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“Let’s Talk about Parenting”

FREE SERIES OF TALKS 2021



Seirbhís Leabharlainne Chill Dara
Kildare Library Service



*These talks are for Parents and also offer continuing professional
development for professionals working with children
(CPD certs of attendance available)*



May 2021 Programme

The ‘Lets talk about Parenting’ Programme is a FREE series of talks and workshops for Parents and Professionals working with children and young people in County Kildare. The programme is provided by Kildare Library Service, is funded by Kildare County Council and is supported by Kildare CYPSC, TUSLA, Foroige and the multi-agency Kildare & West Wicklow Parenting Forum. For more information on the Parenting Forum and the supports available in County Kildare visit www.parentingsupport.ie. Presently all our talks are being provided online.

Understanding Children & Teenagers Sleep

Presented by Erica Hargaden, Babogue Sleep Solutions

This recorded session will cover Primary Age Children (age 5-12) as well as Teenage Sleep and include topics such as - Signs of Sleep Deprivation, Common Sleep Issues, Practical Tips, Screens & Teen Insomnia and how to get more sleep with Teens.

(For babies and younger children see info on Erica's live zoom session on May 25th below).

Erica is a Certified Child Sleep Consultant and member of the International Association of Child Sleep Consultants.

Available now on our vimeo channel : <https://vimeo.com/542653030>

Baby Sign Language Classes

Presented by Claire Glynn, Clever Little Handies

10am Tuesdays, May 11th – June 1st

This class is for Parents of Young Babies. Teach your little one to communicate before they can talk with baby sign language and meet other mums in an informal setting.

We already know babies can communicate with their hands before they can talk; they can wave; they can clap; they can point. They have the dexterity in their hands to formulate signs long before they have the muscle dexterity in their mouths to form words.

By teaching them sign language from an early age they will have a vocabulary to use, even if they're not formulating words. This 4 week term is brought to you via zoom and will be nursery rhymes, songs and poems with ISL signs that pertain to the day to day with baby.

Book here via Eventbrite <https://www.eventbrite.ie/e/baby-sign-language-tickets-151978476715>

Toilet Training – Less Stress, More Success

Presented by Deirdre Holland

10.30am Tuesday 18th May

This session will cover -

-Prepare for Success, key steps in preparing your child prior to training.

-Top tips to support the parent through this challenging time.

-Basic Training from day one.

-Reinforcement and rewards

-Nap Times

-Night-time Training

-Pitfalls

-Bowel Movements

Deirdre is a behaviour specialist. She has a Degree in Nursery Intellectual Disability and a Masters in Applied Behaviour Analysis (ABA). She was awarded Family Friendly Irelands Best in Digital Communications 2019. She's a Mum of two herself and has over 10 years experience working with toddlers, children and teens.

Book here : <https://www.eventbrite.ie/e/toilet-training-less-stress-more-success-tickets-152663387301>

The Storms & Stresses of Adolescence

Presented by Stella O'Malley

Tuesday 20th May 7pm

The teenage brain is still under construction and teenagers can often feel overwhelmed by their emotions. This talk help parents and teenagers develop more positive relationships and also learn about what to do and what not to do when communicating with teenagers.

Book here via Eventbrite: <https://www.eventbrite.ie/e/the-storms-and-stresses-of-adolescence-with-stella-omalley-tickets-152711320671>

Healthy Sleep Habits 0 – 5 years

Presented by Erica Hargaden, Babogue Sleep Solutions

Thursday 25th May 10am

In this seminar Erica will cover why sleep is so important, what happens when we sleep and what constitutes healthy sleep in babies and young children. Guidelines will be given on how to recognise sleep issues versus healthy sleep habits. Overviews will be given on why such sleep issues arise and practical advice given on how to resolve them.

Erica is a certified sleep consultant and a member of the International Association of Sleep Consultants. As a mother of three she has had her own brush with sleep deprivation and understands what is involved with getting on top of issues within a family context.

Book via Eventbrite here <https://www.eventbrite.ie/e/healthy-sleep-habits-0-5-years-tickets-151969893041>

And there's more...!

For pre-recorded talks on a variety of topics, check out the Kildare Library Service Parenting Channel on Vimeo: <https://vimeo.com/channels/letstalkaboutparenting>

