



We hope this update finds you well and safe.

Blue Skies are operating as usual and will continue to support our community as we have done. We have lots of programmes to avail of in 2021 and have included some information about them below. These times are testing for us all so we hope that what we offer will help during these hard times.

Parents Preparing to Parent Antenatal Programme

This programme aims to increase awareness around the social, emotional and psychological aspects of pregnancy and addresses the reality of life in the months prior to and post birth. This programme is intended to complement the traditional antenatal medical class. This 5 week programme (4 sessions antenatally, 1 postnatal session) will be running in April 2021.

For more information contact Mary Mc Carthy on mmccarthy@archwhays.ie
0872147164

Preparing to Parent- Online Postnatal Group:

This postnatal group provides one hour for parents to share how they are feeling in a supportive space and to meet up with other parents who have recently had a baby. It is an opportunity to talk through your experience and how you have found the adjustment to becoming a parent.

To register and for more information click [here](#)



Preparing to Parent Postnatal Programme: This programme is offered to support women after the birth of their child. It is a space to share their experiences at becoming a parent and to provide them with information, guidance and encouragement as they begin their parenting journey.

This programme will take place in October 2021. For more information contact Mary Mc Carthy on mmccarthy@archways.ie 0872147164

Behaviour Support Parent Training/Workshops

Blue Skies Initiative along with Blossom Consultancy, are delighted to announce that we will be running empowerment workshops designed for parents or carers of children with behaviours, specifically parents/carers of children with a formal or awaiting a formal diagnosis of Autism Spectrum. These workshops will run over zoom, for 8 weeks, every Wednesday starting on the 28th of April, from 7:30pm – 9:30pm.

Each week there will be a new topic and new strategies to focus on and these will be tailored to suit the needs of the participants. There will also be an opportunity to have an individual appointment with the facilitator to discuss any concerns.

This programme is free to parents living in Clondalkin, Balgaddy and Adamstown. Spaces are limited so please reserve your place [here](#).

For more information on this course you can also contact Karen Costello on KCostello@archways.ie

Infant Massage

Baby massage is a positive way to support and promote the well-being of your baby. In these classes mothers/fathers/caregivers come together with other parents to learn techniques to use with your baby in the home. This 5 week course runs online Via zoom .

For more information contact Edwina Deegan on edeegan@archways.ie or 0879625774



Circle of Security Parenting™: This is a parenting programme for parents/guardians of children aged 4 months - 6 years and is based on decades of research about how secure parent-child relationships can be supported and strengthened. To find out more and for future dates contact Karen Costello on kcostello@archways.ie

Odyssey Parenting Teens Programme

[Parenting Your Teen](#) is an evidence based structured programme designed for parents of teenagers. The programme covers a range of themes including teen development, self-esteem, rules and consequences, dealing with conflict and problem solving. This is an 8 week programme that will be run once in 2021. For more information contact Jess Tobin on jtobin@archways.ie and 0858621903



Understanding Anxiety Information Session



This 90-minute **information session** for parents looks at what anxiety is alongside tips and tools for how to help a child who may be experiencing anxiety.

For more information contact Aoife Connolly

aconnolly@archways.ie or 0858689959

Parent Resources

We have created a lot of easy to use resources to assist parents and grandparents. These continue to be relevant during this time spent at home with children due to the current situation.

Useful transition resources

We have created a new section on our website to provide information and resources to help support children through transitions.

Clondalkin Remembers

The Clondalkin Remembers Book of Remembrance is for everyone who lives in Clondalkin and who has lost a loved one, and for anyone who lives further afield but has lost a loved one who lived in Clondalkin. This Book of Remembrance will stay with us throughout the Covid-19 pandemic and beyond.

Community Support services

Click [here](#) to find a collection of useful information relating to the current situation.

[Barnardos Parent Support Service](#)

[Quarryvale Resource Centre Facebook](#)

[ISPCC](#)

[Saoirse Womens Refuge](#)



If you have any questions or queries please contact [us](#). Click here for details. Keep an eye on our Facebook page, Instagram and Twitter for updates.



INCREDIBLE YEARS PARENTING PROGRAMME


Who is the Incredible Years programme for? It is for parents of children aged 3–8 years. It can help improve your relationship with your child and help to build their confidence & self-esteem. It can also help with challenging behaviours.

What does it cover? Play, praise, emotional coaching, limit setting, consequences and problem-solving.

Who can attend this programme? This is funded for those living or attending school in Clondalkin & Adamstown so there is no charge to participate.

When? Weekly, for 1.5 hours on Zoom. Over 14 weeks from March 2021.

