



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, 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

- **Online evening support meeting – Sleep Challenges**

We are not experts on sleep, however, we set up this interactive and flexible session to help you feel less alone with the challenges of sleep deprivation. We will be sharing evidence-based information on infant and child sleep, as well as coming up with coping strategies together. *The meeting is open to any other topics and is there to support all parents and expecting parents.*

Wednesday 22nd February from 19.30-21.00, hosted via Zoom by Isa, Margarita and Melanie. Please contact Margarita on 086 225 3958 to get log in details.

- **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	Melanie Clissmann 083 372 7113
Catherine Griffin 087 121 3429	Sandy Connolly 086 043 8642
Isa Barrios Rios 087 783 1021	

CUIDIÚ MEMBERSHIP www.cuidiu.ie/membership

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

- Discounted access to playgroups, talks & Cuidiú events
- Free access to library of pregnancy and parenting book
- Access to our members-only WhatsApp group

TODDLER PLAYGROUPS

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

Fridays 10.00-12.00, Foxrock Parish Centre, Foxrock Church

Coordinator : Orna, 086 196 0138

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. 

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	Lea Doyle 087 205 0617

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

- **2nd Feb 2023**, hosted by Justine in Stillorgan 086 859 5597
Tandem feeding special – tandem feeding mums will be in attendance offering support and information on breastfeeding more than one bab

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

- **9th February 2023**, Hosted by Noirin in Glenageary 086 073 6033
- **23rd February 2023**, Hosted by Oonagh in Rathmichael 085 191 5073

Online Bumps & Babes – Parents and all ages of babies, toddlers and children welcome.

- **Monday 13th February 2023** 19.00-21.00, hosted by Sharon on Zoom. Link & details, please message Sharon on 085 703 8318

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

BRANCH AGM - SAVE THE DATE!!

Meet (or join!) your committee at your branch AGM on **24th February @ 20.00** – Hosted in-person in Glenageary, with an option to Zoom in, TBC.

The AGM is open to all members, volunteers or not. We are looking for new people to join the Committee and have roles available to suit all schedules, whether a few hours a month or a week. Please contact Zita on dublinsoutheast@cuidiu.ie if you're interested in joining or would like more info on how you can be involved 😊

Contacts :

Cuidiú DSE Coordinator : Zita Hamilton - dublinsoutheast@cuidiu.ie

Cuidiú DSE Membership Secretary : Lea Doyle - cuidiudsemember@gmail.com