

Our aim is to provide support and education for parents and parenthood. Empowering parents to make informed choices through knowledge and mutual support and to progress fulfilled through all stages of parenthood, from pregnancy to raising children to adulthood. This is offered via childbirth education, postnatal support, breastfeeding support and at local meets and events.

Given the current COVID restrictions, Cuidiú is not currently holding any in-person activities or meet ups. Where possible, Cuidiú activities and support are now taking place online and will remain online until it is deemed safe to resume them in person.

During these difficult times, our Breastfeeding Counsellors and Parent2Parent Supporters are available by phone for a chat. Please feel free to call for support at any time. Contact details are below. We look forward to seeing you all at some of our online events!

PARENT TO PARENT SUPPORT

Telephone Support

P2P 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 Anna Fitzgerald 085 719 6235
Catherine Griffin 087 121 3429 Sandy Connolly 086 043 8642

Evening Support Meetings

Join our April meetings to talk about the stressful times of parenting, changed roles, and everything in between:

- 27th April 8:30pm Homebirth During Pandemic, hosted by Iva 0834576737

Hosted via Zoom. Please contact the host to get log in details for the meeting.

TODDLER EVENTS

Our Foxrock and Glenageary toddler groups remain paused until further notice.

Our Bushkinder outdoor group for children and their parents / minders are also not running at present.

TALKS AND EVENTS

How to Talk and Listen with Your Kids with Catherine Wells, experienced Parent Supporter, BCBA, Msc & Bsc Psychology, Holistic Therapist

As parents, we may feel the need to answer all our kids question and with Covid we don't always have an answer. So how do we listen to emotions without fear, how can we keep chat going without causing anxiety and why it is okay to accept your child's emotions rather than trying to fix things. This short talk will give simple tips to help grow healthy conversations with your kids.

Hosted via Zoom on 14th April @ 8:30pm. Book through Ti-To (check out the booking link on our social media or contact cuidiudsechair@gmail.com) – €3.00 for Cuidiú members and €5.00 for non-members.

LIBRARY

Our Cuidiú Library consists of over 60 books on parenting, birth, breastfeeding and more! Hosted in Cornelscourt, it is free of charge to all Cuidiú members.

To find out more, check the titles or request a book, please contact Aga on 085 133 6896 or email librarycuidiudse@gmail.com.

BREASTFEEDING SUPPORT

Telephone Support

Our **breastfeeding counsellors (BFCs)** are here to give information and encouragement and can be contacted at any time:

Stella Folan 086 381 5497 Roisin O'Coineen 087 666 8069
Clare Dillon 086 858 5899 Gráinne Gallwey 087 759 6718
Ruth Carey 01 285 3178 Zita Hamilton 087 979 3671
Sandy Connolly 086 043 8642

Hospital standard breast pump available to hire from Cita Crefeld 086 856 5787.

Thursday Morning Support Meetings (10am to 12pm)

Breastfeeding Support – BFCs will join for chat, support and info

- 15th April hosted by Stella
- 29th April hosted by Clare

Bumps & Babes – all bumps and babes welcome for tea and chats
22nd April hosted by Lea

Hosted via Zoom. Please contact Clare/ Zita to get log in details for the meeting.

ANTENATAL

See <https://antenatalireland.ie/online-classes/> for online courses such as Antenatal, VBAC and Mindfulness in Pregnancy.

CUIDIÚ MEMBERSHIP www.cuidiu-ict.ie/membership_login

Sign up today for annual membership, just €25 and benefits include:

- Discounted access to talks and online events
- Free access to library of pregnancy and parenting books
- Access to our members-only WhatsApp group