For more information and to register your interest contact
Aoife on aconnolly@archways.ie or
phone 085 868 9959



Incredible Years Basic parenting programme (ages 3 – 8 years):

This 14 week programme is scheduled to run from March. There will be 12 spaces available at no cost to parents/guardians within the Blue Skies Initiative catchment area. To register your interest contact Aoife Connolly on aconnolly@archways.ie or on 0858689959

From the

Blue Skies Team

Safer Internet Day February 9th 2021

Internet safety resources

<https://www.childnet.com/resources/digiduck-stories> (younger children)

https://beinternetlegends.withgoogle.com/en_uk (older children)

<https://www.webwise.ie/category/parents/advice/> (advice for parents)

<https://www.webwise.ie/category/videos/videos-for-parents/> (videos for parents)

<https://www.webwise.ie/classroom-videos/> (some excellent **videos for younger and older children**, and if you have children in secondary school you will find some material here for them as well)

<https://www.webwise.ie/category/parents/explainers/> (apps explained- **be aware** of exactly what your child's apps allow them to do/download/connect with)

<https://www.webwise.ie/parents/online-gaming-talking-points-parents/> (what you should know about your child's **gaming**)

<https://www.webwise.ie/category/parents/how-to/> (reporting inappropriate content, setting up parental controls and safe searches- **very important**)



NORTH CLONDALKIN LIBRARY EVENTS

Even though the library is currently closed to the public, we're still offering lots of free online events. I've included details below of our February events and I'd really appreciate if you could circulate it to parents of your students. We'd love to make sure that as many local folks as possible get a chance to attend our events.

Booking for all of these events opens at 10.00 am on Monday 1st February you can book online - <http://NorthClondalkinLibrary.eventbrite.com> or by phone (01) 414 9269

Relax Kids - Mindfulness and relaxation class for kids age 6-9 (17th Feb 11.30am)

An online activity class to help kids move from high energy to low while building self-esteem, resilience, confidence and inner strength using the Relax Kids 7 step system of Relaxation. Class involves mindfulness, breathing exercises, imagination, movement and games.

Please note that you only need to purchase one ticket per family.

Mini Coding camp for beginners age 8-12 (18th & 19th Feb 10.00 - 12.00)

This midterm why not learn to code! Over two days kids will be introduced to the world of coding using Scratch. This 4 hour, instructor-led course will give your child a good grounding in basic coding principles in a fun and interactive way using MIT-developed Scratch. Assumes no

previous coding knowledge.

‘Wooden Heart’ Shadow Puppet Theatre Project and Competition

‘Wooden Heart’ is a remote engagement creative project and competition for ages 7-10 & 11-14.

Join Children’s Writer & Theatre Artist Margaret Callan Bergin from Garbo Productions on a creative journey to write a new Shadow Puppet Theatre play. Using ‘Pinnocchio’ as an inspiration Margaret will explore the idea of the wood that the Puppet Boy was carved from and create characters with you that live in a special Magical Tree.

Each participant who signs up will receive two fun demonstration videos from Margaret where she will tell you the start of the story, help you create ideas for your character, create your own Shadow Theatre Box and Shadow Puppet. Sign up, and Videos will be forwarded Feb 8th & 15th.

When you are finished your creation you can email (garbo@live.ie) a description of your character and a photo of your shadow puppet and your picture will be part of our ‘Between the Red Lines’ Virtual Exhibition (27th and 28th February).

12 top creators will be invited to a live ‘Shadow Puppet’ workshop in the library with Margaret (when restrictions allow).

3 participants from each age group will win a prize for their most unique creations.

Entry for competition deadline Feb 22nd 5pm.

‘Wooden Heart’ supported by the Arts Council of Ireland

To book your place in the project go to <http://NorthClondalkinLibrary.eventbrite.com>

STEAM Saturday's at North Clondalkin Library

Every month North Clondalkin will set a STEAM challenge - children can sign up and receive a pack in the post with everything they need to complete the challenge.

Our first challenge is - Build your own catapult

We are pleased to announce that STEAM Saturday will be returning this month and our first

activity will be built and decorate your own catapult. We will send you all the materials to make your catapult as well as a simple information sheet on the elements of STEAM being used in that activity. There is no need for Zoom or screens of any kind as we will also include an easy to follow instruction sheet,

Because art plays a big part in the ethos of STEAM, we are challenging you to be as creative as you want with the activity and decorate your catapult as much as you want once you've created your masterpiece, send us a picture to NCL@sdublincoco.ie where we will feature your creations on our Facebook page and the best entry will win a prize!

Booking opens at 10am on 8th of February via <http://NorthClondalkinLibrary.eventbrite.com> and entries for the competition must be received by Saturday 27th February.



A national free phone bereavement support line has been launched by the Irish Hospice Foundation in conjunction with the HSE. The national free phone service, 1800 80 70 77 is available Monday to Friday from 10am to 1pm. The support line aims to provide a confidential space for people to speak about their experience or ask questions relating to bereavement. Callers will be listened to with compassion and be provided with emotional support and information on any practical issues that may be helpful.