

GRANGEGORMAN ABC NEWS

Mother Tongues Ireland Cliodhna

Noonan from Language Explorers visited a number of creches and schools in the area. The children went on a train journey and explored different languages through an interactive story. Parents/guardians, staff and children all had a great adventure.



One Family courses

One Family are running in person Baby massage and Stay and Play courses

The baby massage course begins on the 14th of February @10.00am -12.00pm and the "stay and play" parent and toddler group begins the 15th of February @10.30am -12.00pm. There are no fees required. The courses are based in 8 Coke Ln, Smithfield, Dublin 7, D07 EN2Y (our centre).

If you are interested in attending you can contact Ciara at ccox@onefamily.ie or 01-6629212

**Positive Parenting:
Baby Massage Parenting Course**

**Positive Parenting:
Stay and Play Parenting Course**

Start Date: 14th of February
Time: 10.00-12.00pm
Location: 8 Coke Lane, Smithfield, Dublin 7
8 Week Parenting Programme

Start Date: 15th of February
Time: 10.30-12.00pm
Location: 8 Coke Lane, Smithfield, Dublin 7
8 Week Parenting Programme

Positive Parenting: Baby Massage is aimed for parents of pre-crawling babies. Parents are invited to attend alongside their baby to engage in the baby massage training. Parents will have the opportunity to meet other parents, spend 1:1 quality time with their baby, share experiences and join conversations on what is happening for their little ones!

What is baby massage?
 Baby massage has traditionally been practised in several cultures around the world for hundreds of years. One of the most important benefits of baby massage is the interaction between the parent and their baby. Baby massage promotes bonding and secure attachment; as you spend undivided quality time with your baby.

What are the benefits of baby massage?

- It can foster self-esteem and confidence in your parenting.
- Promotes bonding and secure attachment.
- Creates quality time for both parent and baby.
- It can aid muscular development, flexibility and body awareness.
- It may improve your baby's sleep, reduce stress and create a sense of calmness.
- It may help with colic, constipation, muscular tension and teething discomfort.

Clara is our Early Years Family Support Expert and facilitator of this course. If you have any questions or are interested in joining, please contact her at ccox@onefamily.ie or call (01) 662 9212

Positive Parenting: Stay and Play is aimed for parents of infants and toddlers up to 4 years. Parents are invited to attend alongside their child for a play session. Every week there will be a different type of play experience for you and your child to enjoy together. This may include messy play, sensory play, constructive play, music, story time and much more for our little ones to enjoy!

Additionally, we will work through some key elements of positive parenting; exploring what is meant by positive attention and quality time; how to instill good routines and be consistent in doing so, exploring parent styles, self-care and much more.





Clara is our Early Years Family Support Expert and facilitator of this course. If you have any questions please contact her at ccox@onefamily.ie or call (01) 662 9212

Wishing you all a very Happy New Year.

If you have any news items or information that you would like to share in our next newsletter you can contact us at abc@tudublin.ie



An Roinn Leanai, Comhionannais,
 Michumais, Lámpáirtíochta agus Oige
 Department of Children, Equality,
 Disability, Integration and Youth



TUSLA

An Gníomhaíreachta um
 Leanún agus an Teaghlach

Child and Family Agency