

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

Monday 15th May 2023, 7-9pm, hosted by Sharon on zoom. Link & details, contact Sharon on 085 7038318.

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!

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.

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.

Tip: try texting to arrange a time to call or call the next person on the list if there is no answer first time

THURSDAY MORNING SUPPORT MEETINGS (10AM TO 12PM)

Breastfeeding Support – BFCs will join for chat, support and info

- **4th May 2023** hosted by Stella (Glenageary) 086 381 5497
 - **18th May 2023** hosted by Claire (Dun Laoghaire) 086 858 5899
- Bumps & Babes** – all bumps and babes welcome for tea and chats
- **11th May 2023** hosted by Oonagh (Rathmichael) 085 191 5073
 - **25th May 2023** hosted by Nóirín (Glenageary) 086 073 6033

Cost voluntary donation to Cuidiú €3 for members and non-members

Please contact the host to confirm attendance and get full address details for the support meeting.

**** Hosts needed!! **** If you'd like to host a coffee morning, please get in touch!. dublinsoutheast@cuidiu.ie

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.

- **Friday 5th May** meeting at 14.30 Fernhill Park & Gardens
Booking essential – contact Oonagh on 085 191 5073
- **Wednesday 17th May** meeting at 14.00 Sandymount Strand
Booking essential - contact Orna on 086 196 0138

Contacts :

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

Cuidiú DSE Membership Secretary : Justine Luykx Mahon - cuidiudsemember@gmail.com