Parenting Today

A Series of Free Talks in Wexford County Council Libraries in 2019

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Introduction

Welcome to Parenting Today 2019, a second series of free talks in the five public libraries of County Wexford, in Wexford Town, New Ross, Gorey, Enniscorthy and Bunclody.

We in Wexford County Council Public Library Service are committed to providing quality information and resources to support parenting, children and young people. In this series, you will find information on many topics you may encounter in your everyday parenting. The talks are given by practitioners working in the community care, education and health sectors. These practitioners will share their expertise and lead the follow up discussion.

The keynote lecture will be given by Dr. Mary O'Kane on self-esteem and resilience in children in Wexford Library on 28th February at 7.00pm.

The other talks in the series cover many aspects of parenting from the importance of play to speech and language development and paediatric first aid. For parents with babies and young children, there are talks on breastfeeding, early year's education and storytime. We will address aspects of parenting a child with special needs and explore the area of acknowledging difference. Talks will also provide guidance on transitioning from primary to secondary school, dyslexia, family finance and childcare.

I would like to acknowledge the help and support of our partners in the Wexford Children & Young People's Services Committee (CYPSC) in delivering this programme.

For more information and to book your place for any event, please contact your local public library. We hope you enjoy these parenting talks and we look forward to introducing you to all the other services available at your local library including the excellent parenting books and e-books available to you. You are also welcome to sign up for our monthly email service to stay informed about these and other events.

Eileen Morrissey
Wexford County Librarian

Wexford Children & Young People's Committee (CYPSC)

Parenting is one of the most rewarding and important jobs in the world but we all know that it can be challenging sometimes. We all need support / information at different stages in our children's development. We hope that you find this series of talks useful. It covers a wide spectrum of topics and is brought to you by Wexford Children & Young People's Services Committee (CYPSC) in collaboration with Wexford County Council Public Library Service.

It would not have been possible to organise this series of talks without the co-operation of local service providers who have contributed their expertise and made themselves available to provide talks for this initiative. Many of them are already involved in CYPSC. I would like to extend my appreciation to them and also to acknowledge the contribution of our partners in this project, Wexford County Council Public Library Service.

Wexford CYPSC is part of a national initiative that brings together all the organisations in Co. Wexford that have a role around supporting children and young people from birth to 24 years of age. By coming together, our ultimate aim is to improve outcomes for children and families.

For more information on Wexford CYPSC see www.wexfordcypsc.ie. We are also on Facebook and Twitter. For information on the CYPSC initiative nationally, please see www.cypsc.ie.

For further information on Parenting Supports, please see www.tusla.ie/parenting-24-seven

Vincent Daly,
Chairperson Wexford CYPSC

How to Book

All are welcome to attend this series of parenting talks, workshops and panel discussions. To secure your place at the event(s) of your choice, please book in advance at the relevant library.

www.wexfordcoco.ie/ParentingTalks

Bunclody Library 053 9375466
Enniscorthy Library 053 9236055
Gorey Library 053 9421481
New Ross Library 051 421877
Wexford Town Library 053 9196760
Mobile North 087 4175810
Mobile South 087 4176014

If special supports are required for those attending, please inform library staff at the time of booking.

For more information contact us at 053 9196562 or email libraryhq@wexfordcoco.ie

Find your local library on Facebook
Twitter: @wexlibraries
Instagram: @wexfordlibraries

