

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.

Margarita Grillis 086 225 3958 Anna Fitzgerald 085 719 6235
Iva Bedzula Prebeg 083 457 6737
Catherine Griffin 087 121 3429 Sandy Connolly 086 043 8642

CUIDIÚ MEMBERSHIP www.cuidiu.ie/membership

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 book
- Access to our members-only WhatsApp group

LIBRARY

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

The list of books available is here : <http://cuidiudse.ie/cuidiu-dse-library>

To find out more 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

- **10th Nov 2022**, hosted by Zita in a Dun Laoghaire café 087 979 3671
- **17th Nov 2022**, Clare's home in Dun Laoghaire 086 858 5899

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

- **24th Nov 2022**, Aga's home in Cornelscourt 085 133 6896

Online Bumps & Babes

- **Monday 14th Nov 2022** 11.00 - 13.00, hosted by Sharon & Maragarita on Zoom. Link & details, please message Margarita on 086 225 3958

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

TODDLER PLAYGROUPS

Toys & playmats for the smallies, tea & chats for the parents/ minders! Playgroups run term-time only.

Wednesdays 10.00-12.00, St Paul's Parish Centre, Glenageary

Coordinator : Rachel, 085 766 1293

Cost : €3 for Cuidiú members/ €6 for non-members

(Tea & Coffee currently unavailable in Glenageary, feel free to bring your own.)

Fridays 10.00-12.00, Foxrock Parish Centre, Foxrock Church

Coordinator : Ailbhe, 087 957 6352

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

Please don't ever worry if you arrive without cash.

Cuidiú DSE Welcomes Ukrainian families to our playgroups free of charge.

