



## Parenting Programmes/Courses September – December 2021

Programme	Details	Dates/ Contact person
<p><b>Baby Massage</b> Birth to approx. 10 months</p>	<p>A 5 week course for parents and babies</p> <p>Some benefits of baby massage include:</p> <ul style="list-style-type: none"> <li>• Strengthen the bond between you and your baby</li> <li>• Help you and your baby to relax</li> <li>• Ease your baby’s wind, constipation and colic pain</li> <li>• Learn to understand what your baby is trying to tell you</li> <li>• Meeting other parents and sharing tips with each other</li> </ul>	<p>Online, via Zoom <a href="mailto:Hazelm@youngballymun.org">Hazelm@youngballymun.org</a> Hazel Murphy 087 204 2715</p> <p><u>Friday group:</u> 24 September to 22 October</p> <p><u>Thursday group:</u> 11th November to 9 December</p>
<p><b>Baby Ballymun Workshops:</b> Feeding and weaning your baby, a relationship based approach</p>	<p><b>Weaning your baby, a relationship based approach</b> A once off workshop to support parents and babies in making the transition to solids. This workshop will:</p> <ul style="list-style-type: none"> <li>• Support you to know when your baby is ready to start eating solids.</li> <li>• We will think together about what eating is like from your baby’s point of view</li> <li>• Help you to both to feel more confident as you navigate this new territory of your baby eating solid food</li> </ul>	<p>Online, via zoom <a href="mailto:Hazelm@youngballymun.org">Hazelm@youngballymun.org</a> Hazel Murphy 087 204 2715 Workshops will be held on: 11th October and 22nd November</p>
<p><b>Circle of Security Parenting© Programme</b> Parents of children aged 6 months up to 6 years</p>	<p>An 8 – 10 week programme for parents and care-givers that focuses on:</p> <ul style="list-style-type: none"> <li>• Understanding a child’s emotional world by learning to read emotional needs</li> <li>• Supporting a child’s ability to successfully manage emotions</li> <li>• Enhancing the development of a child’s self esteem</li> <li>• Honouring a parent’s innate wisdom and desire for their child to be secure.</li> </ul>	<p>Online course, via zoom - Contact: <a href="mailto:Liz@youngballymun.org">Liz@youngballymun.org</a> For the course starting Wednesday 15<sup>th</sup> September</p> <p>Contact: <a href="mailto:Julieann@youngballymun.org">Julieann@youngballymun.org</a> Julie-Ann Lyons: 087 9112172 OR <a href="mailto:Hazelm@youngballymun.org">Hazelm@youngballymun.org</a> Hazel Murphy: 087 204 2715 For course starting Wednesday 29<sup>th</sup> September</p>
<p><b>Newborn Behaviour Observation</b> Birth to 3 months</p>	<p>Once off 45 mins session offered to parents and carers of babies under 3 months. The NBO offers the opportunity to</p> <ul style="list-style-type: none"> <li>• Share the wonderful abilities of newborn babies</li> <li>• Support early connections</li> <li>• Figure out what your baby likes/ dislikes</li> <li>• Understand your baby’s style and temperament</li> </ul>	<p>As requested by parents. <a href="mailto:Hazelm@youngballymun.org">Hazelm@youngballymun.org</a> Hazel Murphy: 087 204 2715 <a href="mailto:Suzanne@youngballymun.org">Suzanne@youngballymun.org</a> Suzanne: 087 3905943 <a href="mailto:Julieann@youngballymun.org">Julieann@youngballymun.org</a> Julie-Ann Lyons: 087 9112172</p>

