

# “Let’s Talk about Parenting”



## FREE SERIES OF TALKS 2022



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# www.parentingsupport.ie

Providing information on parenting supports  
and services in Co. Kildare and Co. Wicklow

An easy way to find out what's available in Co. Kildare  
and Co. Wicklow for parents!

## Go to [www.parentingsupport.ie](http://www.parentingsupport.ie) for:

- Details of upcoming parenting courses and talks in your area.
- Information about local services and organisations that support parents.
- Downloadable booklets and leaflets on a range of different topics relevant to parents.

## If you work with parents:

- In addition to the above, you can post details on the website of courses, programmes or talks you are delivering by completing a simple online form.

## For further information, go to:

**Website:** [www.parentingsupport.ie](http://www.parentingsupport.ie)

**Email:** [info@parentingsupport.ie](mailto:info@parentingsupport.ie)

**Facebook:** [www.facebook.com/parentingsupport](http://www.facebook.com/parentingsupport)

**Instagram:** [www.instagram.com/parentingsupport](http://www.instagram.com/parentingsupport)

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*This is an initiative of the multi-agency Kildare West Wicklow Parenting Forum\*. It is supported by Kildare Children & Young People's Services Committee and Wicklow Children & Young People's Services Committee (CYPSC). It has been funded by the Health Services Executive (HSE), Tusla, the Child & Family Agency, Kildare CYPSC Seed Funding and Wicklow CYPSC Seed Funding from the Department of Children & Youth Affairs.*

*\*Forum members are: Co. Kildare LEADER Partnership, Curragh PRIDE Family Resource Centre, Foróige, Health Services Executive (HSE), Kildare Children & Young People's Services Committee, Kildare County Childcare Committee, Kildare Library Service, Kildare & Wicklow Education & Training Board, Kildare Youth Services, Newbridge Family Resource Centre, Tusla, Wicklow County Childcare Committee.*



## INTRODUCTION

These Spring series of parenting talks have been organised by Kildare Library Service with support from the following agencies and organisations: The Kildare & West Wicklow Parenting Forum, The Kildare County Childcare Committee and The HSE Primary Care Psychology Team among others. The 'Let's talk about Parenting' Programme has been running in Kildare Libraries since 2015 and is funded by Kildare County Council.

These events hope to support both parents and professionals working with children and families in County Kildare. Attendance at all events is free of charge and open to everyone but booking is required. Talks will take place online unless stated otherwise and bookings will be taken via Eventbrite. Certificates of attendance are available for Continuing Professional Development purposes.

**For more information on the programme please contact co-ordinators  
Suzanne Brosnan at [sbrosnan@kildarecoco.ie](mailto:sbrosnan@kildarecoco.ie)  
or Andrea Dermody at [adermody@kildarecoco.ie](mailto:adermody@kildarecoco.ie)**



## Parenting with Patience

Presented by Dr Mary O'Kane

Parents often cite challenging behaviour as one of the most stressful aspects of parenting. From tantrums for the little ones to negotiation with older children, managing children's behaviour in a positive way is very important in terms of supporting their social and emotional development.

In this Webinar, Mary supports parents in framing behaviour management in a positive way, giving practical advice on how best to support positive behaviour - using connection, to help us parent with patience. Mary has recently written her first book '*Perfectly imperfect parenting*' and is a regular contributor to TV's Ireland am.

7pm Thursday 20th January

Book your place via Eventbrite here:

<https://parentingwithpatience20thjan.eventbrite.ie>

## My Child Worries – what do I do?

Presented by HSE Primary Care Psychologist Dr Mary Mangan

Clinical Psychologists within the HSE are meeting increasing numbers of parents and carers who are struggling to support their children who are experiencing difficulties with worry and anxiety.

As Psychologists they believe that not every child who feels worried or anxious needs to see a Mental Health Professional and that parents are perhaps best placed to support their children to recognise, understand and deal with the normal and common experience of worry.

This talk will equip parents with the knowledge and skills on how best to support their child in recognising worry as a normal part of life and how to build skills to deal with it.

