

# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



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### Early Years Powered Mobility



#### Early Years Powered Mobility Loan Schemes

Moving around independently aids play, development and self esteem. Mae Murray Foundation facilitate clinics in Northern Ireland for both Bugzi and Wizzybug Loan Schemes – loaning powered chairs to young children from 18 months old.

#### [Further information](#)

[Become a member of Mae Murray Foundation - it's free!](#)



Helpful guide for families with disabled children, covering common concerns about your child's health & development, plus information on behaviour, sleep, feeding and more...

[Order your FREE copy of the guide here](#)

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**FAMILY**

### Family Support Service for Families of Children with a Disability



#### SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.



Call us for more info 028 3083 5764

[bolstercommunity.org](http://bolstercommunity.org)

**BOLSTER**  
COMMUNITY

In partnership with:



Southern Health  
and Social Care Trust

[www.bolstercommunity.org](http://www.bolstercommunity.org)



Practical and emotional support for families in Northern Ireland raising a child or young person with additional needs

**Autonomie**

**Family Voice Hub**

- Workshops
- Local Outreach
- Signposting/Referrals
- Parents Wellbeing and Support
- Siblings Wellbeing and Support
- Support with practical issues (Benefits, housing, accessibility)
- Educational Advice (Including pre and post school age)
- Support Hub (Both Face to Face and Virtual)
- Advice and Guidance
- Drop In Centre
- Emotional Support
- Legal Advice
- Counselling

**COMMUNITY FUND**

[www.autonomie.org.uk](http://www.autonomie.org.uk)  
 Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421  
**Find out more!**  
 Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com) Tel: 078 7251 9900

[Further Info](#)

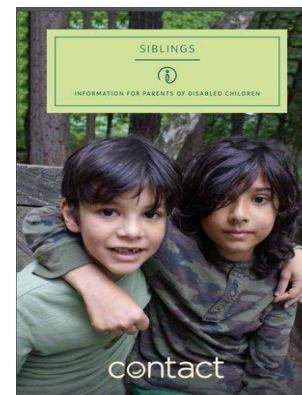
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### Preparing Your Young Person with a Disability for Adult Life

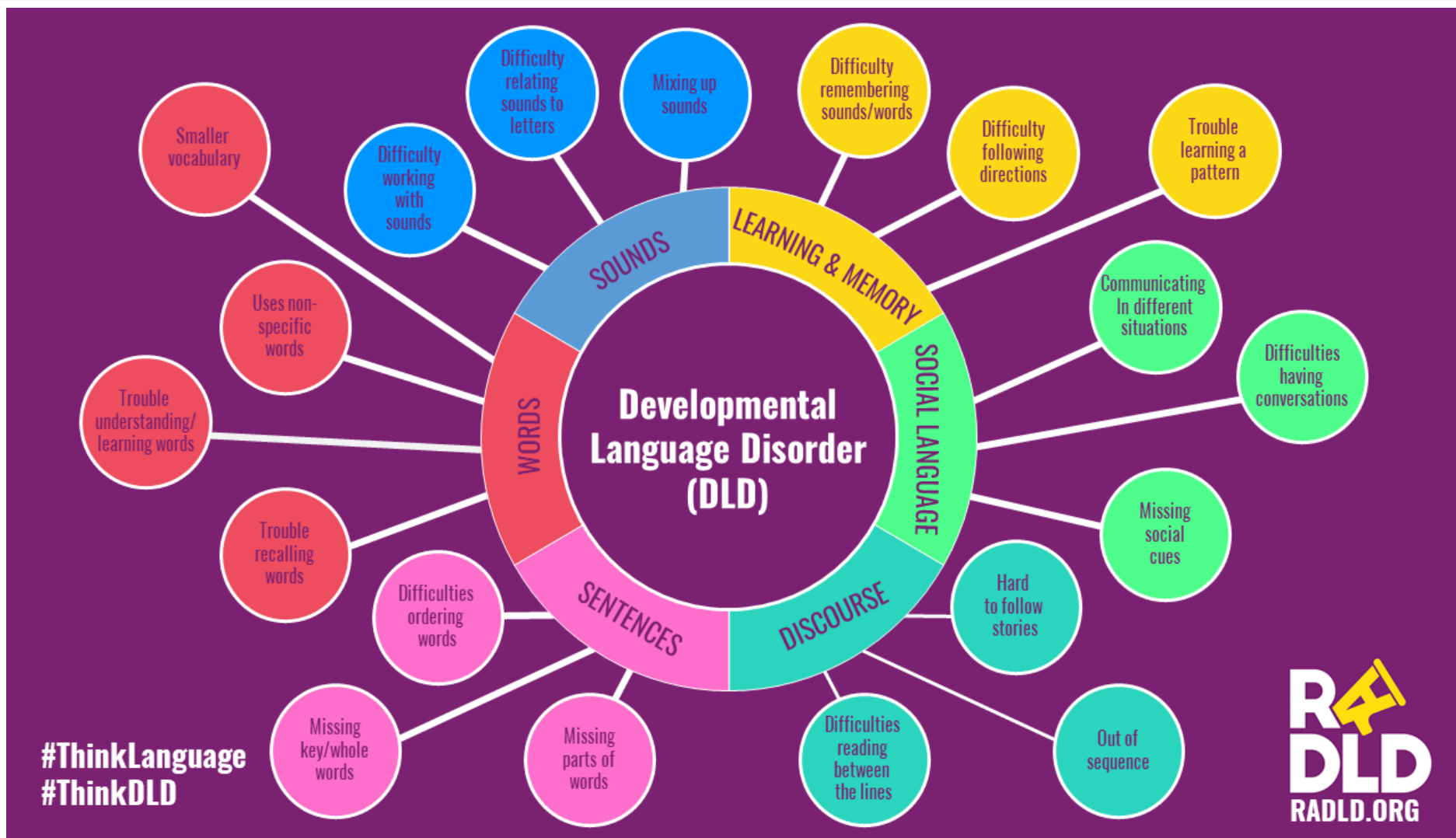
The transition to adulthood can be a stressful time for SEND parents. Changes in education, new benefits, adult social care, independent living, employment, relationships... there's suddenly so much to think about! Get ready for adult life with help from Contact -

