

Parenting Today

A Series of Free Talks in County Wexford
Libraries in 2018



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INTRODUCTION

Welcome to Parenting Today, a series of free talks to be held at Wexford, Gorey, Enniscorthy, New Ross and Bunclody libraries in 2018. This series is designed to give you information on many of the subjects you encounter in your day to day parenting. Talks will be delivered by professionals from the care, education and health sectors, who will also lead the follow up discussion.

The keynote lecture will be given by Stella O'Malley, renowned writer and psychotherapist, in Wexford Library on Tuesday 24th April at 7.00pm. The other talks range from healthy meal planning for families, to language development, from breastfeeding to childcare, from dyslexia to numeracy and to other learning needs. Library staff will work alongside our Public Health Nurse colleagues to bring you Storytime with a parenting Q&A in October. There are also other information events on special childcare provision, supports for people parenting children with autism, positive mental health, bullying, cyber safety and suicide prevention.

If you would like to learn more and to book your place, please do contact your local public library. We hope you enjoy these parenting talks and we look forward to introducing you to the other services you can find while there.

Eileen Morrissey
Wexford County Librarian

ACKNOWLEDGEMENTS

This series of talks, Parenting Today, is organised by Wexford County Council Public Library Service and the County Wexford Children and Young People Services Committee (CYPSC)*. We acknowledge the funding assistance provided to this project by the department of Children and Youth Affairs (DCYA) through Wexford CYPSC.

*County Wexford Children and Young People Services Committee (CYPSC) is a county-wide committee that includes representatives of all the main state, community and voluntary organisations working on behalf of children, young people and families aged 0-24 years in Co. Wexford. For more information on services and supports in County Wexford see www.wexfordcypsc.ie.

HOW TO BOOK

All are welcome to attend this series of parenting talks, workshops and panel discussions, but places are limited and events must be pre booked.

Please contact your local library to secure your place. For more information please contact **053 9196562** or email **libraryhq@wexfordcoco.ie**

If special supports are required for those attending, please inform library staff at the time of booking.

www.wexfordcoco.ie/ParentingTalks

Bunclody Library	053 9375466
Enniscorthy Library	053 9236055
Gorey Library	053 9421481
New Ross Library	051 421877
Wexford Town Library	053 9196760
Mobile North	087 4175810
Mobile South	087 4176014

Find your local library on Facebook

Twitter: [@wexlibraries](https://twitter.com/wexlibraries)

Instagram: [@wexfordlibraries](https://www.instagram.com/wexfordlibraries)



EVENT CALENDAR 2018

January				
Cyber Safety	Tues 30th	7:00pm	Richard Takacs	Gorey
February				
Paediatric First Aid	Sat 10th	2:30pm	Peter Finnegan	Bunclody
March				
Paediatric First Aid	Sat 24th	10:30am	Peter Finnegan	New Ross
Paediatric First Aid	Sat 24th	2:30pm	Peter Finnegan	Gorey
April				
Food Choice & Planning Healthy Meals	Wed 11th	10:30am	Betty O'Neill	New Ross
Dyslexia, Dyspraxia, Dysgraphia, ADD, ADHD	Thurs 19th	7:00pm	Dr Pauline Cogan	Gorey
Dyslexia – Helping Your Child with Reading Difficulties	Thurs 19th	7:00pm	Annette Ormonde	Bunclody
AIMS, Early Childhood Care for Children with Disabilities	Thurs 19th	7:00pm	Róisín Egan Caroline Veale Mary Murray	Enniscorthy
Autism and the Impact on Family Life	Tues 24th	7:00pm	Mags Furness Saskia Dodebier	New Ross
Cotton Wool Kids – What's Making Irish Parents Paranoid?	Tues 24th	7:00pm	Stella O'Malley	Wexford
A Guide to Early Speech & Language Development	Thurs 26th	7:00pm	Katie Reddy	Bunclody
May				
Legal Rights of Unmarried Parents	Tues 1st	7:00pm	Veronica Black	New Ross
Food Choice & Planning Healthy Meals	Thurs 3rd	7:00pm	Betty O'Neill	Bunclody
Understanding Eating Disorders	Tues 8th	7:00pm	Harriet Parsons	Wexford
Dyslexia – Helping Your Child with Reading Difficulties	Thurs 17th	7:00pm	Annette Ormonde	Enniscorthy
Little Things for your Positive Mental Health	Thurs 24th	7:00pm	Leanne Ryan Culleton	Wexford
June				
Dyslexia – Help Your Child Learn	Tues 5th	7:00pm	Amy Smyth	New Ross
Cyber Safety	Tues 5th	7:00pm	Richard Takacs	Wexford
Affordable Childcare	Thurs 7th	7:00pm	Deirdre Power	Enniscorthy
August				
Breastfeeding Information & Support Event	Wed 1st	10:30am	Public Health Nurse	Gorey

