

## **Cuidiú - Irish Childbirth Trust (<https://www.activelink.ie/node/462>)**

Cuidiú means caring support in Irish. We are a voluntary parent-to-parent support group and our mission of 'information, education and support' encourages a confident, positive approach to Parenting, empowering parents to make informed choices about issues from infancy right up to adolescence.

We provide support services in Antenatal and Birth Preparation, Breastfeeding, Postnatal and Parenthood.

Cuidiú is a nationwide group and we have a diverse programme of events and activities running throughout the country in local Branches including antenatal classes, breastfeeding support groups, mother and baby groups and postnatal support groups.

### **Contact Info**

#### **Cuidiú - Irish Childbirth Trust**

Carmichael Centre

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#### **Website**

<https://www.cuidiu.ie/> (<https://www.cuidiu.ie/>)

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