

Parenting Today

2020



A series of free talks taking place in public libraries and community venues throughout County Wexford

Contents

Introduction	3
Wexford Children & Young People's Services Committee (CYPSC)	4
How to Book	5
Event Calendar	6
Asthma	8
New Ross Family Project	8
Yoga and Mindfulness for Parents and Families	9
Managing Anxiety in Children and Adolescents	10
Parent and Toddler Yoga	10
Literacy for Little Learners	11
TikTok, Instagram and Snapchat for Parents	12
Why 'Good Kids' Have Meltdowns, Answer Back & Won't Listen	13
Drugs: What every parent needs to know!	13
Dyspraxia/DCD	14
First Aid	14
Looking at Adolescent Emotional Health	15
Down Syndrome: Early Communication Workshop	16
Healthy Sleep Habits for Babies & Children	17
Encouraging Dyslexic Children to Read for Pleasure	17
Dyslexia at Second Level	18
Raising Confident Competent Children	18
ADHD (Attention Deficit Hyperactivity Disorder)	19
De-stressing Skills For Families	19
Early Speech & Language Developments: A Guide for Parents and Carers	20
The Importance of Play	20
Successful Transition from Primary School to Secondary School	21
Mindfulness for Children	21
Down Syndrome: See and Learn Programme	22
Interactive Storytimes for Parents and Pre-schoolers	23
Family Fitness	23
Breast Feeding	24
Taking Care of You as a Parent	24
Communicate Better with your Child	25
Library Storytime and Rhymetime with Public Health Nurse Visit	25
De-stressing Skills for Adolescents	26
Tired of Time Outs: Discipline instead of Punishment	26

Introduction

Welcome to Parenting Today 2020, the third series of free talks in libraries in County Wexford. This year, for the first time, parenting talks will also be offered in four community venues in Bridgetown, Raheen, Ramsgrange and Taghmon.

Wexford County Council Public Library Service is committed to providing quality information and resources to support parents, children and young people. Parenting Today has been carefully developed in response to feedback from parents. Events are designed to be relevant and informative and to offer an opportunity for families to interact with practitioners working in the community care, education and health sectors. The audience will be an integral part of each session with questions and discussion encouraged.

The keynote lecture by parenting expert and author, Val Mullally will explore “why children have melt downs, answer back and refuse to listen”. This lecture will take place in Wexford Library on Tuesday 18th February at 7.00pm.

Other talks in the series cover many aspects of parenting from Asthma to Anxiety, and from TikTok to “Taking Care of you as a Parent”. Parenting a child with special needs with ADHD, Dyspraxia, Down Syndrome and Dyslexia will all be featured in this year’s programme.

Other invaluable talks will focus on anxiety, first aid, drugs, de-stressing techniques and positive discipline. We will address common concerns that parents have about their child’s speech and language development; how to successfully master breast feeding and how to enable your child to sleep through the night.

Last but not least, we offer you talks and practical sessions to support literacy and to foster a love of reading with your child. These are sessions that parents can attend and enjoy with their child.

I hope you enjoy these parenting talks and we look forward to introducing you to the free library services including an excellent collection of parenting books and e-books available to you at your local library.

For more information and to book your place for any event, please contact your local library.

Finally, 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.

Eileen Morrissey
Wexford County Librarian

Wexford Children & Young People's Services Committee (CYPSC)

Wexford CYPSC is delighted to collaborate once again with Wexford County Council Public Library Service to bring you another series of "Parenting Today". This is the third round of the series and once again we have a great range of speakers on a wide spectrum of topics that we hope will be of interest to parents and guardians.

This year, for the first time, we are adding a number of community based talks to the schedule. This will increase accessibility, offering families a choice of nine different venues throughout County Wexford.



It is important to acknowledge all those who have contributed to the development of this series – Wexford Public Library Service personnel, the speakers and the host venues in the library branches and community venues. I would also like to acknowledge funding support for this initiative from the Department of Children & Youth Affairs.

Wexford CYPSC brings together all the agencies and organisations in Co. Wexford that have a remit to support children and young people aged 0-24 years. Our ultimate aim is to improve outcomes for children and families in Co. Wexford.

To learn more about Wexford CYPSC, please see www.wexfordcypsc.ie. 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.