Parenting Event Calendar 2019

February				
The Role of Parents in Our Lives	Thurs 7th	7:00pm	Calodagh McCumiskey	Bunclody
First Aid for Parents	Sat 9th	2:30pm	Julie Mellor	New Ross
First Aid for Parents	Thurs 21st	6:30pm	Julie Mellor	Enniscorthy
First Aid for Parents	Tues 26th	6:30pm	Julie Mellor	Wexford
Building Self Esteem and Resilience in Children	Thurs 28th	7:00pm	Dr Mary O'Kane	Wexford
March				
The Role of Parents in Our Lives	Thurs 7th	7:00pm	Calodgh McCumiskey	Enniscorthy
Cyber Safety for Parents	Tues 26th	7:00pm	Niamh Bierney & Frank Turner	New Ross
Building Self Esteem and Resilience in Children	Tues 26th	7:00pm	Dr Mary O'Kane	Gorey
Successful Transition from Preschool to Primary	Thurs 28th	7:00pm	Bríd Kennedy	Wexford
April				
Successful Transition from Preschool to Primary	Thurs 4th	7:00pm	Bríd Kennedy	Bunclody
A Guide to Early Speech & Language Development	Thurs 4th	7:00pm	HSE Speech Therapists	Gorey
Autism: Lego Therapy Storytelling Workshop	Sat 6th	11.00am	Caroline Busher	Gorey
Autism: Lego Therapy Storytelling Workshop	Sat 6th	2:00pm	Caroline Busher	New Ross
Autism: Lego Therapy Storytelling Workshop	Tues 9th	10:30am	Caroline Busher	Wexford
The Role of Parents in Our Lives	Thurs 11th	7:00pm	Calodagh McCumiskey	Wexford
Autism: Lego Therapy Storytelling Workshop	Sat 13th	11:00am	Caroline Busher	Bunclody
Autism: Lego Therapy Storytelling Workshop	Sat 13th	2:15pm	Caroline Busher	Enniscorthy
Childhood Worries and Anxieties	Thurs 18th	7:00pm	Dr Mary O'Kane	Enniscorthy
May				
Cyber Safety for Parents with Wexford Gardaí	Tues 7th	7:00pm	Sergeant Brendan Moore	Wexford
Down Syndrome & Post Primary Education	Tues 14th	7:00pm	Fidelma Brady	Gorey
Supporting Young Children with Down Syndrome	Tues 14th	7:00pm	Eimear Collins	Wexford
AIM: Access & Inclusion Model	Thurs 16th	7:00pm	Better Start AIM Specialist	Enniscorthy
Positive Parenting	Thurs 23rd	7:00pm	Sinéad Cronin Daly & Sinéad Joyce	Gorey
LGBTI+ Advice & Support	Tues 28th	7:00pm	Wendy Kearney	Gorey
A Guide to Early Speech & Language Development	Tues 28th	7:00pm	HSE Speech Therapists	New Ross
Affordable Childcare for all Parents	Thurs 30th	7:00pm	Deirdre Power	Enniscorthy
June				
Internet Safety: NPC Training	Thurs 6th	7:00pm	Sharon Hayden	Enniscorthy
Interactive Reading for Parents & Preschoolers	Sat 8th	11:30am	Caroline Busher	Gorey
Dyslexia: The Dyslexic Paradox: A Gift and Burden	Tues 11th	7:00pm	Mary Bolger	Gorey
Internet Safety: NPC Training	Thurs 13th	7:00pm	Sharon Hayden	Bunclody

June				
Interactive Reading for Parents & Preschoolers	Fri 14th	11:00am	Caroline Busher	Bunclody
Interactive Reading for Parents & Preschoolers	Sat 15th	11:00am	Caroline Busher	Enniscorthy
Interactive Reading for Parents & Preschoolers	Fri 21st	11:30am	Caroline Busher	New Ross
Interactive Reading for Parents & Preschoolers	Fri 28th	10:30am	Caroline Busher	Wexford
Creative Mindful Workshops for Parents & Children	Sat 29th	11:45am	Louise Shanagher	Enniscorthy
Creative Mindful Workshops for Parents & Children	Sat 29th	2:15pm	Louise Shanagher	Enniscorthy
August				
Breastfeeding	Tues 6th	11:00am	Public Health Nurse	Gorey
September				
Suicide and Self Harm Awareness	Tues 3rd	7:00pm	Sally Griffiths	New Ross
Cyber Safety for Parents	Tues 10th	7:00pm	Niamh Bierney & Frank Turner	Gorey
A Guide to Early Speech & Language Development	Thurs 12th	7:00pm	HSE Speech Therapists	Enniscorthy
Raising Confident Competent Children	Thurs 12th	7:00pm	Peadar Maxwell	Wexford
Family Finance Advice	Tues 17th	7:00pm	Lynda Stacey	Wexford
Suicide and Self Harm Awareness	Thurs 19th	7:00pm	Sally Griffiths	Enniscorthy
Family Finance Advice	Tues 24th	7:00pm	Lynda Stacey	New Ross
Suicide and Self Harm Awareness	Tues 24th	7:00pm	Sally Griffiths	Gorey
The Dyslexic Paradox — A Gift and Burden	Tues 24th	7:00pm	Mary Bolger	Wexford
Suicide and Self Harm Awareness	Thurs 26th	7:00pm	Sally Griffiths	Wexford
Family Finance Advice	Thurs 26th	7:00pm	Lynda Stacey	Enniscorthy
October				
Dyslexia: The Dyslexic Paradox: A Gift and Burden	Tues 1st	7:00pm	Mary Bolger	New Ross
Library Storytime with Public Health Nurse Visit	Fri 4th	11:00am	Public Health Nurse	Bunclody
Library Storytime with Public Health Nurse Visit	Thurs 10th	11:00am	Public Health Nurse	Enniscorthy
The Value of Play in Early Years Education	Fri 11th	11:00am	Eve Doran	Wexford
Library Storytime with Public Health Nurse Visit	Fri 11th	11:30am	Public Health Nurse	New Ross
Library Storytime with Public Health Nurse Visit	Fri 18th	10:30am	Public Health Nurse	Wexford
Library Storytime with Public Health Nurse Visit	Tues 22nd	11:00am	Public Health Nurse	Gorey
Dyslexia App Technology	Tues 22nd	7:00pm	Amy Smith	Gorey
November				
Successful Transition from Preschool to Primary	Tues 5th	7:00pm	Bríd Kennedy	New Ross
Family Finance Advice	Tues 5th	7:00pm	Lynda Stacey	Gorey
Childhood Anxiety	Thurs 7th	7:00pm	Carina McEvoy	Bunclody
Childhood Anxiety	Tues 12th	7:00pm	Carina McEvoy	Gorey
Childhood Anxiety	Thurs 21st	7:00pm	Carina McEvoy	Wexford

