

For more information on all our events, please visit our website or Facebook page

Our aim is to provide support and education for parents and parenthood. Empowering parents to make informed choices through knowledge and mutual support and to progress fulfilled through all stages of parenthood, from pregnancy to raising children to adulthood. This is offered via childbirth education, postnatal support, breastfeeding support and at local meets and events.

We are currently holding in-person meets (both indoors and outdoors) as well as on-line meetings. Keep an eye on our facebook page as some of these may be posted at short notice depending on host availability.

Breastfeeding Support Groups

These meetings have a friendly atmosphere, and are a great opportunity to meet other breastfeeding mothers. The fully trained breastfeeding counsellors will give encouragement and answer any questions. Pregnant women are very welcome.



Virtual meetups **Wednesday 10:00-12:00**. Please email kerwest@hotmail.com to get the Zoom link.

Counsellors can be reached by phone outside of support groups. See www.cuidiudsw.ie/breastfeeding-support-group for details.

The Great Outdoors!



Our “Out and Abouts” are back on **Tuesdays at 2.30**. Please keep an eye out on our Facebook page for more details each week to join others for fun outdoors. We are always looking for hosts, so if you are interested please get in touch with Roisin on 0872309594

Ballinteer Playgroup

Our playgroup has restarted and is a fun and safe space for children to play and interact while mum, dad, grandparents or minders get to relax and have a cup of tea.

Where: **Dundrum Methodist Church**

When: **Thursday, 10 - 11.30**

€2 Members, €4 Non-members

The playgroup is run by volunteers, so all assistance in set-up and tidy up is much appreciated.

Please contact Rose on 087 6497410 for further information.

Cuidiú a Dó Meetings (formerly ICT2)

Cuidiú a Dó appeals to mums involved in Cuidiú who have moved beyond the need for early years parenting support but still enjoy the involvement, friendship and peer support that Cuidiú offers. All members are welcome.

Evening Get Togethers **Tuesday June 7th 20:00-22:00** See Facebook for the Zoom link.

Baby, Bump and Toddler - Monday Coffee Afternoons & Friday Coffee Mornings

Fridays 10:00am-12:00pm (white) Mondays 2:30pm-4:30pm (highlighted in green)

€2 Members, €4 Non-members

All parents are welcome at our coffee catch ups, whether you boob, bottle, syringe, spoon, BLW, babywear or love your buggy! Have a bump, a new-born, a toddler, a wee one off school, or all of the above? Come along for a chat and a cuppa!

Date	Host	Location*	Phone	Date	Host	Location*	Phone
9th May	Sian	36 Cherryfield Avenue, Walkinstown	086 863 3377	3rd Jun			
13th May	Louise	137 Rathfarnham Road, Rathfarnham	087 9666481	6th Jun		Holiday	
16th May	Sian	36 Cherryfield Avenue, Walkinstown	087863 3377	10 th Jun	Fidelma	6 Cullenswood Park, Ranelagh	087 2957971
20th May	Fidelma	Costa Coffee, Nutgrove -for Cuidiu Week	087 295 7971	13 th Jun	Sian	36 Cherryfield Avenue, Walkinstown	087863 3377
23rd May	Sue	66 Terenure Road East, Terenure	087 2255573	17 th Jun			
27th May	Laura	16 Pinelawn, Oldbawn, D24	085 7804343	20 th Jun			
30th May	Sue	66 Terenure Road East, Terenure	087 2255573	24 th Jun			
				27th Jun			