

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

- 4th May 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.

---

#### 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](mailto: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

- 6<sup>th</sup> May hosted by Stella
- 20<sup>th</sup> May hosted by Zita

**Bumps & Babes** – all bumps and babes welcome for tea and chats

13<sup>th</sup> May hosted by Lea  
27<sup>th</sup> May hosted by Aga

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](http://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