

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.

We are currently holding in-person meets (indoors and outdoors weather permitting), as well as online support too. In these uncertain times, please keep a close eye on our social media pages as some events may be posted with short notice.

Our Breastfeeding Counsellors and Parent 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 events!

### PARENT SUPPORT

#### Telephone Support

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

### BUSH KINDER

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 time.

Join the Facebook group '**Cuidiú DSE Bush Kinder Group**' where events & updates are posted.

**Next Meeting : Monday 6<sup>th</sup> December 2021**

**Killiney Hill, meet by the café at 2pm.**

We are delighted to be restarting our Bush Kinder outings. This time, Aga will be leading us through the forest in Killiney Hill.

**Booking essential, please What's App Lea on 087 205 0617**

### 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).

### BOOK CLUB -

Our Parenting Book Club is back!

We are inviting you to join our online meet-up and discussion, hoping for plenty of experience sharing and reflections too.

Aga will present and review **Joanna Fortune's book '15 minute parenting'**. There is no requirement for you to read / be familiar with the book.

**When?** Monday, 29th November 2021, 8.30 pm - 10 pm

**Where?** Online, through Zoom

**How?** Please contact Aga, 085 133 6896

or [librarycuidiudse@gmail.com](mailto:librarycuidiudse@gmail.com), to receive the event's link, if you have any questions, or any suggestions.

### 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

- 2<sup>nd</sup> Dec 2021, hosted by Zita 087 979 3671
- 16<sup>th</sup> Dec 2021, hosted by Zita 087 979 3671

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

- 9<sup>th</sup> Dec 2021, hosted by Lea 087 205 0617

These meetings are hosted either indoors (at a local café, Covid Cert necessary), outdoors at a local park (weather permitting) or via Zoom.

Please contact the host to get details for the meeting, or join our Facebook Group 'Cuidiú Dublin South East branch' for details & updates.

### 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

### TODDLER EVENTS

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

We will be looking for new volunteers to help run these again in the New Year, if you are interested and available to help out, please get in touch with Lea or Zita on [dublinsoutheast@cuidiu.ie](mailto:dublinsoutheast@cuidiu.ie)