Keynote Lecture: Building Self-Esteem and Resilience in Young Children

Speaker: Dr. Mary O'Kane

Life isn't about waiting for the storm to pass, it's about learning to dance in the rain! We would love to protect our children from every challenge they might face in life, but it is much better that we support them to face these challenges themselves.

Self Esteem is an inoculation against the challenges of life and can be defined as feeling both capable and loved. Children with strong self-esteem tend to enjoy interacting socially, enjoy group activities, and feel confident to face the world. When faced with challenges they can work towards developing solutions.

In this talk, Dr Mary O'Kane will give parents practical advice on how to support children's self-esteem, confidence and resilience.

Dr Mary O'Kane is a Lecturer in Psychology, Early Childhood Studies and Education. Her research interests include childhood transitions; self esteem and well-being, and the value of play.

She speaks regularly on radio and TV and gives public talks on a range of topics related to child well-being, parenting and education.

Wexford Library, Thursday 28th February, 7.00pm
Gorey Library, Tuesday 26th March, 7.00 pm

Childhood Worries & Anxieties

Speaker: Dr Mary O'Kane

All children worry at times, but for some children, it can be a real challenge to manage their anxieties. As parents, when your child is anxious it can be difficult to know how best to support them. However, parents play an important role in helping their child to both understand and to manage their anxiety. You don't want to belittle the child's feelings, but you also don't want to amplify them. In this talk, Dr Mary O'Kane explains anxiety and offers parents practical advice on how to support their children, helping them to manage their fears and gain confidence.

Enniscorthy Library, Thursday 18th April, 7.00pm

AIM: Access & Inclusion Model (AIM) for Parents of Children Attending Early Years Services

Speaker: Better Start AIM Specialist

This AIM information session is for parents to tell you about the supports your child is entitled to. At this session, you will hear all about the Access and Inclusion model for childcare.

AIM offers you and your child with special needs a programme of supports and services designed to make sure that your child can access the Early Childhood Care and Education (ECCE) Programme in mainstream pre-school settings and that they can fully participate in the pre-school curriculum alongside their peers.

Pre-school providers in partnership with parents may also decide that further additional supports could be useful to your child and can apply for one or more targeted supports.

The event will conclude with questions and answers.

Enniscorthy Library, Thursday 16th May, 7.00pm

A Guide to Early Speech & Language Development

Speakers: Katie Reddy & Anna Colfer, Lisa O'Farrell & Ciara Cullen, Dr Fiona Ryan & Clara Jacob.

This talk will give information about the development of early attention, play attention, play and communication skills. It will look at strategies to support communication in young children and give advice regarding delayed communication.

All speakers are CORU registered Speech & Language Therapists working in HSE Community Services, Co. Wexford.

