



PARENTING TALK (Lorna 085 723 4429)

"Building & Nurturing Parenting Relationships" with Emer Leavy Clinical Psychologist.

Venue: Foxrock Parish Centre Date: Dec 12th 7-9pm

CUIDIU A DÓ (Eve 087 962 0039)

Winter Hike, Family friendly Venue: TBC Date: Friday Jan 4th 10.30am

AGM (Victoria 086 826 4441)

Our Annual general meeting will be held on Friday February 8th all members are welcome to come along.

Venue: Glenageary Date: Feb 8th 8pm

SLING DEMO (Orlaith 086 161 2145)

At our regular Bumps & Babes coffee morning we will have baby wearing mums on hand to chat about and demo slings! Bring along your own sling too.

Venue: Stillorgan Date: Thurs Feb 14th 10am-12noon

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 "Cuidiú DSE Bush Kinder Group" where events are posted on a weekly basis

BABY & TODDLER GROUPS

Open term time only (Closed Christmas Dec 20th – Jan 8th)

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

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.

Cost: €10 mem / €15 non members

Venue – Foxrock Parish Centre Date – Mon 14th Jan 7.30-9.30pm

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: 1st Dec, 19th Jan, 16th Feb

New! VBAC Workshop - Contact for dates

Anne Marie is also a qualified Instructor in Infant Massage, *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

Cuidiú 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

COFFEE MORNINGS

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

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

Dec 6 th	BF	Orlaith	086 161 2145	Stillorgan
Dec 13 th	BB	Niamh	087 694 1947	Stillorgan
Dec 17 th	BF 8pm	Cita	086 856 5787	Glenageary
Dec 20 th	BF	Brenda	086 884 3156	Foxrock
Jan 3 rd	BF	Clare	086 858 5899	Dun Laoghaire
Jan 10 th	BB	Ilana	087 402 3854	Killiney
Jan 17 th	BF	Lorna	085 723 4429	Shankill
Jan 22 nd	BF 8pm	Brenda	086 884 3156	Foxrock
Jan 24 th	BB	Kate	085 776 7657	Glenageary
Jan 31 st	BF	Antoinette	087 664 5618	Cabinteely
Feb 7 th	BF	Maeve	087 848 6826	Dun Laoghaire
Feb 14 th	BB	Orlaith	086 161 2145	Stillorgan
Feb 21 st	BF	Aoife	087 987 5280	Carrickmines
Feb 25 th	BF 8pm	Clare	086 858 5899	Dun Laoghaire
Feb 28 th	BF	Aga	085 133 6896	Cornelscourt

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 - 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 – Cita Crefeld 086 856 5787

Breastfeeding Workshops (Sandy 086 043 8642)

11th Dec Pre-birth, Antenatal Breastfeeding with Cuidiú BFC Grainne Gallwey

9th Jan Breastfeeding - The Early Days with Cuidiú BFC Liz McGovern (IBCLC)

13th Feb Back to Work Breastfeeding with Cuidiú BFC Liz McGovern (IBCLC)

Venue: Rochestown Lodge Hotel Time: 10-12noon Cost: €10 mem / €15 non members

Bookings: Eventbrite  Cuidiú Dublin South East

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

Dec 4 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Dec 18 th	10.30AM	Iva	083 457 6737	Blackrock
Jan 8 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Jan 29 th	10.30AM	Iva	083 457 6737	Blackrock
Feb 5 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Feb 26 th	10.30AM	Lara	085 144 8158	Monkstown

PARENT 2 PARENT SUPPORTERS are parents 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 085 144 8158
Catherine Griffin 087 121 3429 - Catherine Barrett 087 289 7651

"Cuidiú supports all parents, please always feel welcome to attend any of our events"