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TTT Events for Spring 2020

The Toys, Technology and Training (TTT) Collection is designed to compliment quality of life services for children and adults and offer support for the use of the toys and technology through professional partnerships between Kildare County Libraries and Health Care Professionals.

The toys and assistive software listed in the TTT catalogue can be accessed through the library service and can be borrowed by joining the library. Parents, Carers, Occupational Therapists, and Resource personnel can assist the child or adult in the borrowing process. This community-based service is offered from our inclusive, public library space. Items have been chosen to assist and aid different skills. Categories in the catalogue cover Assistive Software, Fine motor Skills, Gross Motor Skills and Sensory and Tactile and more.

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

A brochure outlining the full programme of talks and workshops for 2020 will be available from your local library in the coming weeks. For further information please check out www.kildare.ie/library

Continuous Professional Development Certificates of Attendance are available for all TTT talks/workshops in 2020. These certs will only be given in person on the evening/day of the event. Please remember to ask for your cert before you leave as we will not be able to provide them at a later date.

See below the talks for Spring 2020.

Guest Speaker 2020

Aoife Dooley - Irish Writer, Illustrator, Comedienne and Graphic Designer

Aoife Dooley is a freelance illustrator, graphic designer, author and comedian from Dublin. Best known for 'Your One Nikita' (formally known as Dublin Hun), the illustrator has published two books 'How to be massive' and 'How to deal with poxes on a daily basis', and recently created an animation for the RTÉ Player. Additionally, Aoife is busy working the Irish stand-up circuit, gigging around the country. Aoife openly shares her experiences of being diagnosed as Autistic at the age of 27, neurodiversity and how a diagnosis helped her to truly understand herself. Aoife has helped dozens of men and women to seek and receive a diagnosis over the last year.

Leixlip Community Library: Thursday 6th February 7pm

ASD-Friendly Sensory Story Time at Leixlip Community Library

Join Sharon Curran (MSEN, BA Mont Ed, Dip Hort) at Leixlip Community Library for a fun, interactive, sensory story time, tailored specially to meet the needs of children with ASD, and incorporating items from the library's TTT collection.

Saturday 29th February 11am

Saturday 14th March 11am

Saturday 25th April 11am

Saturday 23rd May 11am

ASD-Friendly LEGO Workshops

These workshops for children with ASD and their siblings are designed to focus on improving children's strengths in a social context and to make learning fun. They aim to improve motivation to initiate social contact and sustain inter-action.

Athy Community Library: Saturday 7th March 2:30pm

Kildare Community Library: Saturday 16th May 2:30pm

Health and Well Being

Yoga Workshop for Children with Additional Needs and their Families with Nicola Foxe (Yo-Yo Yoga)

Yoga as a therapeutic process can help children who have a special needs diagnosis gain additional coping skills for day to day life management. Yoga can help the child become strong in mind and in body, helping to build resilience and hone coping skills and mechanisms. Yoga may also help nurture children who have diagnosed with a particular condition, find a place in themselves where they can feel safe and at ease. This interactive workshop will show parents and children some techniques designed to self-calm and regulate which with practice can help children learn to reduce the added anxiety both parents and children may be feeling.

Kildare Community Library: Saturday 29th February 2:30pm

Newbridge Community Library: Saturday 25th April 2:30pm

Sound Massage workshop for Children with Additional Needs and their Families with Tanja Thomas

Introducing sound massage as a complimentary therapeutic support for the wellbeing of children with additional needs and their families. In a playfully designed session, it will be demonstrated how parents can use singing bowls with their children. Therapeutic singing bowls are positioned on and

around the body and are gently played to invite sound vibration into the body. We will explore sound through sound games, using our voice, singing, instruments like the gong, drums, percussion and chimes, sound massage and relaxation to the sounds of these wonderful instruments.

Leixlip Community Library: Saturday 16th May 2:30pm

Dementia Talks and Workshops

Dementia Gym with Siel Bleu Ireland

Dementia friendly exercise class for people living with dementia, their families and carers. The session is aimed at people with dementia and their carers, with tips and tricks on how to exercise more and stay physically well. Learn about what exercises you and your loved ones can do to help stay active for longer.

Leixlip Community Library:

Wednesday 26th February 11am

Wednesday 4th March 11am

Wednesday 11th March 11am

Brain Health with Anna McMahon

(Primary Care in Kildare and West Wicklow)

An information evening on living well and helping to reduce the risk Dementia and other conditions. Areas covered will be being active, staying socially engaged in your everyday life and living a healthy lifestyle to protect you brain and memory.

