

Free talk for parents and carers of young children

hosted by Galway Childcare Committee



From Worries to Well-being

Life isn't about waiting for the storm to pass, it's about learning to dance in the rain!

Dr Mary O'Kane is a lecturer in Psychology and Early Childhood Education. She has worked as the Parenting and Childcare Expert on the Anton Savage show and now works with the Alison Curtis show on Today FM. She also has a monthly parenting slot on Ireland AM.

As parents we would love to protect our children from every challenge they might face in life, but it is better that we support them to face these challenges independently. Children with anxiety, or who worry too much, particularly need our support to help them find strategies to cope.

In this talk Dr Mary O'Kane explains exactly what happens when a child is anxious, and gives parents practical advice on how to foster self-esteem and help children move from worries to well-being.



Supporting the Transition from Preschool to Primary School

The National Parents Council (NPC) Early Years Services was launched in May 2018 and is the only National representative organisation for parents of preschool children. NPC exists to support and empower all parents through their helpline, training and website.

In this talk NPC will...

- Explore the possible changes you and your child may experience during this transition
- Discuss how you can support your child at home through play
- Provide a brief overview of the primary school curriculum, how and what your child will learn
- Support you to prepare for new routines for both you and your child

Date: Wednesday the 13th of February

Venue: The Clayton Hotel, Ballybrit, Galway

Book in via Eventbrite: See link below. Limited places available

<https://freetalkforparentscarers.eventbrite.com>

Agenda

7pm-8pm: Dr. Mary O'Kane

8pm-9pm: National Parents Council, Early Years Services