

Seminar Details

Childcare Network's 15th annual seminar

'BEING RESILIENT IN THESE CHALLENGING TIMES'

TOUGH TIMES CAN BE HAPPY TIMES

**Will take place in the Ferrycarrig Hotel Wexford
On Thursday 8th April 2010 from 9am to 3.30pm**

Our keynote speaker, **Dr Mary O'Kane**, studied psychology in the UK then moved into the area of Early Childhood Education while undertaking her MPhil at Dublin Institute of Technology. She has just completed an 18 month research project for the CSER at DIT. She teaches Child Development and is an Associate Lecturer in Psychology with the Open University. Mary will examine '**Resiliency & Self Esteem in Children**'- how children perceive change and how we can nurture resilience and self esteem to enhance their wellbeing and happiness.

Ms Brid Carroll, is a qualified psychotherapist and counselling supervisor who has been working with children and families for over twenty years. She also works with adults, working them through the psychosocial transition of health loss, injuries and job loss. In '**Parenting in these Changing Times**,' Brid will explore the changes which are occurring within family life today, the need to develop good tools of communication and discuss ways of coping with the changing family dynamics. **Ms Nuala Harper** is senior Health Promotion Officer with the HSE, Wexford Local Health. Her background is in nursing but since 2001 she has worked in various areas of health promotion through out County Wexford. Nuala will endeavour to provide some solutions in '**Practical Ways of Dealing with Stress**.' Wexford Library Services will also take part. **Ms. Fionnuala O'Hanrahan** will give a presentation on the '**Wish Project**' (Wexford Information and Self Help Scheme) in the morning and **Ms. Sinead O Gorman** will facilitate a workshop, '**Learning to Play, Playing to Learn** in the afternoon. This will be a practical demonstration with some easy to assemble "tools" to introduce literacy during play time with children. There will be a variety of information stands, refreshments and lunch are included. This promises to be a day of interest, information and relaxation for childcare providers, parents and all those involved in family care and support.

Contact 053 9239628

Email childcarenetwork@eircom.net
www.wexfordchildcarenetwork.com

Choice of Workshops

Each person may attend one workshop
Every effort will be made to accommodate your choice

Please select in order of preference
(eg 1,2,3,4)

Workshops will run from 2.15-3.30pm

1. 'Supporting Children's Self Esteem'

Dr Mary O Kane

2. 'Challenging Times Can be Happy Times'

Ms Brid Carroll

3. 'How to manage my stress'

Ms Nuala Harper

4. 'Learning to Play, playing to learn'

Ms Sinead O Gorman, Wexford Libraries

If there is more than one participant applying please tick a second line of preferences.

Feel free to copy this booking form

Closing Date: 31st March 2010

*All enquiries to Childcare Network at
053 92 39628*

*Email: childcarenetwork@eircom.net
Website: www.wexfordchildcarenetwork.com*



15th Annual Childcare Seminar

'BEING
RESILIENT
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**In The
Ferrycarrig Hotel
Wexford**

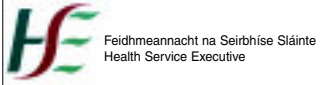
**On Thursday
8th April 2010**

From 9am-3.30pm





Supported by:



....bringing together all those concerned with the care of the child ...to promote excellence in childcare

"Character is forged in the smallest of struggles. Then when the big challenges come we're ready."

Waiter Rant

Agenda

- 9.00 Registration, Exhibits, Tea/Coffee
- 9.45 **Opening Address**
- 10.00 **'Resilience & Self Esteem in Children'**
Dr. Mary O'Kane DIT
- 10.50 **'The Wish Project'**
*Ms Fionnuala O'Hanrahan
Wexford Libraries*
- 11.00 Tea/Coffee/Exhibits
- 11.30 **'Parenting in these Changing Times'**
Ms Brid Carroll
- 12.15 **'Practical Ways of Dealing with Stress'**
Ms Nuala Harper HSE
- 1.00 **Lunch**
- 2.15 **Workshops**
(See back of booking form)
- 3.30 Evaluation/ Raffle/ Close of Seminar

Booking Form

CNLG Childcare Seminar 2010
Complete & Return by 31st March

Name _____

Address _____

Phone _____

Organisation _____

Email _____

Do you require Childcare Facilities at the seminar?

Yes No

Childcare places are limited

Age of child _____

Any special requirements _____

Signed _____ Date _____

Seminar fee inclusive of lunch, refreshments & information pack
€20 members €25 non members

Do you require a receipt? Yes No

Cheques/PO should be made payable to
Childcare Network Loch Garman
7 Castle Hill, Enniscorthy, Co. Wexford.
(no cash please)

Please indicate your workshop preference on the back

Closing date for applications 31st March

Further information Tel 053 9239628

Email: childcarenetwork@eircom.net