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Offaly & Laois Libraries Parent Support Programme

Online Webinar Series Autumn 2021



Libraries

Comhairle Chontae Uíbh Fhailí
Offaly County Council



Laois County
Library Service





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INTRODUCTION

This series of Parenting Talks has been organised by Offaly County Library Service and Laois County Library Service through support from the Dormant Accounts Fund and the Department of Rural and Community Development.

The programme is open to everyone including parents, caregivers, healthcare professionals, teachers, special needs assistants and all those working with children and young people.

It aims to give parents simple and practical strategies that will help them build strong, healthy relationships with their children and confidently manage their children's behaviour.

Attendance at all events is free of charge.

All events will be hosted on Zoom.

Please visit our Eventbrite page to register for any of the events listed.



Libraries

Comhairle Chontae Uibh Fhailí
Offaly County Council



Laois County
Library Service

**Focus On:
5 -12 Years**

**Wednesday,
22nd September**

**Time:
7.30pm**



Separation Anxiety: Helping your Child Return to School

Helen Vaughan, IACP Accredited Psychotherapist

Helen Vaughan is a Psychotherapist, broadcaster and owner of Maynooth Counselling & Psychotherapy. She's a regular contributor in the media on mental health issues, having worked as a radio and TV journalist for 15 years before becoming a therapist. Testimonials & more information is available at www.maynoothcounselling.ie

Helen will host a one-hour webinar for parents focusing on helping your child prepare and deal with being back in school, and supporting them with the transition. It will detail some of the skills that might help your child's independence and resilience at the start and throughout the school year. The talk will also give tips on dealing with any anxiety (theirs & yours) around the separation of starting school and getting used to their new environment.

**Focus On:
Parents**

**Thursday,
23rd September**

**Time:
7.30pm**

Self Care for Carers: How to mind yourself when parenting your child with special needs

Dorothy Armstrong, Achieve OT



Parents are often so busy minding their children that their own emotional and physical health is neglected leading to poor health, muscle strain, back problems, fatigue etc. This evening will focus on the importance of self-care for parents of children with special needs and offer practical guidance and strategies for parents.

Dr Dorothy Armstrong (MSc PhD) is an Occupational Therapist working with people who are Neuro-diverse. She specialises in working with teenagers, young adults and adults with High Functioning Autism (Asperger's), Developmental Coordination Disorder (Dyspraxia), and/or ADHD who also have mental health issues and/or difficulties in the area of executive function. More details about Dorothy and Achieve Occupational Therapy practice can be found at <https://achieveot.net>

**For Parents of
5 -12 Years**

**Wednesday,
29th September**

**Time:
7.30pm**



Staying Positive in your Parenting

**Delivered by Dr David Coleman,
Clinical Psychologist, TV and Radio
Broadcaster, Author and Columnist**

**Join Dr. David Coleman for skills and strategies on how to stay connected
and manage your child's behaviour positively.**

The pressure on parents to get through this pandemic with a functioning family has been huge; now we have to do it all over again as the autumn rolls in and restrictions are hopefully eased. Staying positive and staying connected to our children can be a big challenge!

In this talk David shares his knowledge of children's emotional wellbeing, with a view to giving you the skills, strategies and confidence to manage their behaviour positively, while keeping the lines of communication open to support them to cope, emotionally, with all that life throws their way.

Delivered with David's usual blend of expertise, humour and a common sense approach to making it easier to get through the day, this webinar will be of interest to all parents.

Dr. David Coleman is a practicing Clinical Psychologist and an Adjunct Associate Professor in the School of Psychology in UCD. He also presents television programmes and David writes a feature column in the Irish Independent, every Wednesday, providing expert commentary on children, teenagers and family life.

He is also the regular, expert, contributor on 'Today With Claire Byrne', on RTÉ Radio 1, on parenting and child and adolescent wellbeing and development. He has authored three books so far.