Wexford CYPSC is also pleased to support Wexford Parents Hub, a first point of contact for information on parenting programmes and supports that are available in Co. Wexford. Details of all talks in this series will also be available on the Hub. You can access the Hub online at www.wexfordcypsc.ie/wexford-parents-hub or on facebook at <https://www.facebook.com/wexfordparentshub/>

Vincent Daly,
Chairperson Wexford CYPSC

How to Book

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

www.wexfordcoco.ie/ParentingTalks

Library Venues

Bunclody Library	053 9375466
Enniscorthy Library	053 9236055
Gorey Library	053 9421481
New Ross Library	051 421877
Wexford Town Library	053 9196760



Community Venues

Bridgetown College, Bridgetown, Co. Wexford, Y35 R628

Bookings: Eileen Codd (Home School Community Liaison) at 087 2943530

Raheen Family Resource Centre, Raheen, Clonroche, Co. Wexford, Y21 T183

Bookings: Bridget Kavanagh/Jeanette O'Neill at 051 442888

South West Wexford Family Resource Centre, Ramsgrange, New Ross, Co. Wexford, Y34 DP26

Bookings: Emma Fitzgerald (Family Support Worker), 051 389418

Taghmon Family Resource Centre, Joseph Street, Taghmon, Co. Wexford, Y35 WTP3

Bookings: Mary O'Loughlin (Manager) at 053 9134465

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

For more information contact us at 053 919 6562 or email library_hq@wexfordcoco.ie

Find your local library on Facebook

Twitter: [@wexfordlibraries](https://twitter.com/wexfordlibraries)

Instagram: [@wexfordlibraries](https://www.instagram.com/wexfordlibraries)

Parenting Today Event Calendar

2020

January				
Asthma	Marie Cantwell	Tues 28th	7.00pm	New Ross
Drop In Information Session	New Ross Family Project Staff Team	Wed 29th	10.30am	New Ross
February				
Managing Anxiety in Children & Adolescents	Carina McEvoy	Tues 4th	7.00pm	South West Wexford Family Resource Centre
Asthma	Marie Cantwell	Thurs 6th	7.00pm	Enniscorthy
Fun filled Yoga for Toddlers and Parents	Vivian Brodie Hayes	Sat 8th	11.00am	New Ross
TikTok, Instagram & Snapchat for Parents	Frank Turner - Tek Central	Tues 11th	7.00pm	New Ross
TikTok, Instagram & Snapchat for Parents	Niamh Turner - Tek Central	Tues 11th	7.30pm	Bridgetown College
Managing Anxiety in Children & Adolescents	Carina McEvoy	Wed 12th	7.00pm	Taghmon Family Resource Centre
Asthma	Marie Cantwell	Thurs 13th	7.00pm	Bunclody
Literacy for Little Learners	Dr Rebecca Long	Tues 18th	7.00pm	Gorey
Why 'Good Kids' Have Meltdowns	Val Mullally	Tues 18th	7.00pm	Wexford
Drop In Information Session	New Ross Family Project Staff Team	Wed 26th	10.30am	New Ross
Drugs: What Every Parent Needs to Know	Andy Hargreaves	Thurs 27th	7.00pm	Enniscorthy
March				
Managing Anxiety in Children & Adolescents	Carina McEvoy	Tues 3rd	7.00pm	New Ross
First Aid (Order of Malta)	Ryan Cleary	Tues 10th	7.00pm	New Ross
Dyspraxia/DCD	Harry Conway	Tues 10th	7.00pm	Gorey
Looking at Adolescent Emotional Health	Peadar Maxwell	Thurs 12th	7.00pm	Wexford
Down Syndrome - Early Communication Workshop	Olive Buckeridge	Thurs 19th	7.00pm	Enniscorthy
Asthma	Marie Cantwell	Thurs 19th	7.00pm	Wexford
Yoga and Mindfulness for Parents and Families	Vivian Brodie Hayes	Mon 23rd	7.30pm	Raheen Family Resource Centre
Healthy Sleep Habits for Babies & Children	Erica Hargaden	Tues 24th	7.00pm	Wexford
Drop In Information Session	New Ross Family Project Staff Team	Wed 25th	10.30am	New Ross
First Aid (Order of Malta)	Ryan Cleary	Thurs 26th	7.00pm	Bunclody
April				
First Aid (Order of Malta)	Ryan Cleary	Thurs 2nd	7.00pm	Wexford
Drugs: What Every Parent Needs to Know	Andy Hargreaves	Tues 7th	7.00pm	New Ross
Dyslexia and Reading for Pleasure	Amy Smyth	Tues 14th	7.00pm	Wexford
Drugs: What Every Parent Needs to Know	Andy Hargreaves	Thurs 16th	7.00pm	Wexford
Dyslexia at Second Level	Amy Smyth	Thurs 16th	7.00pm	Bunclody
Raising Confident Competent Children	Peadar Maxwell	Thurs 23rd	7.00pm	Enniscorthy
Looking at Adolescent Emotional Health	Peadar Maxwell	Tues 28th	7.00pm	Gorey
ADHD	Ken Kilbride	Thurs 30th	7.00pm	Wexford

