



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**

Jun 6 th	BB	Oonagh	085 191 5073	Dalkey
Jun 13 th	BF	Brenda	086 884 3156	Foxrock
June 20 th	BB	Lea	087 2050617	Sandycove
June 27 th	BF	Rachel	085 766 1293	Rochestown Ave
Jul 4 th	BB	Catherine	087 121 3429	Foxrock
Jul 11 th	BB	Ellen	086 056 4594	Glasthule
Jul 18 th	BB	Lea	087 2050617	Sandycove
Jul 25 th	BB	Rachel	085 766 1293	Rochestown Ave
Aug 1 st	BB	Kate	085 776 7657	Glenageary
Aug 8 th	BB	Rachel	085 766 1293	Rochestown Ave
Aug 15 th	BB	Catherine	087 121 3429	Foxrock
Aug 22 nd	BB	Aga	085 133 6896	Cornelscourt
Aug 29 th	BB	Rowena	087 655 2363	Deansgrange

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

Breastfeeding workshops will return in the Autumn

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

Jun 11 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Jun 25 th	10.30AM	Iva	083 457 6737	Blackrock
Jul 9 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Aug 6 th	8PM	Lorna	085 723 4429	Royal Marine Hotel
Aug 27 th	10.30AM	Iva	083 457 6737	Blackrock

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
Anna Fitzgerald 085 719 6235 - Sandy Connolly 086 043 8642

BABY & TODDLER GROUPS

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

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

Term time only – last date is June 26th

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

Term time only - last date is June 21st

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

Please don't ever worry if you arrive without cash

CUIDIU Á DÓ (Jenny 087 204 3373)

Come and join us for some wonderful outdoor family friendly events over the summer !

Fri 19th July - Day on the Dart

Meet at Glenageary Dart station to catch the 10.29 dart to Greystones. Walk down to the brand new playground, playtime in playground, picnic on the beach after.

Fri 26th July- Killruddery

Meet at the sandpit at 10.30, bring your own snacks to enjoy at the picnic benches. Head for the (large) beech hedge by the pond to climb trees before exploring the forest to find the fabulous fairy houses. Explore the grounds at your leisure.

Wed 31st July- Knocksink Woods - Teddy Bears Picnic

Meet at the rocks by the river at 10.30 to throw stones and build dams. Take a stroll around the loop. Return to the clearing by the rocks and the river for a Teddy Bears Picnic.

PICTUREBOOK CLUB (Antoinette 087 664 5618)

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

Not on Bank Holiday Monday June 3rd & Aug 6th

BUSH KINDER (Aga 085 133 6896)

NOW Tuesday Afternoons !!

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 June 15th, July 13th, Sept 7th **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

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

Catherine Griffin (Branch Coordinator) 087 121 3429

Jane Adams (Mem. Secretary) 085 187 6306