**Dr David Coleman's
books are available
to borrow from
your local library!**

**Focus On:
Parents**

**Thursday,
30th September**

**Time:
7.30pm**



**CYBERSAFE
KIDS**

**Empowering and Protecting Children Online
(in a Post-Lockdown World)**

Aimed at parents of children aged 8 to 13 years old, this webinar offers a general overview of online safety and the main factors to consider around social media, gaming and the online world. The aim of the session is to make parents aware of what children are doing online and offer practical advice and resources to help participants. Areas of focus include popular apps & protecting privacy, elements of risk, digital wellbeing & critical thinking and useful resources.

Established in 2015, CyberSafeKids is an Irish registered charity which works to empower children, parents and teachers to navigate the online world in a safe and responsible manner. Founders and staff have backgrounds in cybercrime investigation, law enforcement, psychology, education, online child protection, academia and the not-for-profit sector. Further details on CyberSafeKids can be found here <https://www.cybersafekids.ie/>

**Focus On:
5 -12 Years**

**Wednesday,
6th October**

**Time:
7.30pm**

Toddler Toilet Training: Less Stress, More Success

Deirdre Holland Hannon, Behaviour Specialist



Toilet Training is one of those milestones that causes stress for most parents, especially as more pre-school services request children to be independent regardless of age. This workshop will focus on what you can do in the weeks leading up to toilet training to help eliminate any unnecessary challenges. Topics will include readiness, basic training, reinforcement and rewarding, nap times, night time assessment, pitfalls, bowel movements and managing fears with empathy.

Deirdre is a behaviour specialist providing parenting support for all those ups, downs and struggles in daily family life. After obtaining her Degree in Nursery Intellectual Disability, she continued studying and gained a Masters in Applied Behaviour Analysis. Deirdre is a Mum of two with another on the way and has over 10 years' experience working with toddlers, children and teens. Further information on Deirdre and her services can be found at <https://deidrehollandhannon.com/>

**Focus On:
Parents**

**Thursday,
7th October**

**Time:
7.30pm**



Taking Care of Mum: What you need to know after giving birth

Eimear Fox, Physiotherapist



In this webinar, Eimear will provide information on changes that can happen to your body postnatally and what steps can be taken to treat them. The discussion will include Tummy Gap & Pelvic Floor Dysfunction: when is this a worry and how to self-check, how to move safely in the first few weeks after baby, how to know when a return to exercise is suitable and how to know when you might need to refer to a Women's Health Physiotherapist for postnatal support.

Eimear is the owner of Kilbeggan Physio & Pilates and for the last 12 years she has been helping clients fall in love with Pilates, both on the Mat and more recently on reformers. Eimear graduated as a Physiotherapist in 2009 and has also trained extensively in Women & Men's health and is the Mummy MOT practitioner in the Midlands for all postnatal concerns. Details of her service can be found at <https://www.eimearfox.physio/>

**Focus On:
0-4 Years**

**Wednesday,
13th October**

**Time:
7.30pm**

Promoting Language Development through Reading with your Child



Talking Buddies programme is all about training and supporting people in the community, such as parents/preschool staff and other community groups, on how to promote language development for children age 0-5. Many children in this age range are referred to speech and language therapists as they present with delayed language skills. Talking Buddies will demonstrate how reading aloud to children will help to promote their language development.

Developed by Speech & Language Therapists, Katie Walsh & Maria Brennan, Talking Buddies is a project that is government funded under Sláintecare. Both Katie & Maria have a passion for promoting language development through reading and sharing books.

**Focus On:
Parents**

**Thursday,
14th October**

**Time:
7.30pm**

Balancing Work and Family Life when Parenting Alone or Post-Separation



In this interactive workshop, parents will have the opportunity to engage with One Family and identify how best to balance their needs with those of their children.

This workshop will explore what the key ingredients are in a strong family unit. Parents will start to identify the needs of each family member and connect behaviours with unmet needs.

This understanding around needs will support parents in looking at how they can balance the resources they have to meet their own needs as parents along with the needs of their children.

From this, One Family will explore how work and family life can overspill into each other affecting relationships and often increasing stress within the family and for the parent.

The workshop will be interactive, with parents asked to engage, ask questions, and join in the conversation in order to get the most from the session.