Leixlip Community Library: Thursday 27th February 7pm

Assistive Technology and Dementia with Anna McMahon

(Primary Care in Kildare and West Wicklow)

An information talk on assistive technology for people living with Dementia and their carer's. The talk will include activities for people living with mid to late stage dementia with family carers. We will discuss memory impairment and some equipment and applications that can help manage memory difficulties in everyday living at home. This is also an opportunity to see and learn about a range of products and free computer-based programmes and applications, from low to hi tech, to aid:

- Independent living
- Continuing leisure activities and interests
- Home safety

Celbridge Community Library: Tuesday 24th March 7pm

Parenting Talks

Developing Play Skills with Joanne Fine and Eimear Quinlan

Play is the main occupation of a child which promotes engagement and learning, independent performance, social inclusion and the development of visual motor skills and life skills. Play is the foundation of learning to socialize with others and typically happens, voluntarily or spontaneously. For individuals with Autism Spectrum Disorder (ASD) play is often characterized by deficits in reciprocal social, communication, and restricted and repetitive stereotyped patterns of behaviour. In this talk we will discuss practical advice and strategies for parents and caregivers on the following topics:

- The nature and typical development of play
- Using play to develop fine motor, visual perceptual skills and life skills
- Using play to develop language skills, social and emotional skills and problem-solving and thinking skills
- How to promote children with ASD's engagement in functionally appropriate play

- Naturalistic approaches that focus on developing relationships and affect
- Using play for sensory-motor development, wellness, relaxation, and to promote physical wellbeing
- Structured play dates for success

Kildare Community Library: Thursday 28th May 7pm

Parenting Tools for children with ASD with Joanne Fine and Eimear Quinlan

In this talk we will discuss aspects of the following topics which are all relevant for parenting preschool and school age children with ASD:

- Being a responsive parent
- Child-centred play and communication
- Supporting children's regulation, confidence and self-esteem
- Strategies to assist a child with ASD in daily routines
- Managing tantrums, misbehaviour and problems
- Problem solving/talking problems through with children

Newbridge Community Library: Tuesday 25th February 7pm

Puberty, Adolescence and ASD - A Guide to Understanding with Brigeeta Mulvihill

This talk will discuss puberty, adolescence and changes teenagers with ASD undergo during this period. Using specific visual strategies and tools, this practical talk will support parents, teachers and caregivers in assisting adolescents to develop techniques to increase self-management. This talk will cover:

- Changes adolescents with ASD undergo through puberty
- Conversation scripts
- Self-care and hygiene tips
- Visual aids for showering
- Staying safe tips
- Scripts on strangers, secrets and touch
- Social stories on public and private behaviour

Maynooth Community Library: Tuesday 21st April 7pm

ADHD (Attention Deficit Hyperactivity Disorder)

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ADHD, while it affects 5% of the population (or one in 20) is still very much a misunderstood condition. ADHD when identified and treated is a very manageable condition, however the rates for un-diagnosed ADHD in both children and adults is very high in Ireland. This talk will explain what ADHD is and what it is not, what are the treatment routes and tips on how to manage with the condition. This talk is suitable for both parents of children with ADHD and adults living with the condition.

Naas Community Library: Tuesday 10th March 7pm

Maynooth Community Library: Tuesday 5th May 7pm

Counselling with Fiona Hall

Helping Siblings – When Your Child has an Autism, ADHD, Dyspraxia or Related Diagnosis

When your child gets a diagnosis, it can impact on everyone in the family including siblings. This workshop explores how siblings can be affected by the diagnosis, the possible impact on them and provides practical advice and tips for parents to help siblings adjust to the new reality.

Leixlip Community Library: Thursday 14th May 7pm

Behavioural Therapy with Audrey Cully

Visual Strategies and Self-Management

This talk provides information on the use of visual strategies as a tool to aid understanding of daily/weekly activities, the sequence of when these activities will occur, and strategies that will promote self-management of the individual's behaviour. Visual aids have been proven to be very effective with individual's who find language difficult to understand. The use of visual aids can be very beneficial both in the classroom and the home environment, often leading to an increase in positive behaviour in both settings.

Athy Community Library: Thursday 19th March 7pm

Autism Spectrum Disorder

As the prevalence of ASD has risen over time we will explore what it is, what its characteristics are and how it presents itself differently in individuals. Some parents notice differences from a very young age but for some it's a bit later. If you're unsure whether your own child or a child you work with has Autism, or if you just want to increase your knowledge on the condition, this talk will be beneficial. Included also, will be a guide as to what steps can be taken to access a formal assessment.

Naas Community Library: Thursday 23rd April 7pm

Occupational Therapy - Sunflower Clinic

Sensory Processing and your child

This talk deals with the concept of Sensory Processing and how important it is in a child's normal development. Sensory Processing Disorder is a recognised condition which can have a very profound effect on a child's ability to deal and manage a wide variety of sensory input which can result in quite significant changes in a child's ability to learn and also their overall behaviour in school and in the home.

Kildare Community Library: Thursday 20th February 7pm

Sensory Integration and ASD – An effective approach

Our senses are how we perceive the world and difficulties with sensory processing can have a huge impact on our behaviour and response to the world, particularly in children with ASD, who tend to be affected more strongly.

