

# CELEBRATING PARENTING

A series of free talks & workshops for parents & guardians



# Events at Tramore Library

Date	Event	Facilitated by	Brief Description	Time
Tues 10th April	First Aid Information for Parents	John Kelly First Aid & Medical Training	Workshop on essential first aid information & techniques for children & babies	10.30 - 12.00
Thurs 12th April	Supporting Parents whose children are doing state examinations	Philip Cullinane, Waterford Wexford Education & Training Board	Advice for parents of children sitting state examinations	7 - 8pm
Thurs 10th May	Helping parents through the teenage years	Therapeutic Team, Túsla	Advice and strategies to guide parents of teenagers	7 - 8pm
Thurs 17th May	Transition from Playschool to Junior Infants	Chelley Brennan, Jack & Jill's Montessori Preschool	Advice for parents about the transition from Preschool to Primary School	11 - 12
Wed 23rd May	Positive Parenting	Waterford Restorative Practice Network	Parenting can be challenging, Restorative Practice may help you communicate effectively with your child when problems arise	11 - 12
Fri 1st June	National Parenting Day - Snuggle Stories & Storytime	Library Staff	Storytime Sessions for children	11 - 12
Mon 11th June	Toilet Training your child	Maeve O'Flynn, HSE	Advice on successful toilet training	10.30 - 11.30
Wed 13th June	Early Management of Stammering	Annmarié Landy, HSE Speech & Language Therapist	Information on stammering and how to support your child who stammers - tips and strategies	10.30 - 11.30
Thurs 13th Sept	Early Communication Talk	Caoimhe Knox & Eithne Hickey, HSE Speech & Language Therapists	Information and strategies to support your child's speech and language development from birth to three years of age	10.30 - 11.30
Wed 3rd Oct	Dental Health Advice	Eithne Langton, HSE	Advice for parents on good dental care practices for children	10.30 - 11.30
Thurs 4th Oct	Parenting when Separated	Carmel Connolly & Mags Drohan, Parents Plus Tutors	Family separation can put extra stress on both parents and children and brings new challenges. This information session will provide some practical steps parents can take to help their children cope and thrive and provide guidance for parents on coping successfully within their parenting role.	7 - 8pm

# Events at Tramore Library

Date	Event	Facilitated by	Brief Description	Time
Thurs 18th Oct	Helping your children cope with anxiety	Psychology Team, HSE	Psychology Team, HSE	10.30 - 11.30
Thurs 8th Nov	What is Autism?	Annamarie Deans	How to communicate better with children with autism. Strategies to minimize behavioural issues. A parent's perspective from a parent of 3 children with autism	7 - 8pm
Thurs 15th Nov	Cyber Bullying Workshop	Gavin Hegarty, An Garda Siochana	Advice for parents on coping with cyber bullying issues	7 - 8pm

# Events at Kilmacthomas Library

Date	Event	Facilitated by	Brief Description	Time
Wed 18th April	Supporting Parents whose children are doing state examinations	Philip Cullinane, Waterford Wexford Education & Training Board	Advice for parents of children sitting state examinations	7 - 8pm
Fri 20th April	First Aid Information for Parents	John Kelly First Aid & Medical Training	Workshop on essential first aid information & techniques for children & babies	10.30 - 12
Thurs 3rd May	Early Communication Talk	Caoimhe Knox & Eithne Hickey, HSE Speech & Language Therapists	Information and strategies to support your child's speech and language development from birth to three years of age	10.30 - 11.30
Wed 16th May	Helping parents through the teenage years	Therapeutic Team, Túsla	Advice and strategies to guide parents of teenagers	7 - 8pm
Thurs 24th May	Transition from Playschool to Junior Infants	Chelley Brennan, Jack & Jill's Montessori preschool	Advice for parents about the transition from Preschool to Primary School	11 - 12
Fri 1st June	National Parenting Day - Snuggle Stories & Storytime	Library Staff	Storytime Sessions for children	11 - 12
Thurs 11th Oct	Healthy Choices - Dental	Eithne Langton Dental Health Nurse, HSE	Advice for parents on good dental care practices for children	11 - 12
Thurs 25th Oct	Helping your children cope with anxiety	Psychology Team, HSE	Managing the anxious child - an information talk for parents	10.30 - 11.30
Wed 7th Nov	Cyber Bullying Workshop	Gavin Hegarty, An Garda Siochana	Advice for parents on coping with cyber bullying issues	7 - 8pm

# Events at Portlawn Library

Date	Event	Facilitated by	Brief Description	Time
Thurs 10th May	Toilet Training your child	Maeve O'Flynn, HSE	Advice on successful toilet training	11.30 - 12.30
Tues 29th May	Positive Parenting	Waterford Restorative Practice	Parenting can be challenging, Restorative Practice may help you communicate effectively with your child when problems arise	7 - 8pm
Fri 1st June	National Parenting Day- Snuggle Stories & Storytime	Library Staff	Storytime Sessions for children	11 - 12
Fri 21st Sept	First Aid Information for Parents	John Kelly, First Aid & Medical Training	Workshop on essential first aid information & techniques for children & babies	10.30 - 12

# Events at Clodiagh House, Portlawn

Date	Event	Facilitated by	Brief Description	Time
Sat 9th June	Science experiments for Fathers, Grandfathers & children	Calmast WIT	Hands on workshop with real science experiments - colour tests, building reactive volcanoes & cupcake chemistry. Maths corner for all ages to understand shapes while older children can improve their problem solving skills!	11 - 12
Tues 16th Oct	Parenting when Separated	Carmel Connolly & Mags Drohan, Parents Plus Tutors	Family separation can put extra stress on both parents and children and brings new challenges. This information session will provide some practical steps parents can take to help their children cope and thrive and provide guidance for parents on coping successfully within their parenting role.	10.30 - 11.30

## Parenting Resources for Parents:

Parenting24seven is an online resource offering evidence based key messages on what works best for children and families at different stages of childhood and in different situations. Further information is available from: [www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven)

**For more information on any event listed please contact workshop venues:**

Kilmacthomas Library: 051 294270  
 Portlawn Library: 051 387402  
 Tramore Library: 0761 10 2594  
 Clodiagh House, Portlawn: 051 375261

