

‘Let’s Talk about Parenting’ with Kildare Library Service
Online Talks & Workshops for February 2021

Balancing Work and Family Life when Parenting Alone or Post Separation

Presented by One Family

Wed 3rd Feb 7pm (via Zoom)

Everyday life demands much of us, many of us have multiple roles to play in any one day, parent, sibling, friend, partner, employee, colleague to name but a few. In the pandemic we can add in teacher!

It can feel that we are been stretched in many directions and that there are cracks in every piece of the puzzle. Finding a way to balance what you have and what you can give is key to parenting and to family wellbeing.

As parents we are there to meet the needs of our children but to do this, we must meet our own needs first. This workshop will support you to identify what happens when needs are not met, what behaviours come about and what challenges present. By finding ways to meet needs, behaviours can change and challenges decrease. Remember the key is need = emotion= behaviour.

When parenting alone or parenting post separation it is vital you find the time to understand needs and emotions, not only those of your children but yours too.

One Family’s vision is to ensure a positive and equal future for people parenting alone, sharing parenting and parenting around separation – changing attitudes, policies, services, and lives.

Booking through Eventbrite here (open now) - <https://www.eventbrite.ie/e/parenting-alone-tickets-136084216555>

‘Motivational Interviewing: Helping People Change’

Course Presented by Motivational Interviewing Training Ireland

9th, 12th, 23rd & 25th of February 10am – 1pm (via Zoom)

Motivational Interviewing (MI) is an evidence-based approach developed by psychologists William R. Miller and Stephen Rollnick. Motivational Interviewing is a method through which you can support individuals to become motivated to make positive changes in their lives.

NB: Places are limited. This training is open to professionals working in services/organisations that support parents in Co. Kildare.

Booking through Eventbrite here **(from 9am 21st Jan)**

<https://www.eventbrite.ie/e/motivational-interviewing-helping-people-change-tickets-137580682525>

Minding your Families Mental Health

Presented by Professor John Sharry

Tuesday 9th Feb 7pm (via Zoom)

The Covid-19 crisis has disrupted family life and brought serious challenges for children and parents. During this talk, Prof John Sharry will provide some practical principles on how you can look after your family’s own mental health and to cultivate your resilience. This will be an interactive workshop with time for Q&A

Prof John Sharry is a social worker and family psychotherapist with over 27 years’ experience as a child and adolescent mental health professional. John is the weekly parenting columnist for The Irish Times and a regular contributor to the national media.

Booking through Eventbrite **(from 28th Jan)**: <https://www.eventbrite.ie/e/minding-your-families-mental-health-during-covid-19-tickets-136183060199>

Communicating with your Teenager

Presented by Allen O 'Donoghue from Helpme2Parent

Wed 17th Feb 7pm (via Zoom)

Being a parent has many challenging moments and having a teenager is absolutely no exception. Teenagers experience a variety of issues and we all try our best to support them through this, but we can sometimes find it so frustrating when they don't take our advice. In this talk we will look at the following: Communicating effectively; Negotiating rules and boundaries; Teaching teenagers' responsibility
Managing conflict; Solving problems together.

Booking through Eventbrite **(from 28th Jan)**

<https://www.eventbrite.ie/e/communicating-with-your-teenager-tickets-136188053133>

New-born Care for Expectant Mothers

Presented by Katie Mughan from nursingmama.ie

Thurs 25th Feb 10am – 12pm (via Zoom)

Are you due a baby in the coming months?

Feeling overwhelmed and fearful about caring for your new-born with little or no support from family and friends during the Covid restrictions etc?

Katie Mughan has got you covered! Join her from the comfort of your own home for this online class.

Katie is a registered general and children's nurse, public health nurse and a certified lactation consultant.

Booking through Eventbrite **(from 28th Jan)** : <https://www.eventbrite.ie/e/new-born-care-class-for-expectant-mothers-tickets-136080579677>

Reflexology for Babies and Toddlers
4-week course with Susan McTernan
Fridays 26th Feb - 19th March 10.30am

The sessions are suitable for any parent who has a Baby or toddler up to age of 4, who has:

trouble sleeping; colic/reflux; digestive issues; respiratory issues such as asthma; teething pain; or any parent who would like to promote bonding and overall health and wellness.

Booking through Eventbrite (from 28th Jan) : <https://www.eventbrite.ie/e/reflexology-for-babies-and-toddlers-tickets-136185619855>