May				
Asthma	Marie Cantwell	Tues 5th	7.00pm	Gorey
De-stressing skills for Families	Vivian Brodie Hayes	Tues 5th	7.00pm	New Ross
Dyspraxia/DCD	Harry Conway	Thurs 7th	7.00pm	Enniscorthy
Healthy Sleep Habits for Babies & Children	Erica Hargaden	Thurs 14th	7.00pm	Bunclody
Early Speech & Language Development	Dr. Fiona Ryan & Clara Jacob	Thurs 14th	7.00pm	Enniscorthy
The Importance of Play	Joanne O'Gorman	Tues 26th	7.00pm	New Ross
Literacy for Little Learners	Dr Rebecca Long	Tues 26th	7.00pm	Wexford
Successful Transition from Primary to Secondary School	Sharon Hayden	Thurs 28th	7.00pm	Enniscorthy
June				
Mindfulness for Children	Katie O'Brien	Tues 9th	7.00pm	New Ross
Down Syndrome - See & Learn Programme	Gavin McDonnell	Thurs 18th	7.00pm	Wexford
July				
Interactive Reading for Parents & Children	Library Staff	Sat 4th	11.00am	New Ross
Interactive Reading for Parents & Children	Library Staff	Sat 4th	11.00am	Bunclody
Interactive Reading for Parents & Children	Library Staff	Sat 11th	11.00am	Gorey
Interactive Reading for Parents & Children	Library Staff	Sat 18th	10.30am	Wexford
Sports Active Family Fun Session	Triona Shalloe	Wed 22nd	3.15pm	New Ross
August				
Breastfeeding	PHN	Thurs 6th	11.00am	Gorey
Interactive Reading for Parents & Children	Library Staff	Sat 8th	10.30am	Wexford
Interactive Reading for Parents & Children	Library Staff	Sat 15th	11.00am	Enniscorthy
TikTok, Instagram & Snapchat for Parents	Frank Turner - Tek Central	Tues 25th	7.00pm	Wexford
September				
Drugs: What Every Parent Needs to Know	Andy Hargreaves	Tues 8th	7.00pm	Gorey
ADHD	Ken Kilbride	Tues 8th	7.00pm	New Ross
Managing Anxiety in Children & Adolescents	Carina McEvoy	Thurs 10th	7.00pm	Wexford
Taking Care of You as a Parent	Peadar Maxwell	Tues 15th	7.00pm	New Ross
Communicate Better with your Child	Dr. David Maloney	Tues 29th	7.00pm	Gorey
October				
Raising Confident Competent Children	Peadar Maxwell	Thurs 1st	7.00pm	Bunclody
PHN Storytime	PHN	Fri 2nd	11.00am	Bunclody
PHN Storytime	PHN	Thurs 8th	11.00am	Enniscorthy
ADHD	Ken Kilbride	Tues 13th	7.00pm	Gorey
De-stressing skills for Adolescents	Vivian Brodie Hayes	Tues 13th	7.00pm	Wexford
PHN Storytime	PHN	Fri 16th	11.00am	New Ross
PHN Storytime	PHN	Fri 23rd	10.30am	Wexford
PHN Storytime	PHN	Tues 27th	11.00am	Gorey
November				
Healthy Sleep Habits for Babies & Children	Erica Hargaden	Tues 10th	7.00pm	Gorey
Tired of Time Outs: Discipline instead of Punishment	Peadar Maxwell	Tues 10th	7.00pm	Wexford