EVENT CALENDAR 2018

September				
Suicide & Self-Harm Awareness – Minding Yourself and Your Family	Tues 4th	7:00pm	Tracy Nugent	New Ross
Suicide & Self-Harm Awareness – Minding Yourself and Your Family	Thurs 6th	7:00pm	Tracy Nugent	Wexford
Family Meal Planning	Thurs 13th	7:00pm	Margaret Corcoran	Enniscorthy
Little Things for your Positive Mental Health	Thurs 13th	7:00pm	Leanne Ryan Culleton	Bunclody
Cyber Safety	Tues 18th	7:00pm	Richard Takacs	New Ross
Bully Proof Kids	Thurs 20th	7:00pm	Stella O'Malley	Gorey
A Guide to Speech in Early Childhood	Thurs 20th	7:00pm	Mary Teresa Kervick	Wexford
Dyslexia, Dyspraxia, Dysgraphia, ADD, ADHD	Tues 25th	7:00pm	Dr Pauline Cogan	Wexford
Understanding Eating Disorders	Thurs 27th	7:00pm	Harriet Parsons	Enniscorthy
October				
Breastfeeding Information & Support Event	Tues 2nd	11:00am	Public Health Nurse	Wexford
Autism and the Impact on Family Life	Thurs 4th	7:00pm	Mags Furness Saskia Dodebier	Bunclody
Cyber Safety	Thurs 11th	7:00pm	Richard Takacs	Bunclody
Library Storytime with Public Health Nurse Visit	Thurs 11th	11:00am	Public Health Nurse	Enniscorthy
Library Storytime with Public Health Nurse Visit	Fri 12th	10:30am	Public Health Nurse	Wexford
Library Storytime with Public Health Nurse Visit	Fri 12th	11:00am	Public Health Nurse	Bunclody
Library Storytime with Public Health Nurse Visit	Tues 16th	11:00am	Public Health Nurse	Gorey
Library Storytime with Public Health Nurse Visit	Fri 19th	11:30am	Public Health Nurse	New Ross
November				
Cyber Safety	Thurs 1st	7:00pm	Richard Takacs	Enniscorthy
Using Games to Develop Young Children's Mathematical Skills – Part 1	Thurs 8th	7:00pm	Donna Carolan	Gorey
Help Your Child Develop Mathematical Skills – Part 2	Thurs 22nd	7:00pm	Donna Carolan	Gorey



Cotton Wool Kids – What's Making Irish Parents Paranoid?

Speaker: Stella O'Malley, Author & Psychotherapist

In this talk at Wexford library, the author Stella O'Malley will give parents strategies to help you handle the relentless pressure from society and the media. She will also suggest ideas to enable you raise your children with a more relaxed and joyful approach, more in touch with the outdoors and the community around you.

Stella O'Malley is a psychotherapist, writer, best-selling author, public speaker and a parent with many years' experience working as a mental health professional. Born in Dublin, Stella now calls Birr, Co. Offaly home where she lives with her husband and two children and runs her private practice. Much of Stella's counselling and teaching work is with parents and young people which culminated in the publication of her two bestselling books Cotton Wool Kids by Mercier Press in 2015 and Bully-Proof Kids by Gill Books in August 2017.

Wexford Library, Tuesday 24th April, 7:00pm

Food Choice & Planning Healthy Meals

Speaker: Betty O'Neill, Nutritional Therapist

In this talk Betty will give information on how to plan family meals for nutrition and health. To keep a balanced diet for all and avoid the pitfalls of child obesity by good planning and food choice.