<p><b>Talk &amp; Play</b> Parent and Toddler Group for children ages 1-2 years</p>	<p>A weekly play group (1 hour 15 minutes) for parents and toddlers (during term time), with access to a Speech and Language Therapist. You will be recognised as the expert on your own child. The structure of Talk and Play Every Day is predictable yet flexible in order to support the developmental and emotional needs of toddlers aged 12 – 24 months, with no more than 10 children and their parents in attendance</p>	<p><a href="mailto:suzanne@youngballymun.org">suzanne@youngballymun.org</a> Suzanne Garry: 087 390 5943</p>
<p><b>Incredible Years Extended</b></p>	<p>This programme is for parents of primary school-age children who have a diagnosis of ADHD or are concerned about ADHD type symptoms /behaviours and are waiting on an assessment and would like support. .</p>	<p><a href="mailto:cathy@youngballymun.org">cathy@youngballymun.org</a> Cathy Kiernan: 087 761 3667</p> <p><a href="mailto:Liz@youngballymun.org">Liz@youngballymun.org</a> Liz McCarthy 087 634 7001</p> <p>Programme online over zoom Tuesday mornings 10am to 12 noon</p> <p>Also available on WhatsApp</p>
<p><b>Incredible Years Parent Programmes</b></p>	<p>Incredible Years Parent Programmes are evidence-based programmes for parents of primary school-age children, designed to build children’s self-esteem, promote positive behaviour and strengthen the relationship between parents and their children. Incredible Years Basic Parent Programmes run in partnership with Home School Community Liaison Teachers and practitioners across primary schools in Ballymun.</p>	<p><a href="mailto:cathy@youngballymun.org">cathy@youngballymun.org</a> Cathy Kiernan 087 761 3667 <a href="mailto:liz@youngballymun.org">liz@youngballymun.org</a> Liz McCarthy 087 634 7001</p> <p>Programme starting Wednesday 29th September to December 15th Also available on WhatsApp</p>
<p><b>Emotion Coaching: Helping Children Deal with Anxiety</b></p> <p><b>Making a mindfulness toolbox for your child workshop</b></p>	<p>2 workshops for parents to help them support their child manage anxiety, and understand their temperament.</p> <p>A follow on from the anxiety workshops, 2 workshops where a mindfulness toolbox will be put together for use with your child.</p>	<p>Tuesday 9<sup>th</sup> &amp; 16<sup>th</sup> November Mornings 10am – 11.30 am</p> <p>Tuesday 23<sup>rd</sup> &amp; 30<sup>th</sup> November Mornings 10am – 11.30 am. <a href="mailto:Cathy@youngballymun.org">Cathy@youngballymun.org</a> Cathy 087 6173667 <a href="mailto:Nichola@youngballymun.org">Nichola@youngballymun.org</a> Nickie 087 3459869 <a href="mailto:Liz@youngballymun.org">Liz@youngballymun.org</a> Liz McCarthy 087 634 7001 Also available on WhatsApp</p>
<p><b>‘School's Out’ Halloween Programme</b></p>	<p>Halloween Midterm ‘School's Out’ Programme in collaboration with BCFRC. Free literacy and arts and crafts activity pack for all families that register.</p> <p>Bespoke Language &amp; Literacy packs delivered Interactive activities take part during <b>Halloween Midterm 22 - 29th October</b></p>	<p><b>Prior registration required</b></p> <p>Contact Lána and Justyne</p> <p><a href="mailto:лана@youngballymun.org">лана@youngballymun.org</a> <a href="mailto:justyne@youngballymun.org">justyne@youngballymun.org</a> 087 1939400</p>

<p><b>Hug your Book programme 0-3 years</b></p>	<p>Hug your Book programme 0-3 years online with parents September-December Free books and lots of fun,</p>	<p>In person &amp; online via zoom beginning 1st October</p> <p>Contact Lána and Justyne  <a href="mailto:lane@youngballymun.org">lane@youngballymun.org</a>  <a href="mailto:justyne@youngballymun.org">justyne@youngballymun.org</a>  087 1939400</p>
<p><b>Hug Your Book programme school age</b></p>	<p>Hug Your Book programme school age, online with Parents and Home School Liaison Teachers</p>	<p>Online via zoom beginning 29th September</p> <p>Contact Lána and Justyne  <a href="mailto:lane@youngballymun.org">lane@youngballymun.org</a>  <a href="mailto:justyne@youngballymun.org">justyne@youngballymun.org</a>  087 1939400</p>
<p><b>Christmas 'School's Out' Programme</b></p>	<p>Christmas School's Out Programme in collaboration with BCFRC. Free literacy and arts and crafts activity pack for all parents that register.</p> <p>Bespoke Language and Literacy packs delivered.</p> <p>Interactive activities will take place during <b>Christmas break from 15th December.</b></p>	<p><b>Prior registration required</b></p> <p>Contact Lána and Justyne</p> <p><a href="mailto:lane@youngballymun.org">lane@youngballymun.org</a>  <a href="mailto:justyne@youngballymun.org">justyne@youngballymun.org</a>  087 1939400</p>
<p><b>Story Sacks</b></p>	<p>Story Sacks online with Home School Liaison Teachers - Learn to use your imagination to tell fascinating stories to your children.</p>	<p>Starting online via zoom beginning 1<sup>st</sup> October</p> <p>Contact Lána and Justyne  <a href="mailto:lane@youngballymun.org">lane@youngballymun.org</a>  <a href="mailto:justyne@youngballymun.org">justyne@youngballymun.org</a>  087 1939400</p>



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