- Every child is a unique individual with a range of sensory thresholds for events in daily life
- What may be calming for one child, may be alerting or stimulating for another
- Find out what type of behavioural character is your child i.e. Tigger, Rabbit, Eeyore or Piglet
- Some children are a mix of two or more characters and need a mix of coping strategies
- Learn what regulation strategies work best for your child and then teach them these strategies so that they can learn to self-regulate

Celbridge Community Library: Tuesday 3rd March 7pm

Using Social Stories to help children with ASD understand and interact with others

One of the biggest challenges faced by children on the ASD spectrum can be their lack of comprehension with changing social and emotional situations in life. Some children find it simply

impossible to naturally understand the difference between two seemingly obvious social scenes and can often react in a socially inappropriate manner. This talk aims to explore some of the reasons for these issues and go through series of Social Stories specifically designed to help children understand and more appropriately deal with various social scenes. The Talk will address the following issues:

- Children with ASD rely heavily on the use of Visual learning
- Children's senses can often be overwhelmed by sensory input which can lead to reactions
- How to use social stories to explain social situations
- Examples and recommendations

Leixlip Community Library: Thursday 26th March 7pm

Transitioning to secondary school for children with ASD

Children with ASD can find change difficult, as they rely on routine to sign-post them through social encounters in everyday life. One of the biggest changes is in moving from primary school to secondary school at a time when they are just coming to terms with adapting to normal, busy life. This talk aims to explore the most common issues faced by children and examine some practical and useful tips for parents to help their children make the transition in a controlled and safe and enjoyable manner. The talk will address the following points:

- Before starting school
- Ten Ways to Help Your Child Get Organised
- Going to school – Do's and Don'ts
- During School – using daily checklist/timetable
- Before Coming Home – Check, Check, Check
- Homework Routine - using weekly checklist/timetable
- Handy Tables/Checklists (handouts on the night)

Newbridge Community Library: Tuesday 12th May 7pm

Helping children/ adolescents with executive function problems to organise themselves

Human beings have a built-in capacity to meet challenges and accomplish goals through the use of high-level cognitive functions called executive skills. These skills begin to develop in early infancy and continue to develop well into adolescence and early adulthood. These skills are necessary to select and achieve goals or to develop problem solutions. This talk will look at these skills and how to develop strategies to help children/adolescents who struggle with them:

- Planning: The ability to create a map to reach a goal or complete a task. This also includes the ability
 - to make decisions about what is important and what is not.
- Organisation: The ability to design and maintain systems for keeping track of information or materials.
- Time management: The capacity to understand the importance of time and have the ability
 - estimate the amount of time available, how to allocate it to different projects, and how to remain
 - within time limits.
- Working memory: The ability to hold information in mind while performing complex tasks.
- Metacognition: The ability to take a step back and review one's progress, using self-monitoring and self-evaluative skills, e.g. "How am I doing?", "How did I do?".

Athy Community Library: Tuesday 26th May 7pm

Dyslexia Talks with Amy Smyth, Dyslexia Association

What is Dyslexia?

In this talk, we will discover what Dyslexia is, the causes and what we can do to make life easier for someone with Dyslexia. We will also cover how to get an assessment for a child or adult with Dyslexia, common indicators of Dyslexia, Dyslexia in school and technology that may help dyslexic children in their day to day and school life. There will also be lots of time put aside for participants to ask our Information Officer any questions that they may have about Dyslexia.

Leixlip Community Library: Thursday 5th March 7pm

Assistive Technology and Dyslexia

This talk will give an introduction to assistive technology for people with dyslexia. In this talk we will cover the types of assistive technology that can be put on laptops and tablets as well as hardware that can be used to help people with dyslexia with issues around literacy, reading and writing speed and grammar issues.

Newbridge Community Library: Tuesday 31st March 7pm

Dyslexia and the Transition to Secondary School

The transition to secondary school can be a difficult time for any child but can cause specific issues for children with dyslexia. In this talk, we will cover some organisational hints and tips, speaking to teachers, subject choice and Reasonable Accommodations in State examinations.

Celbridge Community Library: Tuesday 28th April 7pm

DCD / Dyspraxia Talks - DCD Dyspraxia Ireland

DCD/ Dyspraxia in Primary School

Children in primary school who have DCD/ Dyspraxia can face many challenges such as problems with handwriting, challenges joining in games and difficulties organising themselves. These problems can impact their self-esteem unless strategies are put in place. This talk will help participants understand this condition and discuss methods for helping these children.

Kildare Community Library: Thursday 2nd April 7pm

Early Communication

This talk will go through importance of play and social interaction skills in early childhood development to develop a child's communication skills. Early communication milestones and stages will be introduced with lots of practical ideas to develop early communication, first words and phrases.

Naas Community Library: Tuesday 24th March 7pm

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

Attendance at all of the events is free of charge and open to everyone but advance booking is required. Please contact the library where the talk/ workshop is happening to book your place.

Athy Community Library: Tel 045 980555 • Email: athylib@kildarecoco.ie

Maynooth Community Library: Tel 01 6285530 • Email: maynoothlib@kildarecoco.ie

Celbridge Community Library: Tel 01 6272207 • Email: celbridgelib@kildarecoco.ie

Naas Community Library:Tel 045 879111 • Email: naaslib@kildarecoco.ie

Kildare Community Library:Tel 045 520235 • Email: kildarelib@kildarecoco.ie

Newbridge Community Library:Tel 045 448353 • Email: newbridgelib@kildarecoco.ie

Leixlip Community Library:Tel: 01 6060050 • Email: leixliplib@kildarecoco.ie