<https://contact.org.uk/help-for-families/information-advice-services/preparing-for-adult-life/>



**SIBLINGS Guide** – all about supporting the brothers and sisters of children who have a disability or long-term illness.

[Download Here](#)



Further info: <https://radld.org/>



The Special Education Needs Early Years Inclusion Service (SEN EYIS) provides support to parents of children with special educational needs. Further information on the service and resources which you may find useful - [view and download here.](#)



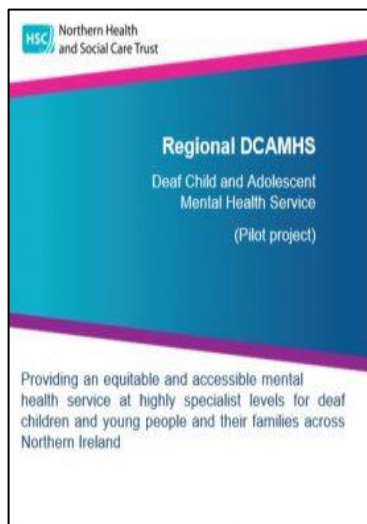
[Special Educational Needs \(SEN\) Resources](#)



### Listening Ear Service

Finding someone who is willing to just listen is special and rare. Especially if it's someone who GETS it. That's exactly why we assembled a group of parent carers with personal and professional SEND experience to create our free Listening Ear service.

<https://contact.org.uk/help-for-families/listening-ear/>



The NI Deaf CAMHS service is now open to deaf children and young people anywhere in NI.

The service supports children with all levels of hearing loss/deafness and all communication methods including BSL.

[Further info](#)

## R N I B

See differently

### RNIB Parent Carer Facebook Group

A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

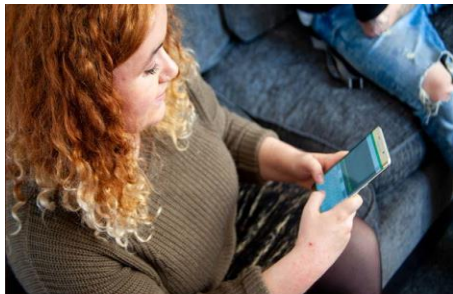
<https://facebook.com/groups/140238563264750/>

### Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services-rnib-northern-ireland/need-to-talk>

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### NDCS Mentorship Programme

Text based mentorship programme for deaf young people (aged 14-18) for personalised support and guidance on a range of topics like wellbeing and future careers.

[Further Information](#)



### Lets Talk – NDCS Tips

It's so important to encourage deaf children and young people to talk openly about their feelings.

