

National Breastfeeding Week October 1-7th 2018

Keep an eye out on Facebook for some extra events. Our Thursday Coffee morning will move to St Brigids Parish Hall for a bigger celebration.

Saturday 6th Oct Clare will host a "latch on" event, mums and nurlslings will meet in the lounge of Rochestown Park Lodge, 10.30-12!

Birth Reflection (Catherine 087 275 5440)

Whether you had an amazing birth experience or one that fell short of your expectations come and talk about it in a supportive environment, facilitated by Catherine Wells. Numbers will be limited please book a place

Venue- TBC **Date** – Tues Oct 2nd 26th 8-10pm

Tandem Nursing Experience Sharing (Aga 085 133 6896)

Aga is hosting a coffee morning aimed at tandem feeding mums, past present and future hopefuls that are interested to gain knowledge for the future. Come along, chat and share your tandem experience.

Venue – Aga's Home in Cornelscourt, **Date** – Sat 13th Oct, 10-12 noon

Halloween Party (Iva 083 457 6737)

Join us for our annual Halloween Party, lots of fun and games €5 per family. We love to see all the Cuidiú babies, toddlers and children dressed up!!

Venue – St Paul's Glenageary **Date** – BH Mon 29th Oct, 10am-12pm

First Aid Course (Victoria 086 826 4441)

Great chance to refresh your first aid skills, and learn some extra baby/child related knowledge at our First Aid course.

Venue – St Brigids Parish Hall **Date** – Monday 19th Nov, 7-10pm

Cuidiú Antenatal & Early Parenting Course

Anne Marie at *About Birth and Babies* 086 341 2571

Independent, evidence based information for your birthing journey

Venue: Mounttown Community Facility: Saturday 10am - 5pm

Next dates: 8th Sept, 6th Oct, 3rd Nov, 1st Dec

New! VBAC Workshop - Contact for dates

Anne Marie is also a qualified Instructor in Infant Massage, accredited to International Association of Infant Massage (IAIM) through Baby Massage Ireland.

New Classes Start Sept 2018 - Low rate of €65 for Cuidiú members refundable on most private health insurance schemes.

www.aboutbirthandbabies.com - aboutbirthandbabies@gmail.com

Bush Kinder (Iva 083 457 6736)

This is an outdoor group for children and their parents/minders to meet and play in the natural outdoor spaces in our area. The location changes each week but firm favourites are Killiney Hill, Cabinteely Park, Barnasligan and the magical Knocksink Woods. Join the Facebook group "Cuidiu DSE Bush Kinder Group" where events are posted on a weekly basis

Cuidiú a Dó (Eve 087 962 0039)

Autumn Hike Friday 2nd November, Family friendly 10.30 a.m. venue tbc

BABY & TODDLER GROUPS

Open term time only (Closed Midterm Oct 31st & Nov 2nd)

WEDNESDAYS 9.30 - 11.30 am, St. Paul's Church Hall Adelaide Rd, Glenageary
Coordinator Norma Lindsey 086 365 3782

FRIDAYS 10.00 - 12 noon, Foxrock Parish Centre Foxrock Church

Coordinator Jenny McGovern 087 204 3373

Charge of €4 for members & €7 for non-members

Please don't ever worry if you arrive without cash

PARENT 2 PARENT SUPPORT / PND COFFEE MORNINGS

Join us for a coffee morning/evening meet-up where you can talk freely about the stressful times of parenting, changed roles, and everything in between. Babies welcome.

Phone numbers below, please text to confirm

Morning Meeting (Time: 10.30-12.00) Host: Iva **Address:** 5 Windsor Court, Stradbrook Rd, Blackrock, **Dates** – Tues Morning Sept 25th, Oct 23rd, Nov 27th

Evening Meeting (8-10pm) Host: Lorna **Venue:** Royal Marine Hotel, Dun Laoghaire **Dates** – Tues Evening Sept 11th, Oct 9th, Nov 13th

PARENT 2 PARENT SUPPORTERS are mothers trained with communication, facilitation & counselling skills (but are not actual counsellors); they can provide a listening ear and support for anyone who would like to talk in confidence about the ups and downs of parenting.

Lorna Tormey 085 723 4429 - Iva Bedzula Prebeg 083 457 6737
Catherine Wells 087 275 5440 - Lara Henry 01 284 4950
Catherine Griffin 087 121 3429 - Catherine Barrett 087 289 7651

HELP WITH BREASTFEEDING

Our breastfeeding counsellors are there to give information and encouragement and can be contacted at any time:

Stella Folan 086 381 5497 - Cita Crefeld 086 856 5787 - Laura Crowley 086 384 4411
Sandy Connolly 086 043 8642 - Nicola Reeves 01 230 2358 - Liz McGovern 01 285 3179
Ruth Carey 01 285 3178 - Gráinne Gallwey 087 759 6718

Hospital standard **Breast Pump** available to hire – Gráinne 087 759 6718

Breastfeeding Workshops (Sandy 086 043 8642)

Cost: €10 mem / €15 non members **Venue:** TBC - Glenageary **Time:** 10-12noon

25th Sept Pre-birth, Antenatal Breastfeeding with Cuidiú BFC Grainne Gallwey

17th Oct Breastfeeding - The Early Days with Cuidiú BFC Liz McGovern (IBCLC)

14th Nov Back to Work Breastfeeding with Cuidiú BFC Liz McGovern (IBCLC)

**** COFFEE MORNINGS ****

BREASTFEEDING SUPPORT (BF) or BUMPS & BABES (BB)

PLEASE NOTE meetings are 10am-12pm on **Thursdays**. BF counsellors are present for a chat, support and information on the BF mornings. Evening meeting too.

Donation of €3 welcome. **Please text host for full address**

6 th Sept	BF	Antoinette	087 664 5618	Cabinteely
13 th Sept	BB	Maureen	086 324 0418	Dun Laoghaire
20 th Sept	BF	Kate	085 776 7657	Glenageary
24 th Sept	BF 8PM	Roisin	087 6668069	Sandycove
27 th Sept	BB	Isult	087 257 5134	Foxrock
4 th Oct	BF	Victoria	086 826 444	Cabinteely
11 th Oct	BB	Elizabeth	087 659 8773	Dun Laoghaire
18 th Oct	BF	Antoinette	087 664 5618	Cabinteely
22 nd Oct	BF 8PM	Clare	086 858 5899	Dun Laoghaire
25 th Oct	BB	Orlaith	086 161 2145	Stillorgan
1 st Nov	BF	Ilana	087 402 3854	Killiney
8 th Nov	BB	Antoinette	087 664 5618	Cabinteely
15 th Nov	BF	Lorna	085 723 4429	Shankill
22 nd Nov	BB	Margarita	086 225 3958	Glenageary
26 th Nov	BF 8PM	TBC	TBC	TBC
29 th Nov	BB	Aga	085 133 6896	Cornelscourt

Cuidiu Membership €25 Jan-Dec or €13 Sept-Dec
Membership forms available at all events or pay online
www.cuidiu-ict.ie/membership_login

Victoria Fahey (Branch Coordinator) 086 826 4441
Jane Adams (Mem. Secretary) 085 187 6306