Betty O'Neill is a nutritional therapist and is a member of Nutritional Therapy of Ireland. Betty is fascinated by the remarkable benefits that food has on our bodies and our overall well-being. She will explain how diet impacts on energy levels, sleep patterns and digestive systems. Betty will talk about how to really read the information on packaging and discuss how you can make good choices that will impact your health.

New Ross Library, Wednesday 11th April, 10:30am
Bunclochy Library, Thursday 3rd May, 7:00pm

Family Meal Planning

Speaker: Margaret Corcoran

In this event Margaret Corcoran will give a cookery demonstration and present several dishes as she shows you how to prepare quick evening meals and healthy lunchboxes for children. She will talk about nutrition, give you recipes, show you how to shop smartly and prepare these meals yourself. Best of all she knows how to hide goodness within your meals, in a way that will still encourage your child to eat.

Enniscorthy Library, Thursday 13th September, 7:00pm



BREASTFEEDING

Breastfeeding Information and Support Events

Speakers: Public Health Nurse, Cuidiú and La Leche League

A storytime with information that brings together local and national stakeholders involved in promoting, supporting and normalising breastfeeding in Irish society. Representatives from HSE Public Health Nurses, La Leche League and Cuidiú will be in attendance to provide information and support. Expectant mothers, new mothers and babies will be able to meet experienced and extended breastfeeding mothers and their toddlers. Library staff will choose and read picture books which normalise and promote breastfeeding to compliment their regular storytime books.

Gorey Library, Wednesday 1st August, 10:30am
Wexford Library, Tuesday 2nd October, 11:00am

CHILD DEVELOPMENT

Library Storytime with Public Health Nurse Visit

Speaker: Public Health Nurse

Bring your baby to the library for a storytime in October and talk to a PHN about child development, sleep patterns, and other questions you may have parenting your baby, toddler and young child.

Enniscorthy Library, Thursday 11th October, 11:00am
Wexford Library, Friday 12th October, 10:30am
Bunclody Library, Friday 12th October, 11:00am
Gorey Library, Tuesday 16th October, 11:00am
New Ross Library, Friday 19th October, 11:30am

SPEECH & LANGUAGE

A Guide to Early Speech & Language Development

Speaker: Katie Reddy, Speech and Language Therapist in the HSE Community Services, Co. Wexford

This talk will give information about the development of early attention, play and communication skills. It will look at strategies to support communication in young children and give advice regarding delayed communication.

Katie qualified with a BSc in Speech and Language Therapy from UCC. She spent a number of years working in disability services in both Dublin and Limerick before returning to community services in Wexford where she is currently based as a Senior SLT in Gorey Health Centre. Her caseload is predominantly paediatric but she provides an adult community service within Gorey and also a Feeding clinic where she sees children with Eating, Drinking and Swallowing Difficulties (EDS).

Bunclody Library – Thursday 26th, April, 7:00pm



SPEECH & LANGUAGE

A Guide to Speech in Early Childhood

Speaker: Mary Teresa Kervick, Senior Speech and Language Therapist

This talk will enable parents assist their children develop their early attention play and communication skills. It will look at methods to help young children build their communication ability and advise on delayed communication.

Mary qualified with a BSc Hons in Speech and Language Therapy from UJJ. She spent a numbers of years working in disability services in both voluntary organisations and the HSE in counties Wicklow, Dublin, Meath, Carlow, Kilkenny and now community services in Wexford. Her caseload is children covering primary care and school aged disability including Our Lady of Fatima School.

Wexford Library – Thursday 20th September, 7:00pm



DIGITAL SKILLS

Cyber Safety for Children

Speaker: Richard Takacs, Easy Security

Learn how to protect your children's privacy when they are online. Richard Takacs will talk about parental controls. He will advise on age-appropriate online communication and explore strategies to prevent and deal with cyber bullying among other topics.

Gorey Library, Tuesday 30th January, 7:00pm

Wexford Library, Tuesday 5th June 7:00pm

New Ross Library, Tuesday 18th September, 7:00pm

Bunclody Library, Thursday 11th October, 7:00pm

Enniscorthy Library, Thursday 1st November, 7:00pm

EATING DISORDERS

Understanding Eating Disorders

Speaker: Harriet Parsons, MA, MSc., Reg. Pract. APPI. Bodywhys

Eating disorders are complex psychological disorders that affect every aspect of a person's functioning. In this talk Harriet will look at strategies and respond to your questions.

