



# Positive Parenting

in dlr Libraries



**dlr Libraries offer a number of talks that focus on supporting parents. Come along to hear experts talk on a range of subjects. From self care to anxiety, nutrition to negotiating the digital age, dlr Libraries have it covered.**

## Dalkey Library

**'Mindfulness & Well-being'**  
a talk with **Stella O'Malley**

**Tuesday 21 Feb 6.30-7.45pm**

The art of mindfulness is an ancient tradition that has been practised over the ages. Mindfulness gives you the time and the brain space to make better choices, this, in turn, promotes feelings of well being. Mindfulness can help with all aspects of life including the demands of parenting.

No booking required.

## Shankill Library

**'Building Self-Esteem in Young Children'**  
a talk with **Dr Mary O'Kane**

**Thursday 2 March 6.30-7.45pm**

Self-esteem can be defined as feeling both capable and loved. A child may feel loved but if they are not allowed to develop their own abilities they will not have strong self-esteem. In this seminar, Dr Mary O'Kane gives parents some very practical advice on how to support children's self-esteem. Dr Mary O'Kane is a Lecturer in Psychology and Early Childhood Education teaching in Maynooth University and the Open University.

Max 10, booking required. Email: shankilllib@dlrcoco.ie

## Blackrock Library

**'Raising Happy Kids in an Anxious World'**  
a talk with **Stella O'Malley**

**Tuesday 14 March 6.30-7.45pm**

Most parents want to raise happy kids however life's stressors often get in the way! This talk helps parents to rekindle the joy in family life with practical tips and strategies for parents to use in their day to day life. Stella O'Malley is a psychotherapist and author of best selling Cotton Wool Kids.

Max 40, booking required. Email: blackrocklib@dlrcoco.ie

# Positive Parenting week in dlr LexIcon

**A week of evening talks for parents. Talks cover nutrition, online safety and negotiating social media, a panel discussion on raising children in the digital age, as well as a talk on effective communication.**

All talks are in dlr LexIcon Studio, next to Brambles Café on ground floor. Capacity 120. All welcome, no booking required, first come first served basis



## **'Healthy eating for all the family' a talk with Bernadette Rock**

**Monday 6 March 6.30pm-7.45pm**

We worry about our kids' consumption of junk food and also fret about how to pave the way for a healthy body image. It can all be a minefield. It's never too early, as a parent, to influence how your child interacts with food. Encouraging better food habits needs to start in childhood and at the home table. Come along to hear Bernadette's approach to fostering healthy eating and dealing with fussy eaters, over eaters and everything in between. With time for Q & A.

## **Is your child/teen safe online? A presentation by Child Watch for both parents and teens.**

**Tuesday 7 March 6.30pm-7.45pm**

Child Watch is an IT Security company which has focused on protecting young people online since 2008. Child Watch regularly bring their knowledge to schools, students and staff, child welfare professionals, and others. In this informative session you will see demonstrations of techniques that reinforce the vulnerabilities in the digital space, in particular the area of personal & social media image misuse. The material is incisive and demonstrations make for compelling viewing.

## **Panel discussion: Happy Kids: Raising Children in the Digital Age**

**Wednesday 8 March 6.30pm-7.45pm**

A panel discussion for parents about children's health, reading, activities and screen time with experts in the field, including **Stella O'Malley**, psychotherapist, writer and public speaker, **Sarah Webb**, dlr Writer in Residence, **Vita Coleman**, dlr LexIcon library staff and **Cliona Curley**, Programme Director of CyberSafeIreland. Chaired by **Jennifer O'Connell**, journalist and weekly columnist with The Irish Times.

Author and psychotherapist, **Stella O'Malley**, has ten years experience working as a mental health professional and is a regular contributor to national media on mental well being. Stella's first book 'Cotton Wool Kids' was a bestseller and received critical acclaim. Stella's second book about bullying and complicated relationships, is due out in 2017.

**Sarah Webb** is the dlr Writer in Residence for 2016/2017 and her residency has a particular focus on children and young people. Sarah is an award winning writer for both children and adults and greatly enjoys interacting with her readers. Her Ask Amy Green series has been shortlisted for the Queen of Teen Award in the UK and the Irish Book Awards and her latest series for age 8+ is The Songbird Café Girls.

**Vita Coleman** has been a library assistant for almost a decade and is currently studying Library and Information Science with Aberystwyth University. She has a particular interest in children's services and literacy, regularly reviewing children's books and occasionally writing features for Inis magazine and blog.

**Cliona Curley**, Programme Director of CybersafeIreland is a former cyber crime investigator. Cliona is passionate about protecting children online and believes that education is crucial. Since 2014, she has delivered online safety sessions in many Irish primary schools.

The chair of the panel is **Jennifer O'Connell**, a Saturday Magazine columnist and features writer with The Irish Times, and a regular contributor to Irish radio and TV. Jennifer is a communications consultant who recently spent two years living and working in Silicon Valley. She has written about social media usage, screen time and the way technology is shaping our society.

## **'Communicating with our children', a talk with Mary O'Kane**

**Thursday 9 March 6.30pm-7.45pm, dlr LexIcon Studio**

In all aspects of parenting open lines of communication with our children are vital, from preschool children through to our teenagers making the transition to adulthood. In this session Dr Mary O'Kane considers the importance of how we communicate with our children, and offers practical advice for parents on how to communicate in a positive and proactive manner. Dr Mary O'Kane is a Lecturer in Psychology and Early Childhood Education teaching in Maynooth University and the Open University.