Dr Fiona Ryan works in the Health Centre in Enniscorthy providing a Speech and Language Therapy service to children and adolescents from birth to 18 years of age. She works with young people presenting with a range of difficulties such as language delay and disorder, speech delay and disorder, stuttering and voice disorders.

Katie Reddy works as a Senior SLT in Gorey Health Centre. Katie's caseload is predominantly paediatric and she also provides a Feeding Clinic where she sees children with EDS (eating, drinking and swallowing difficulties)

Lisa O'Farrell is based between the New Ross and Campile clinics and works predominantly with children but also provides a service for adults experiencing challenges with communication and Eating, Drinking and Swallowing (dysphagia).

Gorey Library, Thursday 4th April, 7.00pm
New Ross Library, Tuesday 28th May, 7.00pm
Enniscorthy Library, Thursday 12th September, 7.00pm

Family Finance Advice

Speaker: Lynda Stacey, Money Advice Budgeting Service (MABS)

In this talk, you will receive friendly and helpful advice and tips from Lynda on organising your family finances. Are you budgeting for Christmas, or perhaps for a First Communion or back to school expenses, maybe you are planning a family holiday?

Or would you like some help and information on how to manage your credit card bills or current loans? Why not come along to your friendly local library and let Lynda explain how to make the most out of your family finances in a relaxed setting.

Wexford Library, Tuesday 17th September, 7.00pm
New Ross Library, Tuesday 24th September, 7.00pm
Enniscorthy Library, Thursday 26th September, 7.00pm
Gorey Library, Tuesday 5th November, 7:00pm

Raising Confident Competent Children

Speaker: Peadar Maxwell, Chartered Psychologist

Join Psychologist Peadar Maxwell as he explains the building blocks for raising confident, competent children. The seminar will focus on the emotional and social skills that your children need in order to thrive at home, in school and throughout life. You will discover ways to help your child:

- Learn to treat others with respect and consideration
- Develop good communication and social skills
- Become independent
- Develop healthy self-esteem
- Become good problem-solvers

Peadar Maxwell is the Senior Psychologist for the Primary Care Child and Adolescent Psychology team within the HSE in Wexford. Peadar has practiced psychology, specialising in child, adolescent and family psychology, for twenty years and is a seasoned public speaker in the area of child development.

Wexford Library, Thursday 12th September, 7.00pm

LGBTI+ Advice and Support

Speaker: Wendy Kearney

For this talk, you are invited to come along to meet Wendy Kearney from Gorey Youth Needs. Wendy will offer information and advice to parents and families on how to support and assist their children and teenagers. Wendy will answer questions from parents and carers whose child is lesbian, gay, bisexual, transgender or intersex (LBGTI+) and offer guidance in affirming and validating your child's identity.

Gorey Library, Tuesday 28th May, 7.00pm

First Aid for Parents

Speaker: Julie Mellor of Parent First Aid

Learn what to do in the event of an infant or child medical emergency from Parent First Aid.

This Parent Aid two hour workshop provides first aid training for parents and carers of children. A qualified and highly experienced instructor will deliver a practical paediatric first aid training session, in a relaxed and engaging learning environment.

New Ross Library, Saturday 9th February, 2.30pm
Enniscorthy Library, Thursday 21st February, 6:30pm
Wexford Library, Tuesday 26th February, 6:30pm

Autism: Lego Therapy Storytelling Workshops

Speaker: Caroline Busher

Join Reader in Residence Caroline Busher for a Lego Therapy Storytelling Workshop. This workshop is for children (ages 6-12) with ASD and their families. The workshop will focus on children's strengths. Lego helps children to develop communication skills. It helps them to express themselves and teaches them to share with others. But above all, it makes learning fun. Children can stretch their imaginations, have fun and make new friends. The group will be small. This is an inclusive, relaxed event. Parents will receive extra information via email prior to the event so that the children feel comfortable and relaxed in the library setting.

Caroline Busher is a well-known local author who is Reader in Residence for Wexford Library Service. Caroline works with parents and children in libraries across Wexford to support literacy development in children with all the social and educational benefits that ensue.

Gorey Library, Saturday 6th April, 11.00am
New Ross Library, Saturday 6th April, 2.00pm
Wexford Library, Tuesday 9th April, 10:30am
Bunclody Library, Saturday 13th April, 11:00am
Enniscorthy Library, Saturday 13th April, 2:15pm

Positive Parenting

Speakers: Sinéad Cronin Daly & Sinéad Joyce

Children benefit from positive parenting from birth, right through to adulthood. Parenting support is a way of working and a set of activities that provides information, advice and assistance to parents and carers about bringing up their children, so that these children will reach their full potential.