Harriet Parsons has been working and studying in the area of psychotherapy for the last 15 years. She joined BODYWHYS, The Eating Disorders Association in 2005. She is a member of the Irish Council of Psychotherapy (ICP), and is a registered practitioner with APPI, The Association for Psychoanalysis and Psychotherapy in Ireland.

Wexford Library, Tuesday 8th May, 7:00pm

Enniscorthy Library, Thursday 27th September, 7:00pm

Dyslexia – Helping Your Child with Reading Difficulties

Speaker: Annette Ormonde, Enniscorthy DAI

This talk will focus on the main areas of difficulty associated with dyslexia. It will give tips to help parents understand their child; help them with reading, writing and spelling. We will discuss tips to help the children and will talk about key supports available for parents and children.

Annette is a primary teacher. She is coordinator of the Dyslexia Workshop in Enniscorthy and is chairperson of the Wexford Irish Learning Support Association committee.

The Dyslexia Workshop Enniscorthy is a workshop affiliated with the Dyslexia Association of Ireland. It holds weekly workshops over two terms of twelve weeks each year for children with dyslexia.

Bunclody Library, Thursday 19th April, 7:00pm
Enniscorthy Library, Thursday 17th May, 7:00pm

Dyslexia – Help Your Child Learn

Speaker: Amy Smyth, Dyslexia Association of Ireland

Amy Smyth will talk about dyslexia, what it is, and what help is available. The talk will show parents and carers what you can do to assist your children and discuss what supports are available at school level. It ends with a question and answer session.

New Ross Library, Tuesday 5th June, 7:00pm

Dyslexia, Dyspraxia, Dysgraphia, ADD, ADHD – Why Your Child May Have Literacy Difficulties

Speaker: Dr Pauline Cogan

Discover how to identify early signs of learning difficulties. Examine the connections between speech and language difficulties and literacy. Explain dyslexia in a positive way to your child and help them build their fluency.

Pauline Cogan is a native of Dungarvan, Co Waterford. She has an MSc in Neurolinguistics from Free University of Brussels, 1995 and a PhD from Trinity College, Dublin, in 2012.

Pauline is an honorary member of the Board of Dyslexia International Tools & Technologies, a portal to UNESCO. She is on the National Executive Committee of the Irish Learning Support Association (ILSA) and is the Editor of LEARN (ILSA). She is also a Chartered Psychologist of the Psychological Society of Ireland.

Gorey Library, Thursday 19th April, 7:00pm
Wexford Library, Tuesday 25th September, 7:00pm



NUMERACY

Using Games to Develop Young Children's Mathematical Skills – Part 1

Speaker: Donna Carolan

Have you ever wondered what games you could play with your child to help them develop their mathematical learning? Engaging mathematical games can encourage children to deepen their understanding of mathematics and promote mathematical thinking.

Gorey Library, Thursday 8th November, 7:00pm

Help Your Child Develop Mathematical Skills – Part 2

Speaker: Donna Carolan

Learn how to develop your child's mathematical skills through the use of games. In these two talks Donna Carolan will help you use a wide variety of games and explore the benefits of play.

Donna Carolan is a lecturer in Early Childhood Education at the DCU Institute of Education, St. Patrick's Campus, Dublin. Before joining the DCU Institute of Education, Donna worked as a primary school teacher for 12 years.

Gorey Library Thursday 22nd November, 7:00pm

AIMS, Early Childhood Care for children with Disabilities

Speakers: Róisín Egan, HSE South East Representative for AIM
Caroline Veale, National Service Coordinator for AIM
Mary Murray, AIM Support Development Officer of Wexford County Childcare Committee.

This talk will tell you all about the Access & Inclusion Model (AIM) for childcare. It is a programme of supports designed to ensure that children with disabilities can access the Early Childhood Care and Education (ECCE) Programme in mainstream pre-school settings and can participate fully in the pre-school curriculum alongside their peers.

