.

VAL MULLALLY

Val Mullally MA is a parenting author, relationship coach and workshop facilitator. Her passion is supporting families to: think more clearly, connect more compassionately, behave more response-ably and live more joyfully. Her latest book is called *'Baby and Toddler on Board: Mindful Parenting when a new Child joins the family'*.

Her other titles are *'Behave –what to do when your children don't'* and *'Stop Yelling – 9 steps to calmer, happier parenting'*.

SARAH MURPHY

Sarah Murphy is a life coach who works with people of all ages to empower them to live their best lives. She is a passionate advocate of personal transformation and the cultivation of human potential (www.firedfromwithin.com). In addition to helping people achieve their personal goals through action and accountability, she also stresses the importance of a positive relationship with oneself as a fundamental basis for health and positive change. She is also the founder of www.courageouskids.ie which empowers children to develop positive resources such as courage, kindness and resilience through coaching, programmes and workshops.

EMMA O'FRIEL

Emma O'Friel is an Assistant Psychologist with the HSE, working in a Primary Care Centre in Kildare/West Wicklow. She works with children 0-18 years experiencing mild to moderate psychological difficulties, as well as with their parents. She has co-facilitated a workshop for parents of children with Autism Spectrum Disorder. Emma has a particular interest in family systems and has done research on Sibling Bullying.

MARY O'KANE

Dr Mary O'Kane originally studied Psychology in the UK, then specialised in the area of Early Childhood while undertaking her MPhil and Doctorate at Dublin Institute of Technology. Mary is currently a Lecturer in Psychology, Early Childhood Studies and Education with the Open University. She runs a monthly Parenting Slot on Ireland AM discussing both parenting and education issues and is also a regular contributor on Today FM and Newstalk answering parenting queries from listeners.

MICHAEL RYAN

Michael Ryan (MIACP) is a Counsellor/ Psychotherapist and Author who works with children and teenagers in primary & secondary schools as well as having a private practice for adults in west Dublin. He occasionally provides training and hosts workshops 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 Autism Spectrum Disorder/Asperger's (ASD).

DR BOBBY SMYTH MRCPsych PhD

Dr Bobby Smyth is a Consultant Child & Adolescent Psychiatrist, who has acted as clinical lead across three adolescent addiction services in Dublin for over 13 years. He has also worked in UK & Australia. He is a Clinical Senior Lecturer in Trinity College Dublin. He has been involved in research for 20 years and has published over 70 scientific papers. He has been a member of the National Advisory Committee on Drugs & Alcohol. He is co-author of the book *Adolescents and Substance Use: The handbook for professionals working with young people*. His advice to parents on adolescent alcohol and drug use has featured on the Ireland AM program on TV3, on RTE Radio 1, Today FM & Newstalk and in the Sunday Independent.

DR TOM WALTON

Dr Tom Walton is a Clinical Psychologist with the HSE Primary Care Service and is based in Newbridge. Tom has worked across mental health and disability services with both children and adults.

AT A GLANCE

Event	Date	Time	Location
Scared Kids: Supporting Children and Teenagers growing up in an uncertain time	Tues 26th Feb	8pm	Athy Library
How children develop and learn through play	Tues 30th Apr Tues 7th May	7pm 7pm	Maynooth Library Newbridge Library
Parent and Toddler Yoga	Sat 7th Sept Thurs 12th Sept Thurs 19th Sept Wed 25th Sept Fri 25th Oct Tues 5th Nov Wed 13th Nov	10am 10am 10am 10am 10am 10am 10am	Leixlip Library Newbridge Library Naas Library Kildare Library Athy Library Celbridge Library Maynooth Library
Healthy Sleep Habits in Babies and Children	Thurs 7th Mar Thurs 28th Mar Tuesday 15th Oct Thurs 21st Nov	7pm 7pm 7pm 7pm	Athy Library Leixlip Library Newbridge Library Maynooth Library
Helping your Child to Behave Well	Thurs 28th Feb Tues 17th Sept Tues 24th Sept	7pm 7pm 7pm	Celbridge Library Naas Library Leixlip Library
Helping your Children to cope with Life's Challenges	Thurs 4th Apr Thurs 30th May Tues 1st Oct	10.30am 7pm 7pm	Naas Library Celbridge Library Leixlip Library
Helping support your child's attention and concentration	Thurs 28th Mar	7pm	Athy Library
Helping children who worry too much	Tues 19th Feb Thurs 11th Apr Tues 19th Nov	7pm 7pm 7pm	Naas Library Celbridge Library Leixlip Library
Fostering Courageous Childhood Friendships	Tues 2nd Apr Thurs 23rd May Thurs 5th Sept Thurs 19th Sept	7pm 7pm 7pm 7pm	Newbridge Library Maynooth Library Celbridge Library Kildare Library
First Aid for Parents	Tues 5th Mar Thurs 4th Apr Tues 1st Oct Tues 19th Nov	7pm - 8.30pm 7pm - 8.30pm 10.30am - 12pm 7pm - 8.30pm	Leixlip Library Kildare Library Celbridge Library Naas Library

Childhood Worries and Anxiety	Tues 9th Apr Thurs 7th Nov	7pm 7pm	Leixlip Library Kildare Library
Self Esteem, Confidence and Resilience	Thurs 26th Sept	7pm	Maynooth Library
The transition from Primary to Secondary School	Tues 21st May	7pm	Newbridge Library
Why 'Good Kids' have meltdowns, answer back and won't listen	Tues 21st May Thurs 23rd May Tues 28th May	7pm 7pm 7pm	Athy Library Naas Library Maynooth Library
Raising Bilingual Children in Ireland	Thurs 21st March	7pm	Celbridge Library
5 ways Parents of Teens can assist Career Planning in Senior Cycle Years	Tues 5th Mar Thurs 7th Mar Tues 1st Oct Thurs 3rd Oct	7pm 7pm 7pm 7pm	Newbridge Library Kildare Library Maynooth Library Leixlip Library
How Families Survive the Teenage Years	Thurs 17th Oct	7pm	Maynooth Library
'Under the Influence': Preventing Drugs and Alcohol Problems in Teenagers	Tues 9th Apr Thurs 9th May Thurs 28th Nov	7pm 7pm 7pm	Athy Library Leixlip Library Naas Library
The Fifteen Minute Parent	Tues 26th Feb Thurs 16th May Thurs 5th Sept	7pm 7pm 7pm	Leixlip Library Celbridge Library Naas Library
Wellness: Achieving a Healthy Balance in Daily Living	Tues 12th Feb	7pm	Newbridge Library
Self Care for Parents	Wed 2nd Oct Tues 15th Oct Tues 5th Nov	10.30am - 12pm 7pm-8.30pm 10.30am - 12pm	Athy Library Leixlip Library Naas Library
Keeping your Kids Safe Online	Thurs 14th Mar Tues 19th Mar Thurs 26th Sept Thurs 21st Nov	7pm 7pm 7pm 7pm	Maynooth Library Newbridge Library Celbridge Library Kildare Library
Healthy Food Made Easy for Parents - 6 week course	Wed 30th Jan - 13th Mar	10am-12.30pm	Leixlip Library
Adoptive Parenthood	Thurs 21st Feb Tues 22nd Oct	7pm 7pm	Celbridge Library Newbridge Library



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