Asthma

Speaker: Marie Cantwell, Asthma Ireland

Anyone can develop asthma but it is particularly common in Ireland affecting over 380,000 adults and children. The Asthma Society of Ireland dedicates itself to helping all those affected by asthma. <https://www.asthma.ie/>

This talk will focus on:

- Asthma Medication: information and advice about different types of medications
- Inhalation Techniques: how to optimise the benefits of medication for your child
- Asthma Action Plan: put together a document that contains all the information needed to keep your child's asthma under control



New Ross Library, Tuesday 28th January, 7.00pm

Enniscorthy Library, Thursday 6th February, 7.00pm

Bunclody Library, Thursday 13th February, 7.00pm

Wexford Library, Thursday 19th March, 7.00pm

Gorey Library, May 5th, 7.00pm

New Ross Family Project

Speaker: New Ross Family Project Team



The staff team from the New Ross Family Project Centre will be available for Drop In information sessions for families. These sessions will take place in a quiet location in the library to ensure your privacy.

The Family Project aims to support families and children in the home, school and community in the South Wexford area.

New Ross Library, Wednesday 29th January, 10.30am-12.30pm

New Ross Library, Wednesday 26th February, 10.30am-12.30pm

New Ross Library, Wednesday 25th March, 10.30am-12.30pm

Yoga and Mindfulness for parents and families: A positive outlook on the busy-ness of our daily family lives

Speaker: Vivian Brodie Hayes

This talk will include fun and accessible elements from yoga and mindfulness that are easy for parents and families to use and bring into their daily life. This session will include shared skills, tools and ideas to help children, teens and parents to breathe easier and to feel calmer.

Vivian is a highly experienced yoga teacher working in a variety of settings with children and adults of all abilities.

Raheen Family Resource Centre, Monday 23rd March, 7.30pm



Managing Anxiety in Children and Adolescents

Speaker: Carina McEvoy, Therapist & Author

After this workshop you will:

- Know exactly what anxiety is and the science behind it
- Know how your child experiences anxiety in their body and displays it in their language and behaviour
- Know how you can limit the hyper-anxiety currently being experienced today
- Know how to talk to your child about anxiety
- Carry out a collection of therapeutic techniques to relieve your child's anxiety



Carina is the author of 'Sometimes I worry...how about you?' and 'Sometimes my child worries...what do I do?'. She has worked previously as a secondary school teacher and is qualified in Clinical Hypnotherapy and Psychotherapy. Carina battled social phobia, OCD, self-harm, depression and severe anxiety in her teenage years and early adulthood. She works very successfully with parents and schools all over Wexford to advise and support them in helping their children to overcome anxiety issues.

Ramsgrange, South West Wexford Family Resource Centre, Tuesday 4th February, 7.00pm

Taghmon Family Resource Centre, Wednesday 12th February, 7.00pm

New Ross Library, Tuesday 3rd March, 7.00pm

Wexford Library, Thursday 10th September, 7.00pm

Parent and Toddler Yoga

Facilitator: Vivian Brodie Hayes

Join Vivian for a fun-filled and beneficial yoga session for toddlers and their parents and caregivers. Sessions are fun and a lovely way to spend time learning techniques together that can be practised and enjoyed again at home.

Vivian is a highly experienced yoga teacher working in a variety of settings with children and adults of all abilities.

New Ross Library, Saturday 8th February, 11.00am



Literacy for Little Learners

Speaker: Dr. Rebecca Long

This event will cover:

- The benefits of reading
- The importance of talking together
- Reading-based games and activities
- Supporting younger, developing and independent readers
- Tips for encouraging reluctant and struggling readers
- Suggested books

Rebecca has a PhD in Children's Literature and works as a highly regarded children's book reviewer for Inis Magazine, Children's Books Ireland and Little Island Children's Books. She has been working as a Book Doctor with Children's Books Ireland since 2016 and also works together with NALA to promote literacy.

