

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.

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

ONLINE PARENT SUPPORT EVENING

Book presentation: *How to Talk So Kids Will Listen and Listen So That Kids Will Talk*

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.

Thursday 15th June 2023, 7.30-9pm, hosted by Cuidiú trained Parent Supporters Margarita and Melanie on Zoom. Link and details please message Margarita on 086 225 3958.

ONLINE SUPPORT EVENING

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

Wednesday 21st June 2023, 7-9pm, hosted by Sharon on zoom. Link & details, contact Sharon on 085 7038318.

TODDLER PLAYGROUPS

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

Fridays 2nd, 9th, 16th and 30th of June 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.



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 books
- Access to our members-only WhatsApp group

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 contact:

Cita Crefeld 086 856 5787 or Clare Dillon 086 858 5899

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

- **1st June 2023** hosted by Oonagh (Shankill) 085 1915 073
- **22nd June 2023** hosted by Aga (Cornelscourt) 085 133 6896
- **29th June 2023** hosted by Mary (Killiney) 087 0692193

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

- **8th June 2023** hosted by Nóirín (Glenageary) 086 073 6033
- **15th June 2023** hosted by Rebecca (Blackrock) 085 271 3350

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! Contact Oonagh on 085 1915073 or 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.

- **Thursday 8th June 2023 from 3pm** at Killiney Hill Park
Booking essential – contact Oonagh on 085 191 5073
- **Tuesday 27th June 2023 at 2pm** meeting at Herbert Park
Booking essential - contact Orna on 086 196 0138

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>

Email librarycuidiudse@gmail.com to find out more or request a book

Contacts :

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

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