



PICTUREBOOK CLUB (Antoinette 087 664 5618)

Here comes our first afternoon Cuidiú activity! For parents and young kids, we invite you to join in to explore and have fun with children's picturebooks, while enjoying a warm cuppa and chats. Hosted in the comfort of Antoinette's home, you can relax and the kids can (should they wish!) enjoy the combo of books and play. Babies, toddlers, preschoolers and junior infants - all welcome!

Venue: Cabinteely Date: Mondays 3-4.30pm Starting April 1st

PARENTING CIRCLE (Lorna 085 723 4429)

We will chat and explore your parenting questions. Facilitated by psychologist and mum of two Emer Leavy. Emer will help us to explore areas in our parenting we feel we need support in. She will also discuss how we can nurture our relationships with our children. Questions & topics of interest can be submitted before the talk (anonymously if needed). Booking essential as spaces will be limited.

Venue: Royal Marine Hotel Date: Tues April 2nd 7-9pm

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 members / €15 non members**

Venue: Foxrock Parish Centre Date: Tue Apr 16th 7.30-9.30pm

INFORMAL SLING MEETUP (Aga 085 133 6896)

Bring your slings along to our regular Bumps & Babes coffee morning. Share your experiences with each other and get to try different kinds of slings.

Venue: Cornelscourt Date: Thurs May 23rd 10am-12noon

ZERO WASTE (Kate 085 776 7657)

Do you want to cut down on plastic in your weekly shop? Kate is running a zero waste demo in her Glenageary home, where you'll learn how to make small changes with big impacts. All attendees will get a yoghurt starter, an apple vinegar mother and a beeswax wrap. Tea and treats included.

Cost: €15 for members & €25 for non-members

Venue: Glenageary Date: Sat May 25th 10am-1pm

BUSH KINDER (Iva 083 457 6736)

This is an outdoor group for children and their parents/minders to meet & 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

ANTENATAL & EARLY PARENTING COURSE

Anne Marie at About Birth and Babies 086 341 2571
Independent, evidence based information for your birthing journey.
Dates: Sat April 13th & June 15th **Cost:** €165 per couple
Venue: Mounttown Community Facility, Saturday 10am - 5pm
New! VBAC Workshop - Contact for dates
Anne Marie is also a qualified Instructor in Infant Massage
Cost: €90 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

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**

Mar 7 th	BF	Brenda	086 884 3156	Foxrock
Mar 14 th	BB	Stephanie	083 815 2400	Stillorgan
Mar 21 st	BF	Orlaith	086 161 2145	Stillorgan
Mar 25 th	BF 8pm	Clare	086 858 5899	Dun Laoghaire
Mar 28 th	BB	Margarita	086 225 3958	Glenageary
Apr 4 th	BF	Antoinette	087 664 5618	Cabinteely
Apr 11 th	BB	Anna	087 900 3851	Cherrywood
Apr 18 th	BF	Catherine	087 121 3429	Foxrock
Apr 23 rd	BF 8pm	Clare	086 858 5899	Dun Laoghaire
Apr 25 th	BB	Lea	087 205 0617	Sandycove
May 2 nd	BF	Brenda	086 884 3156	Foxrock
May 9 th	BB	Anna	087 900 3851	Cherrywood
May 16 th	BF	Antoinette	087 664 5618	Cabinteely
May 20 th	BF 8pm	Roisin	087 666 8069	Sandycove
May 23 rd	BB	Aga	085 133 6896	Cornelscourt
May 30 th	BF	Lea	087 205 0617	Sandycove

HELP WITH BREASTFEEDING

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

Clare Dillon 086 858 5899 - Roisin O'Coineen 087 6668069
Stella Folan 086 381 5497 - Cita Crefeld 086 856 5787 - Sandy Connolly 086 043 8642
Ruth Carey 01 285 3178 - Gráinne Gallwey 087 759 6718

Hospital standard **Breast Pump** available to hire – Cita Crefeld 086 856 5787

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

Mar 12 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Mar 26 th	10.30AM	Iva	083 457 6737	Blackrock
Apr 30 th	10.30AM	Iva	083 457 6737	Blackrock
May 14 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
May 28 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

BABY & TODDLER GROUPS

Toys & playmats for the smallies. Tea and chats for the mums!

Term time only (Closed Easter April 17th, 19th, 23rd, 26th)

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

FRIDAYS 10.00 - 12 noon, Foxrock Parish Centre Foxrock Church
Coordinator Jenny 087 204 3373

Cost: €4 for members / €7 for non-members

Please don't ever worry if you arrive without cash

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

Victoria Fahey (Branch Coordinator) 086 826 4441

Jane Adams (Mem. Secretary) 085 187 6306