Gorey Library, Tuesday 18th February, 7.00pm

Wexford Library, Tuesday 26th May, 7.00pm

TikTok, Instagram and Snapchat for Parents

Speakers: Frank Turner and Niamh Turner - TekCentral

If you have tweens or teens, you know how much they love TikTok, Instagram and Snapchat. And if you can't figure out how it works, you're like most parents, wondering...

- What's the deal with 'rinstas' and 'finstas' Snap Map, Discover and Snapstreaks?
- How to manage Digital Wellbeing and privacy settings on your TikTok account
- Are they safe and how do they work?

To find out all the above and much more, join us at:

New Ross Library, Tuesday 11th February, 7.00pm

Bridgetown College, Tuesday 11th February, 7.30pm

Wexford Library, Tuesday 25th August, 7.00pm



Why 'Good Kids' Have Meltdowns, Answer Back & Won't Listen

Speaker: Val Mullally

In this workshop aimed at parents of children aged 3 to 10 years old you will:

- Discover why your otherwise “well-behaved” child isn't always easy – and what a parent can do to create a home environment where every family member can thrive
- Be guided through how to parent mindfully and respond in a way that will create more enjoyable family relationships and happier, more co-operative children
- Learn how to respond if you feel worried or frustrated by your child's behaviour and how to handle challenging interactions
- Discover how to build a strong, positive relationship with your child

Val Mullally is a Parenting Expert, author, accredited Life Coach and a trainer in a Coaching Approach to Parenting, she works with parents, counsellors, psychotherapists, mediators, play therapists, midwives, educators, social workers, and health visitors, to create more enjoyable and fulfilling family life.

Wexford Library, Tuesday 18th February, 7.00pm

Drugs: What every parent needs to know!

Speaker: Andy Hargreaves

Just as you protect your children against illnesses like measles, you can also help to 'immunize' them against drug use by giving them the facts before they're in a risky situation. Children who aren't properly informed are at greater risk of engaging in unsafe behaviours so parents are vital in preventing misinformation and experimentation. This talk will be informal and will look at how drug use can affect individuals, families, communities and society. Questions will be encouraged.

Andy is the HSE Drug Education Officer in Wexford. He has many years of experience in this area working in Wexford, Waterford and Carlow.

Enniscorthy Library, Thursday 27th February, 7.00pm

New Ross Library, Tuesday 7th April, 7.00pm

Wexford Library, Thursday 16th April, 7.00pm

Gorey Library, Tuesday 8th September, 7.00pm



Dyspraxia/DCD

Speaker: Harry Conway, Dyspraxia Ireland

Dyspraxia, also known as DCD (Developmental Coordination Disorder) is a common condition affecting fine and/or gross motor coordination in children and adults. Meet Harry as he explains Dyspraxia/DCD, with information and advice for parents and carers of children affected. Questions will be welcomed at this talk as Harry offers support and strategies covering diagnostic services, appropriate treatments and therapies, support groups and workshops.

Harry Conway has been involved with Dyspraxia Ireland for 20 years. As CEO, Harry takes overall responsibility for development, delivery and management of all supports and services within the organisation.

Gorey Library, Tuesday 10th March, 7.00pm

Enniscorthy Library, Thursday 7th May, 7.00pm

First Aid

Speaker: Ryan Cleary, Order of Malta

Would you know what to do to help your child in the event of an accident or emergency? Learning the basics can save a life. Join Emergency Medical Technician Ryan Cleary to learn about:

- Activating the emergency services
- Wounds and Bleeding
- Burns and Scalds
- Poisons
- Choking
- What to do if your child bangs their head



New Ross Library, Tuesday 10th March, 7.00pm

Bunclody Library, Thursday 26th March, 7.00pm

Wexford Library, Thursday 2nd April, 7.00pm



Looking at Adolescent Emotional Health

Speaker: Peadar Maxwell, Chartered Psychologist

Adolescence is a time of significant life transitions, physical changes, emotional and intellectual demands, as well as the added pressures of being a modern-day teenager. In this workshop, you will learn about your teenager's adolescent brain and:

- The Importance of Staying Connected
- Friends & Relationships
- Understanding Anger
- Encouraging Responsibility
- Promoting Independence
- Planning for Risk
- Problem Solving

Peadar Maxwell is the senior Psychologist for the Primary Care Child and Adolescent team within the HSE in Wexford. Peadar has practised 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 March, 7.00pm