Join Sinéad Cronin Daly and Sinéad Joyce to learn about parenting support provided through Tusla and Parenting 24seven.

Gorey Library, Thursday 23rd May, 7.00pm

Dyslexia: The Dyslexic Paradox: Gift & Burden

Speaker: Mary Bolger

Join lecturer and researcher Mary Bolger for an overview of dyslexia and current best practice. Mary will look at the challenges that are presenting to your children and explore the opportunities available to them. This session will be followed by a discussion with time for questions and answers.

Mary has worked with dyslexia for almost 20 years and she also lectures in psychology and social care with Carlow Institute of Technology. She is currently undertaking PhD research. Mary is a chartered psychologist with the British Psychological Society.

Gorey Library, Tuesday 11th June, 7.00pm
Wexford Library, Tuesday 24th September, 7.00pm
New Ross Library, Tuesday 1st October, 7.00pm

Dyslexia App Technology

Speaker: Amy Smith

Amy Smith is the Information and Advocacy coordinator with the Dyslexia Association of Ireland (DAI) and will cover how apps for ipads and tablets can be used in an affordable and user-friendly way to help children and young people with dyslexia

Amy Smith is the Information and Advocacy Coordinator with the DAI. Amy has a background in law and has previously worked for organisations in the area of widening access to education for young people. Amy is herself dyslexic and relishes the opportunity to raise awareness of dyslexia. Amy has a specific interest in the issue of a lack of self-confidence in dyslexic young people.

Gorey Library, Tuesday 22nd October, 7.00pm

The Role of Parents in our Lives: The Cycle of the Family

Speaker: Calodagh McCumiskey

This talk will cover the role parents play in our lives – at all stages. Parenting is a dynamic relationship that continues and changes as we move through life.

In this talk Calodagh looks at the important role parents play in our lives and how that impacts on our lives as children, parents and grandparents. The values our parents live by greatly influence how we live and parent. This event will be interactive with time for questions and answers.

Calodagh McCumiskey is a well-being expert, life coach and meditation teacher. She is a founder of Spiritual Earth, writes a newspaper column and speaks on TV.

Bunclody Library, Thursday 7th February, 7.00pm
Enniscorthy Library, Thursday 7th March, 7.00pm
Wexford Library, Thursday 11th April, 7.00pm

The Value of Play in Early Years Education

Speaker: Eve Doran

This session will support parents in their understanding of the learning and developmental outcomes that their children gain through play. Eve will highlight the development of important skills such as Communication, Well-being, Exploring & Thinking and Identity & Belonging.

Eve Doran is the Childcare Development Officer for Wexford County Childcare Committee. She is qualified in Early Childhood Care & Education. Eve facilitates the promotion of the value of play for preschool children throughout Wexford.

Wexford Library, Friday 11th October, 11.00am

Breastfeeding

Speaker: Public Health Nurse

Every year, countries around the world observe World Breastfeeding Week for a good reason: breastfeeding is one of the most effective ways to provide children everywhere with the best start to life.

Breastfeeding is also a newborn's first vaccine, providing vital antibodies and an immunity boost.

To mark World Breastfeeding Week 2019, Gorey Library will host this talk to emphasise the importance of establishing exclusive breastfeeding. Feeding infants nothing but breast milk for the first six months of life helps young children grow, prevents under-nutrition, promotes brain development, and reduces the risk of children becoming overweight.

Gorey Library, Tuesday 6th August, 11.00am

Successful Transition from Preschool to Primary School

Speaker: Bríd Kennedy

The transition from pre-school to primary school can be one of the most important transitions that your child will make. The success of this transition can benefit your child all the way through primary school providing better outcomes for your child socially, emotionally and educationally.

At this session you will:

- Meet other parents whose children are starting primary school
- Explore the possible changes you and your child may experience during this transition
- Learn how you can support your child at home through play
- Receive a brief overview of the primary school curriculum, how and what your child will learn
- Receive support and advice on how to prepare for new routines for both you and your child

Bríd Kennedy joined the National Parents Council team in 2018. She delivers training for NPC in the South East Midlands area. She has four children and has been involved in Parents Associations in their schools for many years. Bríd is passionate about supporting parents to enable them to give their children the best start in life. Bríd is a trained nurse and completed a BA in Health and Community Studies in the UK. As well as nursing, Bríd worked as a Health Promotion Officer on her return to Ireland.