7pm Tuesday 25th January

Book your place via Eventbrite here:

<https://mychildworries25thjan.eventbrite.ie>



## Developing resilience, confidence and social skills in Children

Presented by Stella O'Malley

Some children come out of the womb feeling brave while others seem to be gentler souls. This talk helps parents learn how to identify their children's strengths and so they can build confidence and inner strength.

7pm Thursday 10th February

Book your place via Eventbrite here:

<https://developingresilience10thfeb.eventbrite.ie>

## Understanding your Teenager

Presented by HSE Primary Care Psychologist Dr Lisa Harpur

This talk will help parents to understand what is happening emotionally, physically and psychologically during adolescence. It is hoped that such understanding will help make sense of some of the commonly occurring challenges for parents of teenagers such as dealing with impulsivity, risk-taking behaviours and rule-breaking for example.

The talk will also explore how this awareness can equip parents to support their children during the teenage years while maintaining a close and nurturing connection.

**7pm Tuesday 15th February**

**Book your place via Eventbrite here:**

<https://understandingyourteenager15thfeb.eventbrite.ie>

## First Aid for Parents

Presented by Siobhan Butler, First Aid for Everyone

A popular and regular event on the programme, this informative and interactive course uses lots of visual aids in the presentation and there is plenty of opportunity for the participants to ask questions.

Topics covered will include:

- Calling the emergency services
- The First Aid Kit
- Choking
- Meningitis
- Burns
- Temperatures / Seizures

**7pm Monday 28th February**

**Book your place via Eventbrite here:**

<https://firstaidforparents28thfeb.eventbrite.ie>



## Eating Disorders

Presented by Colman Noctor

Recorded talk - available during month of March

Dr Colman Noctor is a child psychotherapist who has specialised in the treatment of eating disorders for over 20 years. He has worked both in Ireland and the UK and designed a number of Eating Disorder Recovery Programs.

This presentation will give viewers an insight into the function of an eating disorder, the signs and symptoms to look out for and a model of understanding of the condition.

**Register to get access to the talk here:**

<https://eatingdisordersmarch.eventbrite.ie>

## Bullying - empowering children and strategies for intervention

Presented by Jennifer Ryan

This seminar will take a common-sense approach to the complexities of bullying and aims to equip parents to deal with bullying effectively. It will guide parents through why bullying happens, how to recognize it in your child and effective strategies for intervention for you as parent and for your child.

**7pm Thursday 10th March**

**Book your place via Eventbrite here:**  
<https://bullying10thmarch.eventbrite.ie>



## A Question-and-Answer Session with a Child Psychologist

Presented by HSE Clinical Psychologist, Dr Rosario Power

Parents are always curious about their children's development and often wonder things like -

*"Should I be worried if my child does....?"*

*"How can I help my child cope with ...?"*

*"How can I stop my child doing.....?"*

Well, this is your opportunity to "Ask the Psychologist". The topics covered in this talk will be guided by parents who attend. Once booked in, attendees will be invited to send in general questions that they would like to hear the Psychologists answers to.

The one-hour presentation will then attempt to answer the questions received and if time allows, perhaps some additional ones that arise on the night. Questions must be submitted one week before the talk – relevant email address will be given once attendee has booked their place.

**7pm Tuesday 22nd March**

**Book your place via Eventbrite here:**  
<https://askapsychologist22ndmarch.eventbrite.ie>

## Surviving and Thriving: Supporting a Growth Mindset

Presented by Dr. Mary O'Kane

Teaching our children about the value of having a Growth Mindset – the knowledge that putting effort into tasks will help you learn and grow – can empower them. When our children know that their fantastic elastic brains grow as they are used, it helps them to try harder to achieve, and to see that mistakes are how we learn.

In this Webinar, Mary considers the importance of the child's internal voice, and outlines how to support them to develop a growth mindset, with an inner voice that helps them to reach their full potential.

**7pm Wednesday 6th April**

**Book your place via Eventbrite here:**  
<https://survivingandthriving6thapril.eventbrite.ie>

## Lost in Transition

### - Rediscovering Your Identity in Motherhood

Presented by Anne Morgan, of Sparkback

Becoming a mother is an incredible, life changing experience, and it is also one of the most significant psychological and physical changes a woman will ever have. No matter how prepared we are for the arrival of our little one, we often overlook the impact this transformation will have on our sense of self.

