

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. 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 : Wednesday 30th March 2022

Knocksink Woods @ 3pm

**This outing is weather dependent, please book in so we can get in touch should it needs to be postponed.

Booking essential, please What's App Aga on 085 133 6896

ANTENATAL

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

BOOK CLUB

Aga will present and review **Sarah Ockwell Smith's** book '**The Gentle Sleep Book**'. There is no requirement for you to read or be familiar with the book. Just join us for a discussion, share experience and reflect.

Monday 28th March 2022

Royal Marine Hotel (meet in the foyer) // **20.30-22.00**

Please What's App **Aga** on **085 133 6896** to register your interest, or more info.

LIBRARY

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

To find out more, check the titles or request a book, please contact Zainib on 083 860 0000 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

- 31st March 2022, hosted by Zita 087 979 3671 & Stella 086 381 5497

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

- 10th March 2022, hosted by Aga 085 133 6896
- 24th March 2022, hosted by Lea 087 205 0617

These meetings are hosted either indoors at a local café, 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.

TODDLER PLAYGROUP ** Returning Friday 11th March 2022! **

Toys & playmats for the smallies, tea & chats for the parents/ minders!

Fridays 10.00-12.00, Foxrock Parish Centre, Foxrock Church

Coordinator : Ailbhe, 087 957 6352

Term time only (no playgroup on Friday 18th March 2022)

Cost : €4 for Cuidiú Members/ €7 for non-Cuidiú Members

Please don't ever worry of you arrive without cash

Our **Glenageary Toddler Group in St Paul's Parish Centre** should restart this month too, keep an eye out on our social media for more info 😊

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