Gorey Library, Tuesday 28th April, 7.00pm

Down Syndrome: Early Communication Workshop

Speaker: Olive Buckeridge, Down Syndrome Ireland

This is an interactive workshop for parents of babies and young children to support early communication. Topics will include:

- Strategies to promote play and language development
- What you can do to best support your child's communication development
- How to use everyday routines as an opportunity for learning

Activities and strategies to help your child develop will include:

- Eye contact
- Turn taking
- Joint attention
- Play skills
- Signing
- Sound Development
- Vocabulary Development

Olive is Early Years Specialist with Down Syndrome Ireland. She is also an experienced speech and language therapist with a particular interest in early year's development. Olive provides advice and support to parents from early development, early intervention services and early childcare and education.

Enniscorthy Library, Thursday 19th March, 7.00pm



Healthy Sleep Habits for Babies & Children

Speaker: Erica Hargaden, Babogue Sleep Solutions

Do you struggle to get your baby/child to sleep? What should you do when you experience multiple wakes throughout the night?

In this workshop, certified child sleep consultant and mother of three, Erica will cover why sleep is so important, what happens when we sleep and what constitutes healthy sleep in babies and 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. There will be an opportunity to ask questions at these sessions.

Wexford Library, Tuesday 24th March, 7.00pm

Bunclody Library, Thursday 14th May, 7.00pm

Gorey Library, Tuesday 10th November, 7.00pm



Encouraging Dyslexic Children to Read for Pleasure

Speaker: Amy Smyth, Dyslexia Association of Ireland

Dyslexia is a difference in the way that the brain processes language and it can be challenging as a parent or carer to encourage children to view reading as something positive. There are enormous educational and personal benefits associated with reading for pleasure so come along to discover how to support your child to read successfully.

There will be advice and information, including tips on what books to read, the different ways of helping, and moving on to solo reading. Amy will advise on practical strategies that parents can implement themselves to help their children

Amy Smyth is the Information and Advocacy coordinator with the Dyslexia Association of Ireland. Amy herself is dyslexic and understands the challenges that your children can face. She has a background in law and has wide experience in the area of facilitating access to education for young people.

Wexford Library, Tuesday 14th April, 7.00pm

Dyslexia at Second Level

Speaker: Amy Smyth, Dyslexia Association of Ireland

The transition to secondary school can be a difficult time for any child, but can cause specific issues for children with dyslexia. In this talk, Amy will cover:

- Some organisational hints and tips
- Speaking to teachers
- Subject choices
- Reasonable Accommodations in State examinations

Amy Smyth is the Information and Advocacy Coordinator with the Dyslexia Association of Ireland. Amy herself is dyslexic and understands the challenges that your children can face. She has a background in law and has wide experience in the area of facilitating access to education for young people.

Bunclody Library, Thursday 16th April, 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 talk will focus on the emotional and social skills that your child needs in order to thrive at home, in school and throughout life:

- 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 in the Child, Adolescent and Family Department team with the HSE, Wexford. Peadar has practised psychology, specialising in child, adolescent and family psychology for twenty years and is a highly experienced public speaker in the area of family support.

Enniscorthy Library, Thursday 23rd April, 7.00pm

Bunclody Library, Thursday 1st October, 7.00pm



ADHD (Attention Deficit Hyperactivity Disorder)

**Speaker: Ken Kilbride,
CEO at ADHD Ireland**

Attention Deficit Hyperactivity Disorder (ADHD) is a medical/neurobiological condition that affects many children in Ireland. It often exists in tandem with other conditions. The good news is that ADHD is a very treatable condition. Come to meet Ken and learn how you can help your child to reach their full potential and lead their best lives. You will hear about:

- Diagnosis
- Core Behaviours
- Treatment
- Education
- Resources

Questions and dialogue will be welcomed.

Wexford Library, Thursday 30th April, 7.00pm

New Ross Library, Tuesday 8th September, 7.00pm

Gorey Library, Tuesday 13th Oct, 7.00pm



De-stressing Skills For Families

Speaker: Vivian Brodie Hayes

Constant stress can stop us from enjoying our family life and can have many negative health effects. If you are looking to improve the quality of your family life, come along and learn skills for de-stressing with Vivian. Be guided in how to use these tools effectively to promote a calmer happier family life for everyone.