Wexford Library, Thursday 28th March, 7.00pm
Bunclody Library, Thursday 4th April, 7.00pm
New Ross Library, Tuesday 5th November 7.00pm

Supporting Young Children with Down Syndrome

Speaker: Eimear Collins

Eimear is the National Early Intervention Officer with Down Syndrome Ireland. She works with families to support them and their children throughout the early years, up to and including the transition to primary school. She provides advice and support to parents and early years services in relation to early development, early intervention services and early childhood care and education. Topics covered at this event will include:

- The learning profile of young children with Down Syndrome, including practical strategies, tools and resources that address their common learning strengths and needs.
- Supports available in childcare services (funding programmes, Access and Inclusion Model – AIM)
- Supporting the transition from preschool to primary school

Eimear's background is in the field of early childhood care and education. She has worked with young children and families in a variety of settings, such as crèches, pre-schools and hospital settings. Eimear is currently completing a Masters in Early Intervention at Trinity College Dublin.

Wexford Library, Tuesday 14th May, 7.00pm

Down Syndrome & Post Primary Education

Speaker: Fidelma Brady

Fidelma Brady is the National Education Officer with Down Syndrome Ireland and supports parents and children in their journey through school from primary, post primary and special school.

She will offer parents and families an overview of the options at Junior Cycle and on managing the transition from primary to post primary. She will give advice and information on each stage of educational transition and look at difficulties that may arise.

Fidelma also provides support, information, advice and training for schools and teachers to assist them in the provision of appropriate education for children and young people with Down Syndrome. She researches, collects and disseminates information on the learning needs of students with Down Syndrome including international methods of best practice and intervention strategies

Fidelma is a primary school teacher by profession with wide experience of the challenges that children with special needs can encounter in the education system. She is currently studying for a Doctorate in Education with the focus on children with Down Syndrome in education.

Gorey Library, Tuesday 14th May, 7.00pm

Interactive Reading for Parents and Preschoolers

Speaker: Reader in Residence Caroline Busher

Join children's author Caroline Busher for a very special interactive storytime for families and young children. Caroline will read to children and show parents how to bring story-time to life for their little ones. Whether it's searching for dinosaurs or taking a trip to the moon, you're sure to have lots of fun reading together at this event.

Caroline Busher is a well-known local author who is Reader in Residence for Wexford Library Service. Caroline works with parents and children in libraries across Wexford to support literacy development in children with all the social and educational benefits that ensue.

Gorey Library, Saturday 8th June, 11:30am
Bunclody Library, Friday 14th June, 11:00am
Enniscorthy Library, Saturday 15th June, 11:00am
New Ross Library, Friday 21st June, 11:30am
Wexford Library, Friday 28th June, 10:30am

Creative Mindfulness Workshop for Children and Parents

Speaker: Louise Shanagher

This creative mindfulness workshop is hosted by Louise Shanagher, author of the 'Mindfully Me' series – Ireland's first series of mindfulness books for children.

The workshop is tailored for children aged 4–12 years of age together with their parents and will offer fun and practical ideas on promoting their children's positive mental health and well-being. Parents will learn how to introduce mindfulness to children through stories, discussion and art and craft.

Louise is a children's therapist, mindfulness teacher and psychology lecturer.

Enniscorthy Library, Saturday 29th June, 11:45am
Enniscorthy Library, Saturday 29th June, 2:15pm

Cyber Security for Parents with Wexford Gardaí

Speaker: Sergeant Brendan Moore & Garda Denis Costello

Join Sergeant Brendan Moore and his colleague, Garda Denis Costello as they advise and inform parents on keeping children safe online and offline.

What should you do if you suspect your child is being bullied in cyber space and how do you recognise the signs? What should you watch out for when posting photos of your family on social media? Find out at this event where there will be information about computer/technology and internet literacy and what parents need to do in order to familiarise themselves with the virtual world in which their children live.

Suggestions will be offered on setting boundaries for children in and around the use of technology and the internet and how to adhere to those boundaries, along with expert guidance for parents on how to monitor and supervise their children online.