One Family are a registered charity, working to ensure a positive and equal future for all one-parent families in Ireland. In addition to striving for structural changes, One Family support individual one-parent families as they parent through times of family, work and life change, and those experiencing a crisis pregnancy.

Further information and support is available at <https://onefamily.ie/>

**Focus On:
0-4 Years**

**Wednesday,
20th October**

**Time:
7.30pm**

Sarah Sproule

Embrace the Awkward:

How to talk to your kid(s) about sensitive stuff like sex



Learn to comfortably teach your children about healthy sexuality.

Sarah's presentation aims to begin equip parents and other caring adults to raise young adults to have healthy, supportive and consensual relationships.

Attendees will learn why conversations about sex and sexuality are difficult, but why they are still important for families to discuss. Participants will come away with simple first steps to get moving comfortably with this part of parenting.

Sarah Sproule is a sexuality educator and the creator of The Evolve School. She supports parents and other caring adults to build deeper connection with their kid(s) by having conversations about sensitive stuff like sex.

As a mother of three teens, Sarah has combined her decades of experience as an occupational therapist with her masters in sexuality to create a unique approach that supports families of all types.

No child should feel alone and too afraid to ask for help with their body, their boundaries or their knowledge about babies and sex.

Helping adults learn the skills to give kids a place to speak freely about their fears and worries is what Sarah's work is all about. More details about Sarah and her workshops is available at <https://sarahsproule.com/>



**Focus On:
Teens**

**Thursday,
21st October**

**Time:
7.30pm**



Supporting your LGBTQ+ Teenager

Bella Fitzpatrick, Shout Out

In this session, ShoutOut will offer information and solutions to assist parents and guardians in supporting their LGBTQ+ Teenager. Specifically for those who have young people in their lives, this session draws directly on their work with young people in schools. Participants will learn how small steps can make their home more inclusive, and will leave feeling fluent in the language young people use to capture their identity in 2021. They will discuss why it can still be difficult for young people to come out in a more accepting Ireland, and together find practical solutions to support anyone who may be struggling.

ShoutOut is a registered charity committed to improving life for LGBTQ+ people by sharing personal stories and educating school students, parents & guardians, teachers, youth workers and workplaces on LGBTQ+ issues. Since 2012 they have been delivering workshops in secondary schools across Ireland which tackle LGBTQ+ bullying and this experience informs all their training modules and educational workshops. If you would like to learn more, further information can be found at <https://www.shoutout.ie/>

**Focus On:
0-4 Years**

**Wednesday,
27th October**

**Time:
7.30pm**

Navigating Sleep from Birth to 4 Years including Handling the Autumn Clock Change

Erica Hargaden of Babogue



Trying to get a baby into a sleeping routine is challenging for all new parents, whether it's the first time or the fourth time. In this workshop, Erica will offer advice and guidance giving you the foundations and tools to create healthy sleep habits for your child. She will look at Why Sleep is So Important, What Happens when we Sleep, Child Sleep Challenges - What they are & Why they Happen, How to Lay Sleep Foundations, What to Expect from Birth to 4 Years, 7 Steps to Better Sleep and How to Handle the Autumn Clock Change.

Erica Hargaden is a certified Child Sleep Consultant and member of the International Association of Child Sleep Consultants. When Erica found a sleep routine that worked for her own three children, she found friends coming to her for advice. This led her to train as a Paediatric Sleep Consultant and set up her own practice, Babogue. Testimonials and more information is available at <https://babogue.com/>

**Focus On:
Teens**

**Thursday,
28th October**

**Time:
7.30pm**

BODYWHYS

The Eating Disorders Association of Ireland

Supporting Someone with an Eating Disorder

Harriet Parsons, Psychoanalytic Psychotherapist

Eating Disorders are a growing problem encountered by people of all ages and all genders today. This session will try to address some of these issues and will inform those watching and what they can do to support someone with an eating disorder. Questions which will be addressed include: What is an eating disorder? Is it all about food? How do I know if someone has an eating disorder? What are some dos and don'ts when trying to have a conversation and support? Where do I go for help and treatment?

