

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 SUPPORT EVENING

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

Tuesday 25th July 2023, 7-9pm, hosted by Sharon on zoom. Link & details, contact Sharon on 085 7038318.

BUSH KINDER - JULY

This is an outdoor group for children and their parents/minders to meet and play in the natural outdoor spaces in our area.

Sunday 9th July 10am to 12pm, Cabinteely Park,
Let the little minds explore the bug hotels, meadow, orchard & wooded area - optional picnic & playground afterwards
Contact Oonagh for meeting point 0851915073
Suitable for babes in arms thru primary school years

Monday 17th July 1pm to 3pm, Shanganagh Park, walk through the wooded area to the fairy trail, past meadow - optional picnic & playground afterwards
Contact Oonagh for meeting point 0851915073
Suitable for babes in arms thru primary school years

Monday 24th July 1.30pm to 3.30pm, Fernhill Park & Gardens.
Walk through the trees & beautiful gardens teeming with blooming flowers, shrubs & lots of busy bugs - optional picnic & mega slide afterwards
Contact Oonagh for meeting point 0851915073
Suitable for babes in arms thru primary school years

Playgroup and coffee mornings will resume in September

Please contact Orna (086 196 0138) to join the playgroup WhatsApp to keep up to date on casual playground gatherings during the summer

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

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

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

BUSH KINDER - AUGUST

Thursday 3rd August at 09.50am

Visit farm animals, see the egg collection and explore seasonal gardens.
Meeting at the entrance at 09:50 to be there for egg collection at 10.00am
Please note there is an entrance fee for Airfield, free for children under 3
Contact Orna on 086 196 0138
Suitable for babes in arms thru primary school years

Contacts :

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

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