



April 2021 Programme

The 'Let's talk about Parenting' Programme is a FREE series of talks and workshops for Parents, and Professionals working with children and young people in County Kildare. Presently all our talks are being provided online. The programme is provided by Kildare Library Service, is funded by Kildare County Council and is supported by Kildare CYPSC, TUSLA, Foroige and the multi-agency Kildare & West Wicklow Parenting Forum.

For more information on the Parenting Forum and the supports available in County Kildare visit www.parentingsupport.ie

First Aid for Parents

Presented by Siobhan Callaghan First Aid for Everyone

Thursday 15th April 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, Temperatures / Seizures etc

Book here via Eventbrite <https://www.eventbrite.ie/e/first-aid-for-parents-tickets-146896361973>

Fussy Eaters

Presented by Foodoppi

Thursday 22nd April 7pm

With over thirty years of expertise in food, science and nutrition, Foodoppi are the children's feeding experts with personal insights and understanding into the stress and strain living with a fussy eating child brings. We unlock the scientific secrets for changing your child's eating habits.

Learn how to introduce new foods into your child's diet making mealtime mayhem history.

Foodoppi's Fussy Eaters masterclass is full of practical advice for parents tackling picky or problem eaters. You will gain a greater understanding into what can cause eating problems for your child. Learn strategies and tips that are easy to understand and simple to implement into every day family life. These are all supported by systemic scientific research. The masterclass will finish with a Q& A session

Book here : <https://www.eventbrite.ie/e/fussy-eaters-with-foodoppi-tickets-147120482323>

Building Resilience for Parents

Presented by Helen Vaughan Maynooth Counselling & Psychotherapy

Wednesday 28th April 7pm

Building resilience & how to fit it into a busy schedule. It's not a case of being resilient or not, you can learn & choose to boost it & I'll give you skills to do that. How to find hope during a global pandemic - we can share ideas about what's getting you through & I'll give some tips on how to build hope & find the self-care that works for you.

Book here via Eventbrite : <https://www.eventbrite.ie/e/building-resilience-for-parents-tickets-147123944679>

NB: For more talks check out the Kildare Library Service Online Parenting Channel:

<https://vimeo.com/channels/letstalkaboutparenting>