Pre-school providers, in partnership with parents, may consider that some further additional support may be necessary to meet the needs of a particular child. They can apply for one or more targeted supports.

This AIM information session will provide parents with a firm understanding of relevant support entitlements for their child, with engaged interactions from speakers.

Enniscorthy Library, Thursday 19th April, 7:00pm



Affordable Childcare

Speaker: Deirdre Power, CEO Wexford County Childcare Committee.

This session will equip parents with an understanding of various types of funding available to them for paid childcare, under the Department of Children & Youth Affairs National Early Years Programmes.

Wexford County Childcare is a semi-statutory early childhood care and education service. It provides information, advice and support on Early Years Services to parents, childminders, care providers and students.

Enniscorthy Library, Thursday 7th June, 7:00pm



PARENTING ALONE

Legal Rights of Unmarried Parents

Speaker: Veronica Black, TREOIR

The aim of this workshop is to provide accurate up to date information on the legal rights and responsibilities of parents who are not married to each other. The workshop clarifies the legal situation with regard to guardianship, access, custody, maintenance, birth registration, establishing paternity, passports and more.

Treoir is the National Specialist Information Service for unmarried parents and their children providing clear and up-to-date information free of charge to parents who are not married to each other and to those involved with them.

New Ross Library, Tuesday 1st May, 7:00pm

FIRST AID

Paediatric First Aid

Speaker: Peter Finnegan, Parents First

Learn what to do when dealing with a baby or toddler medical emergency from Parent First Aid.

Parent First Aid is a company that engages qualified and highly experienced instructors to deliver first aid training for adults who are parenting, in a relaxed and engaging learning environment.

Bunclody Library, Saturday 10th February, 2:30pm

New Ross Library, Saturday 24th March, 10:30am

Gorey Library, Saturday 24th March, 2:30pm

SUICIDE

Suicide and Self-Harm Awareness: Minding Yourself and Your Family

Speaker: Tracy Nugent, HSE Resource Officer for Suicide Prevention (South East)

Tracy Nugent, will show how to mind yourself and your family when confronting suicide and self harm situations. She will give strategies for parents to help you address depression and suicidal thoughts.

Tracy is based at the HSE South East Resource Office and works in the area of suicide prevention, intervention and postvention. She coordinates the development and implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020 at local level. The office delivers a range of suicide prevention and self-harm training including safeTALK, Applied Suicide Intervention Skills Training (ASIST) and Understanding Self-Harm. It also supports other organisations working in the area of mental health with advice, training and information and signposting to services.

New Ross Library, Tuesday 4th September, 7:00pm
Wexford Library, Thursday 6th September, 7:00pm



AUTISM

Autism and the Impact on Family Life

Speakers: Mags Furness and Saskia Dodebier, Cottage Autism Network

This talk will focus on autism, what it is and how it may impact on an individual and their family. There will be discussion and examples on how to best support a person with autism.

Cottage Autism Network is a Wexford based charity which aims to improve the quality of life of families affected by Autism Spectrum Disorder.

New Ross Library, Tuesday 24th April, 7:00pm
Bunclody Library, Thursday 4th October, 7:00pm



MENTAL HEALTH

Little Things for your Positive Mental Health

Speaker: Leighann Ryan Culleton, Development and Training Officer, HSE Regional Suicide Resource Office (South East)

When we go through tough times as a child, parent or in the family, little things can make a positive difference in how we feel. In this talk Leighann Ryan Culleton will bring you through the #littletthings campaign and tell of some real life stories.

#Littlethings is the national mental health and wellbeing campaign by the HSE's National Office for Suicide Prevention and a coalition of more than 30 partner organisations.

Wexford Library, Thursday 24th May, 7:00pm
Buncloidy Library, Thursday 13th September, 7:00pm

BULLYING

Bully Proof Kids

Speaker: Stella O'Malley, Author and Psychotherapist

Based on the author's years' experience counselling bullies and their targets, 'Bully Proof Kids' offers concrete strategies to empower children and teenagers to deal confidently with bullying and dominant character. Here, Stella presents some useful tips to parents when dealing with cyber bullying.

Stella O'Malley is a psychotherapist, writer, best-selling author and public speaker. For further information see page 8.

Gorey Library, Thursday 20th September, 7:00pm