During those early years, many women find they have almost fallen into the gap between who they once were and who they are now. Society expects women to appreciate the gains motherhood brings, without providing a space to reflect on the losses. This means that we often struggle in silence to make sense of the dramatic changes we undergo as individuals, some of which are

- The unfamiliar emotions which frequently show up and feel scary or overwhelming
- The identity shock when our sense of self was once heavily revolved around our career, social life or hobbies
- The loss of freedom and control over our decisions and day to day lives
- The lack of confidence we experience in this new chapter of life
- The expectations we had of motherhood versus our reality

Regardless of what stage of the journey you are on, if you ever find yourself saying *"I don't really know who I am anymore"* then this talk is for you. My aim is to provide you with some practical tools and useful insights to reconnect with your sense of self, to rebuild your confidence and to help you get your spark back by doing more of what makes you feel alive. This is a reminder that we can fully embrace motherhood, while fully embracing ourselves too.

7pm Tuesday 26th April

Book your place via Eventbrite here:

<https://lostintransition26thapril.eventbrite.ie>

## Baby Sign Language (4-week course)

Presented by Claire Glynn of Clever Little Handies

For parents to connect with other parents with babies of a similar age and to teach their baby to communicate before they can talk.

The class is for parents with babies up to 1 year of age. It will cover nursery rhymes, songs and poems, with Irish sign language signs that pertain to the day to day with a baby. Such as milkies, more, up, all gone etc.

Babies already communicate before they can talk, usually it's only Mum/Dad that can understand them. By teaching them some sign language, they now have the tools to communicate with anyone that understands the signs (so be prepared to share the inside knowledge with the grandparents/ any other caregivers!).

10am – 11am Thursdays 28th April – 19th May  
Celbridge Library\* (\*Covid guidelines depending)

Book your place via Eventbrite here:

<https://babysign28thapril.eventbrite.ie>



## Childhood Anxiety

Presented by Dr. Colman Noctor

Anxiety is the fear of the unknown and as we struggle through a period of our lives where so much is unknown, it is not surprising that anxiety levels have peaked over the course of the pandemic. This talk will explore the signs of childhood anxiety and what parents can do to better understand and respond to your child's needs.

**Recorded talk – available during the month of May**

**Register to get access to the talk here:**

<https://childhoodanxietymay.eventbrite.ie>



## Bedwetting and Incontinence in Children – information and how to help

Presented by Adele Nolan of KidsWorks

Bedwetting is a common hidden condition. It affects about half a million children in the UK. It has a huge impact on a child's daily life very often leading to reduced self-esteem and negative effects on emotional health. The impact on the whole family cannot be underestimated but because this is an issue which isn't talked about openly families have limited support. In this talk we will explore what bedwetting is, the impact on the child and family and what help is available.

**7pm Thursday 5th May**

**Book your place via Eventbrite here:**

<https://bedwettingmay.eventbrite.ie>

## Taking the “?” out of LGBTQ+

Presented by Shout Out

Specifically for parents and guardians and those with young people in their lives, this session draws directly on our work with young people in schools. Participants will learn how small steps can make their home more inclusive, and leave feeling fluent in the language young people use to capture their identity in 2022.

We'll discuss why it can still be difficult for young people to come out in a more accepting Ireland, and together find practical solutions to support anyone who may be struggling.

**7pm Thursday 26th May**

**Book your place via Eventbrite here:**

<https://lgbtq26thmay.eventbrite.ie>



## 'SUPPORTING READING' SERIES

This series of three talks has been designed for parents and those working with children and young adults, to help support and cultivate a love of reading from an early age - with all the benefits that this can bring, not only educationally, but to their everyday mental health and well-being.

### Fostering a love of reading in the reluctant reader (2nd to 6th class)

Presented by Ruth Concannon

This talk will focus on ways to encourage reading at home for children in 2nd to 6th class. Ruth will give tips and tricks to make reading fun, highlight resources adults can use to learn about new books for children and will provide her top reading recommendations of books that every child will love!

