

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

#### 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     Melanie Clissmann 083 372 7113  
Isa Barrios Rios 087 783 1021     Catherine Griffin 087 121 3429  
Sandy Connolly 086 043 8642     Margarita Grillis 086 225 3958

### ONLINE SUPPORT EVENING

#### Online Parent Support Evening – Book presentation: [How Not to Hate Your Husband After Kids](#)

We will do a brief summary of the book as well as some interactive exercises. The session will then be open for discussions between parents on any topic to support all parents and expectant parents.

**Monday 24th April 7.30-9pm**, hosted by Cuidiú trained Parent Supporters Margarita and Melanie on Zoom. Link and details please message Margarita on 086 225 3958.

### CUIDIÚ MEMBERSHIP [www.cuidiu.ie/membership](http://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! No playgroup on Friday 7th April.

#### Fridays 10.00-12.00, Foxrock Parish Centre, Foxrock Church

Coordinator : Orna, 086 196 0138

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

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

### 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](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:

Ruth Carey 01 285 3178     Gráinne Gallwey 087 759 6718  
Sandy Connolly 086 043 8642     Zita Hamilton 087 979 3671  
Clare Dillon 086 858 5899     Aga Molloy 085 133 6896  
Lea Doyle 087 205 0617     Roisin O'Coineen 087 666 8069  
Stella Folan 086 381 5497

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

- **20th April 2023** hosted by Aga 085 133 6896
- **27th April 2023** hosted by Stella 086 381 5497

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

- **13th April 2023** hosted by Nóirín 086 073 6033

**Cost** suggested donation to Cuidiú €3 members and non-members

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

**\*\* Hosts needed!! \*\*** If you'd like to host a coffee morning, please get in touch!. [dublinsoutheast@cuidiu.ie](mailto:dublinsoutheast@cuidiu.ie)

### ONLINE SUPPORT EVENING

**Online Bumps, Babes & Beyond** – Parents, expectant parents and all ages of babies, toddlers & children welcome

**Tuesday 11th April 2023, 7-9pm**, co-hosted by Sharon & Margarita on zoom. Link & details, contact Sharon on 085 7038318.

### CUIDIÚ A DÓ

Parents and all ages of babies, toddlers, and children welcome.

**April 5th** Cuidiú a Dó 10.30 in Deerpark (meeting by tennis club)

Easter themed fun including egg and spoon races, ball games, bubbles!

**Cost** €5 per family paid online at link below

<https://ti.to/cuidiu/dse-easter-cuidiu-a-do-2023>

Please contact Karen at 087 737 8778

### 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.

**Wednesday 26th April** meeting at 14.00 Knocksink Woods

Booking essential – contact Oonagh on 085 191 5073

### Contacts :

Cuidiú DSE Coordinator : Zita Hamilton - [dublinsoutheast@cuidiu.ie](mailto:dublinsoutheast@cuidiu.ie)

Cuidiú DSE Membership Secretary : Justine Luykx Mahon - [cuidiudsemember@gmail.com](mailto:cuidiudsemember@gmail.com)