



## CUIDIÚ WEEK 2020 (11 to 17 May)

Let's celebrate our Cuidiú community!

### Let's talk about sleep (Clare 086 858 5899)

Join us for an informal discussion on infant sleep behaviour, hosted by Liz McGovern, Cuidiú BFC and IBCLC.

**Date:** Tuesday, 12 May at 8pm

### Cuidiú Week Bumps and Babes (Clare 086 858 5899)

Our regular Thursday coffee morning will be bigger and better this week to celebrate Cuidiú Week. Venue will be confirmed closer to the time on Facebook. All welcome, especially past, present and future Cuidiú members!

**Date:** Thursday, 14 May at 10am

## PICTUREBOOK CLUB (Antoinette 087 664 5618)

For parents and young kids, we invite you 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

## BUSH KINDER (Aga 085 133 6896)

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, Barnaslingan and the magical Knocksink Woods. Join the Facebook group "Cuidiú DSE Bush Kinder Group" where events are posted on a weekly basis.

## TREE ID WALK (Aga 085 133 6896)

Bush Kinder will celebrate National Tree Week with a tree id walk. All ages welcome to join but route will not be suitable for buggies.

**Venue:** Killiney Hill, **Date:** Tuesday, 24 March at 3pm

## MY BILINGUAL CHILD (Lea 087 205 0617)

Bígí linn...Rejoignez nous...Dołącz do nas...Join us for an hour long talk (followed by q&a) by Mother Tongues for parents raising children with two or more languages. Parents will learn about bilingual language development, and about some of the most common strategies to support their child's linguistic development.

**Venue:** Newtownpark Pastoral Centre, **Date:** Tues, 28 April at 8pm

**Cost:** €10 (Cuidiú members) / €15 (non-members)

## CUIDIÚ A DÓ - KILRUDDERY (Carole 086 105 0510)

Come and join us for some outdoor family fun at Easter! Meet at the sandpit at 10.30, bring your own snacks to enjoy at the picnic benches. Sandy, one of our BFCs, will join us too for breastfeeding support. NB: there is an admission fee for Kilruddery Gardens.

**Date:** Thursday, 16 April at 10.30am

## BREASTFEEDING WORKSHOPS (Zita 087 979 3671)

Lactation consultant & Cuidiú BFC Liz McGovern (IBCLC) will facilitate these informative and interactive workshops. Small groups mean you'll have plenty of opportunity to ask questions. Babies welcome.

**Cost:** €10 (Cuidiú members) / €15 (non-members)

- Breastfeeding - The Early Days, **Venue:** Foxrock  
**Date:** Wednesday, 25 March at 10am (2 hours)
- Back to Work while Breastfeeding, **Venue:** Glenageary  
**Date:** Wednesday, 13 May at 10am (2 hours)

**Cuidiú Membership** €25 Jan-Dec or €13 Sept-Dec  
Membership forms available at all events or pay online  
[www.cuidiu-ict.ie/membership\\_login](http://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 BF mornings. BF evening meetings highlighted in green – mums to be are especially welcome!

All bumps and babes welcome for tea and chats on BB mornings.

Donation of €3 welcome.

**Please text host for full address & to confirm attendance**

Mar 5	BF	Brenda	086 884 3156	Foxrock
Mar 12	BB	Catherine	087 121 3429	Foxrock
Mar 19	BF	Carole	086 105 0510	Sandycove
Mar 26	BB	Aga	085 133 6896	Cornelscourt
Apr 2	BF	Ana	086 150 1489	Dun Laoghaire
Apr 9	<b>Easter</b>	<b>Week</b>	<b>No Meeting</b>	
Apr 15	BF 8pm	Roisin	087 666 8069	Glasthule
Apr 16	<b>BF</b>	<b>Carole</b>	<b>086 105 0510</b>	<b>Cuidiú a Dó, Kilruddery</b>
Apr 23	BF	Aga	085 133 6896	Cornelscourt
Apr 30	BB	Kristina	087 912 2710	Stillorgan
May 7	BF	Ana	086 150 1489	Dun Laoghaire
May 14	BB	Clare	086 858 5899	Cuidiú Week – venue tbc
May 21	BF	Clare	086 858 5899	Dun Laoghaire
May 28	BB	Kristina	087 912 2710	Stillorgan

## 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  
Clare Dillon 086 858 5899 - Roisin O'Coineen 087 666 8069  
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 31	10.30AM	Iva	083 457 6737	Blackrock
Apr 7	8PM	Catherine	087 121 3429	Royal Marine Hotel
Apr 28	10.30AM	Iva	083 457 6737	Blackrock
May 5	8PM	Anna	085 719 6235	Royal Marine Hotel
May 26	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.

Iva Bedzula Prebeg 083 457 6737 - Catherine Wells 087 275 5440  
Catherine Griffin 087 121 3429 - Sandy Connolly 086 043 8642  
Anna Fitzgerald 085 719 6235

## BABY & TODDLER GROUPS

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

**Cost:** €4 for members / €7 for non-members, but please don't ever worry if you arrive without cash

**WEDNESDAYS 10.00 – 12 noon, St. Paul's Church Hall** Adelaide Rd, Glenageary  
Coordinator Zainib 083 860 0000

Runs during term time only – closed for Easter on Wednesday, 8 and 15 April

**FRIDAYS 10.00 - 12 noon, Foxrock Parish Centre** Foxrock Church

Coordinator Niamh 085 766 7193

Runs during term time only – closed for Easter on Friday, 10 and 17 April

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

Aga Molloy (Branch Coordinator) 085 133 6896

Rosanna Inzitari (Membership Secretary) 085 722 2031