7pm Thursday 17th February

Book your place via Eventbrite here:

<https://loveofreading17thfeb.eventbrite.ie>

### 'It's Childs Play!'

### Supporting your Child with Language and Literacy in the early years 0 – 6yrs

Presented by Niamh Fortune

This online seminar will examine the various ways of supporting a young child with language and emergent literacy at home.

The early stages of language development, reading and writing will be discussed together with practical ideas for play and games.

Parents and caregivers should leave with an understanding of how to support the young child together with recommendations of books for the young reader.

7pm Tuesday 8th March

Book your place via Eventbrite here:

<https://itschildsplay8thmarch.eventbrite.ie>

### 'Reading and Wellbeing: Mental Health and Literature for Children and Young Adults'

Presented by Dr. Patricia Kennon

Patricia will discuss the value and role of children's and young-adult literature for fostering and supporting young people's mental health, wellbeing, self-esteem, body positivity, and empathy.

7pm Thursday 24th March – Celbridge Library\*

(\*Covid guidelines depending, otherwise online)

Book your place via Eventbrite here:

<https://readingwellbeing24thmarch.eventbrite.ie>





## SIOBHAN BUTLER

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Siobhán Butler is the founder of First Aid for Everyone and is very passionate about delivering First Aid to anyone interested in learning with a particular interest in paediatric First Aid. She is a qualified general and paediatric nurse with 10 years' experience in A&E. At First Aid for Everyone the qualifications include nurses with years of front line experience as well as parents and registered First Aid instructors.

## RUTH CONCANNON

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Ruth Concannon works as an Education Assistant at the National Library of Ireland. Ruth also works as a Book Doctor for Children's Books Ireland, recently representing the Book Clinic team on RTÉ as part of the An Post Book of the Year Award show. A former bookseller, Ruth previously held the position of Reader in Residence for Dublin City Libraries and Dublin UNESCO. She holds an MA in Children's and Young Adult Literature from Dublin City University. Ruth firmly believes that there is no such thing as a child who hates books, they just haven't found the right one yet!

## NIAMH FORTUNE

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Niamh Fortune is an Associate Professor in the Froebel Department, specialising in the area of literacy. Niamh is Head of Department and teaches language and literacy to undergraduate and postgraduate students in education.

## CLAIRE GLYNN

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Claire is a Mum of 3 and completed the Super hands baby sign course in 2013 when her first was 4 months old. She continued signing when baby number 2 arrived and in 2018 when her youngest was about 6 months old she went on the hunt for a baby sign class to do with him. Having failed to find one she decided to facilitate a class herself because getting out and meeting other parents and their babies is as important as learning a new skill. She brushed up on the ISL she knew, completed the super hands online course, gathered some resources and sat down with some members of the deaf community to get some direction and advice. In January 2019 she started the first course and has had booked out terms since then. Follow her on Facebook at Clever Little Handies.

## DR LISA HARPUR

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Dr Lisa Harpur is a Clinical Psychologist with the HSE Primary Care Service and is based in Newbridge. Over the past seven years Lisa has worked with children, families and adult clients across a range of community and inpatient settings. In Primary Care, Lisa works with people of all ages presenting with mild to moderate level mental health difficulties.

## DR. PATRICIA KENNON

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Dr Patricia Kennon is an Associate Professor in English Literature in the Froebel Department of Primary and Early Childhood Education, Maynooth University. She is committed to the importance of reading for pleasure and the arts in young people's lives. She has been an Editor of Chief and Features Editor of Inis: The Children's Books Ireland Magazine, President of the Irish Society for the Study of Children's Literature, and President of iBbY Ireland, the Irish national section of International Board on Books for Young People (IBBY).

## DR MARY MANGAN

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Dr Mary Mangan is a Clinical Psychologist with the HSE Primary Care Service and is based in Athy. Over the past five years Mary has worked with children, families and adult clients across a range of community and inpatient settings. In Primary Care, Mary works with people of all ages presenting with mild to moderate level mental health difficulties.