Vivian is a highly experienced yoga teacher working in a variety of settings with children and adults of all abilities.

New Ross Library, Tuesday 5th May, 7.00pm

Early Speech and Language Developments: A Guide for Parents and Carers

Speakers: Dr. Fiona Ryan and Clara Jacob, Speech & Language Therapists

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

Dr. Fiona Ryan works in Enniscorthy Health Centre 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.

Clara Jacob is a CORU registered Speech & Language Therapist working in HSE Community Services in County Wexford.

Enniscorthy Library, Thursday 14th May, 7.00pm

The Importance of Play

Speaker: Joanne O’Gorman

Play is incredibly important to healthy brain development in young children. Join Joanne to learn how you, as a parent can help your child to develop their imagination, creativity, dexterity and physical, cognitive and emotional strength through play.

**New Ross Library,
Tuesday 26th May, 7.00pm**



Successful Transition from Primary School to Secondary School

Speaker: Sharon Hayden (NPC)

Second level is a big change in a student's life. After eight years of being surrounded by classmates they have known since junior infants, they are catapulted into an unfamiliar world of lockers, complicated timetables, new demands from teachers, new social circles and - as if that wasn't enough – puberty. Planning is key to success. Sharon will talk you through:

- Preparing your child for post primary school
- Subject choices
- School policies
- Home school communication
- People you might meet in post primary school
- Parent/Teacher meetings

Enniscorthy Library, Thursday 28th May, 7.00pm



Mindfulness for Children

Speaker: Katie O'Brien

Katie will give offer a brief explanation of mindfulness to parents and carers. You will learn how your children can use it in their daily lives to have a positive impact on their stress levels. The workshop will also give parents ideas they can use at home to encourage their children to be more mindful. It will be an experiential workshop and will be particularly useful for parents who feel their child is anxious and want to learn practical positive and simple strategies to help them

New Ross Library, Tuesday 9th June, 7.00pm

Down Syndrome: See and Learn Programme

Speaker: Gavin McDonnell, Down Syndrome Ireland

“See and Learn” resources are designed to meet the specific learning needs of children with Down syndrome. They can also be helpful for other children experiencing similar learning challenges.

Children with Down syndrome often need more explicit instruction, together with lots of practice and rehearsal to learn and retain new skills. “See and Learn” resources are designed to be easy to use at home by parents and carers for regular teaching and practice. They are also suitable for use in schools for additional one-to-one targeted teaching and in individual and group therapy sessions. Join Gavin McDonnell to learn more about:

- “See and Learn” Speech to develop their speech sound system, and to produce clear speech
- “See and Learn” Language and Reading is designed to teach children with Down Syndrome early vocabulary, sight words, simple phrases and sentences, and grammar rules
- “See and Learn” Numbers is designed to teach young children to count, to link numbers to quantity and to understand important concepts about the number system

Gavin is the “See and Learn” Project Officer with Down Syndrome Ireland, offering training to early years educators. Gavin has a younger brother who has Down Syndrome. His background is in Psychology and he is currently working on his Masters with the ultimate aim of working as a clinical psychologist specialising in Down Syndrome.

Wexford Library, Thursday 18th June, 7.00pm



Interactive Storytimes for Parents and Pre-schoolers

Facilitators: Library Staff

Talking, listening and laughing with your child are some of the most valuable ways to enjoy spending time together. One of the best ways to combine all of the above is sharing picture books! Join us this Summer for a super story time on Saturdays with oodles of interactive fun and associated crafts for everyone.

New Ross Library, Saturday 4th July, 11.00am

Bunclody Library, Saturday 4th July, 11.00am

Gorey Library, Saturday 11th July, 11.00am

Wexford Library, Saturday 18th July, 10.30am

Wexford Library, Saturday 8th August, 10.30am

Enniscorthy Library, Saturday 15th August, 11.00am

Family Fitness

Facilitator: Triona Shalloe, Sports Active Wexford

Families are invited along to New Ross Library Park to experience and enjoy lots of sports taster sessions with representatives from the FAI, Rugby and GAA. There's fun on offer for parents too, you can try activator poles to improve core strength and promote functional gait pattern and Go for Life Games. Come along to take part in this celebration of physical activity and sport for all the family!