Wexford Library, Tuesday 7th May, 7.00pm

Internet Safety: NPC Training

Speaker: Sharon Hayden (National Parents Council)

Parents often admire how easily their children can use the Internet – but aren't quite sure of what they are doing or seeing. This programme looks at how children use the internet. Parents will be introduced to strategies to help their children be responsible, effective and safer Internet users. This session also looks at cyberbullying.

As parents, it is vital to have good, open communication with your child about their internet lives. We need to talk to our children about the potential dangers that they may come across online as well as the many benefits they will find. Setting rules and boundaries around children's Internet usage is an important aspect of keeping them safe online. The programme also shows parents how to disable or enable safety mode on their computers.

Enniscorthy Library, Thursday 6th June, 7.00pm
Bunclody Thursday, 13th June, 7.00pm

Cyber Safety for Parents

Speakers: Niamh Bierney & Frank Turner

Join IT experts, Niamh and Frank and discover how to guide your children and teenagers in the safe and responsible use of information and communication technology. Discover what you need to teach them in order to keep their information safe and secure and help them learn how to respect other people's information.

You will cover:

- Social Media Apps and sites that children are using, what parents should know and what to look out for
- You Tube and on-line gaming such as Roblox and poki.com – are they suitable for children and what age is appropriate?
- Popular gaming scenarios like PlayStation Network and Xbox Live
- Security when shopping online

During the Q&A session, the controlling and monitoring of internet usage will be discussed as well as discussing ways to control what your children are using and viewing online.

New Ross Library, Tuesday 26th March, 7.00 pm
Gorey Library, Tuesday 10th September, 7.00 pm

Suicide & Self-Harm Awareness

Speaker: Sally Griffiths, Pieta House

Come to meet Sally Griffiths, Centre Manager of Pieta House in Wexford. Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. Compassion and kindness and support are available for all parents, families and carers of children and teens who are in need of it and Sally will answer all your questions and guide you through all the options that are available.

New Ross Library, Tuesday 3rd September, 7.00pm
Enniscorthy Library, Thursday 19th September, 7.00pm
Gorey Library, Tuesday 24th September, 7.00pm
Wexford Library, Thursday 26th September, 7.00pm

Childhood Anxiety

Speaker: Carina McEvoy, Therapist & Author

Anxiety is fast becoming an epidemic in our society. Children are struggling to cope in this digital age of constant demands on their attention and on that of their parents.

In this talk about children's anxiety, you will learn how modern society is contributing to our children's anxiety levels. Discover from Carina how we can help to steer children away from serious mental health issues in the future by learning how to control anxiety in the present.

Carina previously worked as a Secondary School teacher before qualifying in Clinical Hypnotherapy & Psychotherapy . She has authored two books, 'Sometimes I worry ... how about you?' and 'Sometimes my child worries ... what do I do?'

Carina battled severe anxiety, depression, social phobia, OCD and self-harm in her teenage years and early adulthood. She works with parents and schools throughout Wexford to advise and support them in helping their children to overcome anxiety issues. She regularly speaks on local radio.

Bunclody Library, Thursday 7th November, 7.00pm
Gorey Library, Tuesday 12th November, 7.00pm
Wexford Library, Thursday 21st November, 7.00pm

Library Storytime and Rhymetime with Public Health Nurse Visit

Speaker: Public Health Nurse

Bring your babies and toddlers along to your local library for stories and rhymes, lots of fun and the opportunity to speak to your local public health nurses about sleep patterns, feeding, child development and any other questions that you may have about parenting your child.

Bunclody Library, Friday 4th October, 11.00am
Enniscorthy Library, Thursday 10th October, 11.00am
New Ross Library, Friday 11th October, 11.30am
Wexford Library, Friday 18th October, 10.30am
Gorey Library, Tuesday 22nd October, 11.00am

Affordable Childcare Options for All Parents

Speaker: Deirdre Power, CEO Wexford County Childcare Committee

Come along to meet Deirdre and learn about the different types of funding available for paid childcare from the Department of Children & Youth Affairs National Early Years Programme. You will discover which option best suits your family. The session will end with questions and answers.

Wexford County Childcare is a semi-statutory early childhood care and education service. It provides information, advice and support on early years services to parents, childminders, care providers and students.

Enniscorthy Library, Thursday 30th May, 7.00pm

Comhairle Contae Loch Garman
Wexford County Council

An Roinn Leanaí agus Gnóthaí Óige
Department of Children and Youth Affairs

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Wexford