## ANNE MORGAN

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Anne Morgan, MBACP is a qualified Psychotherapist, Coach and Mindfulness Teacher with a passion for helping women negotiate motherhood and career advancement through her business, Sparkback Consultancy. Prior to opening her own consultancy practice, Anne spent over a decade at the helm of one of Ireland's leading talent management agencies, Distinct Model Management. After navigating the difficult transition

from business owner to working mother in 2017, Anne recognised an obvious lack of supports for parents who were finding it challenging to navigate the profound identity shift involved in becoming a parent. Combining training and expertise in Psychotherapy, Coaching, Business Leadership, and Mindfulness, Sparkback Consultancy provides practical, professional and emotional support for parents at any stage of their journey, and the organisations who value and support them. Our mission is to help more women get their professional spark back so they can shine in their careers and reach their full potential.

## DR COLMAN NOCTOR

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Dr. Colman Noctor is a Child and Adolescent Psychoanalytical Psychotherapist. He has worked across a range of Child & Adolescent Mental Health Services both in Ireland and abroad and he has a wealth of national and international clinical experience. Having completed a Post Graduate Higher Diploma in Child and Adolescent Mental Health in Dublin City University, Colman completed a Graduate Diploma in Psychoanalytic Studies in Dublin Business School and a Master of Science in Child and Adolescent Psychoanalytic Psychotherapy in Trinity College Dublin. He completed his Doctorate in Psychotherapy in Dublin City University in 2017. Colman is the resident Psychotherapist on The Ray Darcy Show on RTE Radio One and a weekly columnist with The Irish Examiner and is the host of the Asking for a Parent podcast.

His book 'Cop On - What it is and why your child needs it to thrive and survive' was published in March 2015. He is currently an Associate Professor in University College Dublin and also has a small private practice in the Basin Street Centre in Naas.

## ADELE NOLAN

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Adele Nolan is a specialist nurse having over 28 years working with families on many levels including care of the sick and life limited, parenting support etc. Over the past 12 years + Adele has devoted her work to children who have continence issues and their families. Having worked in Northern Ireland in the community she helped develop a service for the NHS where assessment, treatment and support was successfully offered to these children and their families as a nurse led service. Having experienced the success of this service Adele was keen to bring it to Ireland where there was a lack of specialist services. KidzWorks was established for children with continence issues such as daytime wetting, bedwetting, constipation and toilet training difficulties. Although KidzWorks is based in Castleblayney Co. Monaghan, it has been possible to bring this service to families around the country and overseas with the use of technology.

## DR MARY O'KANE

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Dr Mary O'Kane is a Lecturer in Psychology, Early Childhood Studies and Education. Her research interests include childhood transitions, self-esteem and wellbeing, and the value of play. Mary is a regular contributor to Ireland AM; The Alison Curtis Show on Today FM; Galway Bay FM and a range of other national and local radio shows discussing a broad range of parenting issues. She gives public talks on topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach. Her first book, Perfectly Imperfect Parenting: Connection not Perfection, was published in April 2021.

## STELLA O'MALLEY

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Stella O'Malley is a psychotherapist, best-selling author, public speaker and a parent with many years' experience working in counselling and psychotherapy. Born in Dublin, Stella now calls Birr, Co. Offaly home where she lives with her husband and two children and runs her private practice. Stella holds a B.A. in Counselling and Psychotherapy, an M.A. in Cognitive Behavioural Therapy and diplomas in Youth Studies, Psychometric Testing and Gender Identity counselling. Much of Stella's counselling and teaching work is with parents and young people which culminated in the publication of her two bestselling books 'Cotton Wool Kids' in 2015 and 'Bully-Proof Kids' in 2017. Stella's latest book 'Fragile', was released in 2019 and focuses on overcoming anxiety and stress.

## DR ROSARIO POWER

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Dr Rosario Power is a Senior Clinical Psychologist with the HSE Primary Care Service and is based in Naas. While she worked specifically with children and families as part of hospital and mental health settings, for many years, since joining the Primary Care services 11 years ago she has been working with people of all ages across the lifespan. She has been delivering talks and workshops on a range of topics for a number of years.