**New Ross Library Park,
Wednesday 22nd July,
3.15pm-5.15pm**



Breast Feeding

Speaker: Public Health Nurse

Breastfeeding offers a newborn's first vaccine, providing vital antibodies and an immunity boost. It is one of the most effective ways to provide your child with the best start in life. To mark World Breast Feeding Week, Gorey Library will host this talk to support parents in breastfeeding and to emphasise the benefits of establishing exclusive breastfeeding. Feeding babies breast milk for the first six months has a myriad of benefits, among them, it promotes brain development, protects against allergies and eczema, reduces the risk of viruses and reduces the risk of children becoming overweight.

**Gorey Library,
Thursday 6th August, 11.00am**



Taking Care of You as a Parent

Speaker: Peadar Maxwell, Chartered Psychologist

Making time for self-care is hard for parents. As parents and carers we tend to put the needs of our children first, often running ourselves ragged in the process. Remember the old adage of the oxygen mask, 'You have to put on your own mask first, before you can help others with theirs'.

The results of looking after yourself are that you become happier and less stressed and your children will also be happier, less stressed and less likely to 'act out'. Join Peadar to learn more about this important topic.

Peadar Maxwell is the Senior Psychologist in the Child, Adolescent and Family Department team with the HSE, Wexford. Peadar has practised psychology, specialising in child, adolescent and family psychology for twenty years and is a highly experienced public speaker in the area of family support.

New Ross Library, Tuesday 15th September, 7.00pm

Communicate Better with your Child

Speaker: Dr. David Maloney, Cognitive Psychologist and Accredited Psychotherapist

Dr. David Maloney will talk about effective communication between parents and their children. His talk explores reasons for poor communication as well as practical parenting strategies that improve it. David's talk will also outline the major causes of stress/anxiety in young people and how effective communication can improve emotional wellbeing and the development of resilience.

Dr. David Maloney is a Cognitive Psychologist and Accredited Psychotherapist. He has conducted research into adolescent emotional wellbeing and delivered interventions to develop resilience and emotional self-regulation in young people.

Gorey Library, Tuesday 29th September, 7.00pm

Library Storytime and Rhymetime with Public Health Nurse Visit

Speaker: Public Health Nurse

Bring your babies and toddlers to your local library for rhymes, songs, stories, lots of fun and the chance to speak to your local public health nurse. Do you have questions about feeding, sleep patterns, child development or anything parenting related? Don't miss this great opportunity to get answers, advice and information from highly experienced and friendly health care professionals in an informal setting.

Bunclody Library,

Friday 2nd October, 11.00am

Enniscorthy Library,

Thursday 8th October, 11.00am

New Ross Library,

Friday 16th October, 11.00am

Wexford Library,

Friday October 23rd, 10.30am

Gorey Library,

Tuesday October 27th, 11.00am



De-stressing Skills for Adolescents

Speaker: Vivian Brodie Hayes

It is important to teach your teen a variety of healthy stress management techniques to help with overcoming anxiety at home, at school and with their peers, and how to support them in coping with feeling overwhelmed, and ultimately how to stay calm and to build a balanced life.

Vivian is a highly qualified yoga and Pilates teacher and has extensive experience working with families, schools and community groups to support physical and mental well-being in adolescents.

Wexford Library, Tuesday 13th October, 7.00pm



Tired of Time Outs: Discipline instead of Punishment

Speaker: Peadar Maxwell, Chartered Psychologist

Your patience is running low, your frustration is running high, and your kid is running everywhere! We've all had bad days when we've used up everything in our bag of tricks and nothing seems to calm the craziness.

If time-outs and other traditional discipline methods don't seem to be working, trying another approach is probably a good idea. Learn from Peadar Maxwell how to manage your child's behaviour constructively and discover how to put in place, discipline strategies that really work.

Peadar Maxwell is the Senior Psychologist in the Child, Adolescent and Family Department team with the HSE, Wexford. Peadar has practised psychology, specialising in child, adolescent and family psychology for twenty years and is a highly experienced public speaker in the area of family support

Wexford Library, Tuesday 10th November, 7.00pm



Parenting Today

2020