Harriet Parsons holds an MSc. in Psychoanalytic Psychotherapy from St. Vincent's Hospital School of Psychotherapy / UCD, an MA in Addiction Studies from DBS, and a BA (psychology) from DBS. Harriet joined BODYWHYS in 2005 and as Training and Development Manager, she works to provide the support component by Bodywhys to the HSE National Clinical Programme for Eating Disorders. Further information and supports on Eating Disorders can be found at <https://www.bodywhys.ie/>

**Focus On:
0-4 Years**

**Wednesday,
3rd November**

**Time
7.30pm**

The Benefits of Music Therapy

Ciana McGarrigle, Music Therapist



People often think of music as a creative hobby or pass time, but what if we thought of music as a useful therapeutic intervention. In this webinar Ciana will explain what Music Therapy is, its uses and benefits, answer any questions anyone may have in relation to her work and give a practical demonstration of music therapy in action.

Ciana McGarrigle is a Music Therapist living and working in the midlands. She works across the life span from young children to adults using a variety of therapeutic music based methods and techniques that work towards the achievement of specific goals and objectives for her clients. Working across a variety of fields has afforded Ciana the opportunity to develop her craft and create and explore new and exciting ways of working with her clients.

**For Parents of
5-12 Years**

**Thursday,
4th November**

**Time:
7.30PM**



Raising Resilient Children

Delivered by

Dr. Mary O'Kane

Parenting and Early Childhood Education Expert

Resilience is key in supporting our young children to cope with the ups and downs that life throws at them – it is what helps them to bounce back from adversity.

It helps our children to work towards developing solutions when faced with challenges and gives them the internal self-belief to overcome difficulties.

In this seminar, Dr Mary O'Kane offers practical advice on how we can best support our children in becoming more resilient and having greater confidence in their own abilities.

Dr Mary O'Kane is a Lecturer in Psychology and Early Childhood Education teaching with the Open University. Popular for sharing her expertise in a warm and relatable way, Mary is a regular contributor to Ireland AM on both parenting and early childhood education issues. She gives public talks on a range of topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach.

**Dr Mary O'Kane's book is available
to borrow from your local library!**



**Focus On:
5 -12 Years**

**Wednesday,
10th November**

**Time:
7.30pm**



Social Anxiety: Helping Teenagers navigate the post-pandemic world

Helen Vaughan, IACP Accredited Psychotherapist

Helen Vaughan is a Psychotherapist, broadcaster and owner of Maynooth Counselling & Psychotherapy. She's a regular contributor in the media on mental health issues, having worked as a radio and TV journalist for 15 years before becoming a therapist. She specialises in CBT which focuses on how our self-talk or thoughts affect our stress levels and how we can learn to think more usefully during a crisis. Testimonials & more information is available at www.maynoothcounselling.ie

Helen's workshop will provide support for parents who are dealing with teenagers that are feeling anxious after living through a pandemic. It will offer parents tips where teenagers are anxious after going back to school, dealing with social anxiety, grief/loss and any stress around reengaging with the world as society reopens.

**Focus On:
Teens**

**Wednesday,
11th November**

**Time:
7.30pm**

Physical Activities in Teenagers and Keeping them Involved

Keith Begely, Sports Psychologist



At present, there is a huge drop-out rate from sport among adolescents with recent studies stating that this begins as early as 10 years of age and peaks by aged 14-15. How can we prevent our teenagers from opting out considering physical activity, sport and exercise is increasingly important for both physical and mental health? If you are a parent, guardian or adult working with teenagers, this webinar will provide tips and strategies for keeping them engaged in sport.

Keith Begely is an accredited sport psychologist with Sport Ireland Institute. He has worked with numerous inter-county GAA teams and was recently involved with Offaly GAA successes. He has a professional background in Physical Education and is a strong advocate for the health benefits of physical activity in young people.'



**Focus On:
Teens**

**Wednesday,
17th November**

**Time:
7.30pm**



Managing Fussy Eating for your school-aged child

Caroline O'Connor, Solid Start



Do you dread mealtimes? Wish your child would try new foods? Or just want to stop cooking separate meals? If so you're certainly not alone. Up to 75% of parents say that they struggle with what and how to feed their children. But don't give up, there is so much you can do to make life easier, mealtimes less stressful and encourage more adventurous eating. Join us for this webinar, where Caroline will give advice and guidance in how to improve your feeding situation.