## JENNIFER RYAN

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Jennifer Ryan is a psychologist who has been working in an educational setting for 17 years and more recently in private practice. She obtained a degree in psychology from the Open University, and then graduated from the University of Leicester with a Masters in Forensic Psychology. In 2009, she graduated from DCU with a higher diploma in Educational Guidance and Counselling. She worked in schools for many years in a career guidance capacity and lectured in TCD on the Guidance and Counselling Masters and in UCD on the Child and Adolescent Mental health course. In 2013 she trained with Kidscape in the UK in their ground-breaking and hugely successful approach to bullying and she then established Ireland's first resilience and assertiveness course for children affected by bullying. Jennifer won an award with Social Entrepreneurs Ireland for her anti bullying work and was nominated for Image businesswoman of the year in a social enterprise. She now works part time in a therapeutic capacity

at a Dublin school and the rest of her working week is in private practice. She is also in the 2nd year of her Masters in Systemic psychotherapy with the Clanwilliam institute. Her main areas of work at the moment centre around anxiety, bullying, identity and family issues.

## SHOUT OUT

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ShoutOut is a registered charity committed to improving life for LGBTQ+ people by sharing personal stories and educating school students, parents & guardians, teachers, youth workers and workplaces on LGBTQ+ issues. They use their on-the-ground experience of speaking with young people to inform all of their training modules.

**This series of TTT talks and workshops has been organised by Kildare Library Service as part of our Toys, Technology and Training Project and is funded by Kildare County Council.**

## **What is the TTT Project?**

Kildare Library Services would like to inform you about our specialised Toys, Technology and Training Project. The collection is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs.

Based in Athy, Leixlip and Naas Libraries this specialised collection of toys and assistive equipment can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library. Items in the catalogue can be requested or renewed online and collected by the borrower at their nearest branch library.

Membership is free to any individual who lives, works or goes to school in County Kildare. Contact the libraries listed below for further terms and conditions of use.

This Toy and Technology collection has been chosen by the staff of Kildare Library Service in partnership with therapists working in the community.

The Project also includes the Training element of "TTT" which is our annual series of free lectures and workshops. These events offer further guidance, support and networking opportunities for parents, teachers and healthcare professionals.

For up to date details of future talks and events relating to the TTT Project please subscribe to our newsletter at [www.kildare.ie/library](http://www.kildare.ie/library)

Attendance at all of the events is free of charge and open to everyone but advance booking is required.

**NEW TOYS,  
TECHNOLOGY  
AND TRAINING  
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AVAILABLE!**



# AT A GLANCE

Topic	Facilitator	Date
Parenting with patience	Dr. Mary O'Kane	Thursday 20th January 7pm
My child worries - what will I do	HSE Primary Care Psychology Service (Dr Mary Mangan)	Tuesday 25th January 7pm
Developing resilience, confidence and social skills in children	Stella O'Malley	Thursday 10th February 7pm
Understanding your teenager	HSE Primary Care Psychology Service (Dr Lisa Harpur)	Tuesday 15th February 7pm
Fostering a love of reading in the reluctant reader (2nd to 6th class) 'Supporting Reading' Series	Ruth Concannon	Thursday 17th February 7pm
First aid for parents	First aid for everyone	Monday 28th February 7pm
Eating disorders	Dr. Colman Noctor	Recorded talk - available during month of March
It's Child's Play': Supporting your child with language and literacy in the early years 0-6 yrs 'Supporting Reading' Series	Niamh Fortune	Tuesday 8th March 7pm
Bullying - empowering children and strategies for intervention	Jennifer Ryan	Thursday 10th March 7pm

Topic	Facilitator	Date
A question and answer session with a child psychologist	HSE Primary Care Psychology Service (Dr Rosario Power)	Tuesday 22nd March 7pm
Reading and wellbeing: mental health and literature for children and young adults 'Supporting reading' series	Dr. Patricia Kennon	Thursday 24th March 7pm
Surviving and thriving: supporting a growth mindset	Dr Mary O'Kane	Wednesday 6th April 7pm
Lost in transition - rediscovering your identity in motherhood	Anne Morgan Sparkback	Tuesday 26th April 7pm
Baby sign language	Claire Glynn, Clever little handies	Thursdays 28th April - 19th May 10am - 11am
Childhood anxiety	Dr. Colman Noctor	Recorded talk - available during month of May
Bedwetting and incontinence in children	Adele Nolan, KidsWorks	Tuesday 17th May 7pm
Taking the '?' out of LGBTQ+	Shout Out	Thursday 26th May 7pm



# Comhairle Contae Chill Dara Kildare County Council

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