Caroline is a registered dietician since 1999 and a mum since 2007. This personal and professional experience has allowed her to help parents be more confident and reassured about "how" and "what" to feed their children. In 2016, Caroline decided to run baby weaning workshops and following on from the success of these, she continued to grow her business Solid Start, a one-stop-shop for professional feeding advice. Information on all services offered by Caroline can be found at <https://solidstart.ie/>

**Focus On:
0-4 Years**

**Thursday,
18th November**

**Time:
7.30pm**



First Aid for Parents

Parent First Aid



In this interactive first aid session, Parents First Aid will cover and demonstrate the two main lifesaving topics: Infant & Child CPR and How to deal with a Choking Infant & Child. Other medical emergencies such as Burns/Scalds, Bleeding, Seizures, Breaks & Fractures will also be discussed, with participants also being given the opportunity to ask questions of the instructors.

Parent First Aid was set up by Peter Finnegan following his own medical emergency in October 2014, when his 2-year-old son started choking on a piece of fruit in the family home. This experience spurred Peter into enrolling in a First Aid class but unable to find anything suitable, he made the decision to set up Parent First Aid. Further information is available at <https://www.parentfirstaid.ie/>

PARENT SUPPORT PROGRAMME : AUTUMN 2021

**TO REGISTER FOR AN EVENT,
FOCUS THE CAMERA ON YOUR PHONE ON
THE DESIRED CODE & FOLLOW THE LINK**

ALL PROGRAMMES START AT 7.30PM

<p>Wednesday, 22nd September</p> <p>Separation Anxiety: Helping your Child Return to School with Helen Vaughan</p>	<p>Register:</p> 	<p>Thursday, 23rd September</p> <p>Self Care for Carers with Dorothy Armstrong</p>	<p>Register:</p> 
<p>Dr David Coleman</p>	<p>Wednesday, 29th September</p> <p>Staying Positive in your Parenting</p>	<p>Register:</p> 	
<p>Thursday, 30th September</p> <p>Empowering & Protecting Children Online</p> 	<p>Register:</p> 	<p>Wednesday, 6th October</p> <p>Toddler Toilet Training with Deirdre Holland Hannon</p>	<p>Register:</p> 
<p>Thursday, 7th October</p> <p>Taking Care of Mum with Eimear Fox</p>	<p>Register:</p> 	<p>Wednesday, 13th October</p> <p>Promoting Language Development with Talking Buddies</p>	<p>Register:</p> 
	<p>Thursday, 14th October</p> <p>Balancing Work & Family Life when Parenting Alone or Post-Separation</p>	<p>Register:</p> 	

PARENT SUPPORT PROGRAMME : AUTUMN 2021

Wednesday, 20th October		Register:	
Sarah Sproule	Embrace the Awkward: How to talk to your kid(s) about sensitive stuff like sex		
Thursday, 21st October	Register:	Wednesday, 27th October	Register:
Supporting your LGBTQ+ Teenager with ShoutOut		Navigating Sleep from Birth to 4 Years	
			
Thursday, 28th October	Register:	Wednesday, 3rd November	Register:
Supporting Someone with an Eating Disorder BODYWHYS		The Benefits of Music Therapy with Ciana McGarrigle	
Thursday, 4th November		Register:	
Dr Mary O'Kane	Raising Resilient Children		
Wednesday, 11th November	Register:	Thursday, 12th November	Register:
Social Anxiety: Helping Teenagers navigate the post-pandemic world		Physical Activities in Teenagers and Keeping them Involved	
Wednesday, 19th November	Register:	Thursday, 20th November	Register:
Managing Fussy Eating for your school-aged child with Soid Start		First Aid for Parents	
			



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Learn a Language for free with Transparent Language at Offaly & Laois Libraries..



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New to Offaly & Laois Libraries! TTRS is an accessible, multi-sensory online literacy course that teaches reading and spelling through touch-typing. Suitable from ages seven to 107.



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