[Top tips and resources for parents to help their child understand and express emotions](#)



### Website for Deaf Young People

The Buzz gives deaf children and young people a safe and positive online space of their own.

<https://buzz.org.uk>



The National Deaf Children's Society has a COVID 19 blog on their website, where they are gathering together in one place all the up-to-date information that families with a deaf child will be looking for. It is specific to deafness and is updated regularly and contains all the NI specific contacts and references - [Access Blog Here](#)

Family sign Language course - NDCS tutors have filmed themselves in lockdown so families can still learn British Sign Language (BSL) to use at home. – [View Here](#)





The **ONSIDE Project** offers people who are 16+ and who have a disability, the opportunity to get more digitally and socially included.

Participants receive a tablet device, and get 6/7 sessions of beginners group training on things like email, using zoom, online safety and accessing books and magazines online for free and lots more.

Participants are also linked with a Community Navigator who will then map out tailored social connections e.g. online hobbies, online health & well-being classes and social media platforms, based on participants' interests and needs. After the training has finished there is also the opportunity to get involved in volunteering on the project too - [More Info](#)



Report on a co-production initiative by parents and families in the Newry Locality, supported and facilitated by the CYPSP Southern Outcomes Group.

[Download Here](#)



[50 Games for Children with Special Needs](#)



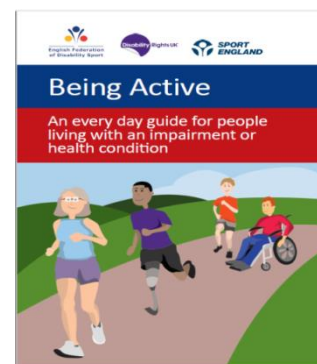
[Activities for people with disabilities](#)



[Fun things to try with disabled children](#)



[Outdoor Activities for Children with Special Needs](#)



[Being Active: A guide for people with impairments or health conditions](#)





# Become a member!

## Why?...

**So many reasons WHY!**

- ✓ Priority Queuing
- ✓ Carer Discount
- ✓ Family Fun Days
- ✓ Parent Training
- ✓ Parent Support Groups
- ✓ Helpline – 028 9040 1729 (Option 1)
- ✓ Access to up-to-date information and services









**and many more...**

As a member you will be contributing towards our services, ensuring that individuals with Autism in Northern Ireland are getting the help and support they need.

Autism Awareness Card

Telephone:  
028 9040 1729 (Option 1)

**Autism NI**  
Northern Ireland's Autism Charity

# I am Autistic

Important information on reverse



[www.autismni.org](http://www.autismni.org)

Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations.

To find out more information visit  
<https://www.autismni.org/autism-awareness-card>  
or email [info@autismni.org](mailto:info@autismni.org)



### Some Hints & Tips on Managing Behaviours

Leaflet on using visuals and strategies for managing behaviour.

Download Leaflet -  
<https://www.autismni.org/factsheets>

**Lots of resources** from Autism NI to help autistic individuals, professionals, parents/carers and family members - [view here](#).

## THINGS THAT CAN BE HARD FOR AUTISTIC / SENSORY PEOPLE AT SCHOOL

@21andsensory x BBC Bitesize



Exploring ASD with the Northern Trust



Podcast series for parents / carers of an autistic child. Topics covered include: Extreme emotions, Improving sleep, Use of visual schedules

Spotify: <https://crowd.in/ZniuYH>

Apple: <https://crowd.in/1rsVUW>



### Walk in My Shoes

10-minute animation about Erin, an autistic girl who reflects on her intense and often overwhelming experiences as a 14-year-old in school. <https://youtu.be/KSKvazfTLv8>

### Autism Advisory & Intervention Service Workshops for the Parents of Children with a Diagnosis of ASD



There are 4 different workshops available, details can be found at <https://bit.ly/3n6LV5A>

Access Code to register: E@par3nts2021

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Tips, advice, videos and podcasts all in one place



## WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)



## Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse  
07480 635982

Belfast Trust Text-A-Nurse  
07507 328290

South Eastern Trust Text-A-Nurse  
07507 327263

Western Trust Text-A-Nurse  
07480 635984

Southern Trust Text-A-Nurse  
07507 328057

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat



A short film to support young teens who feel unsure about when to ask for help, how to ask for it, and what help is available. Check it out:

<https://www.bbc.co.uk/bitesize/articles/z8n7qfr>



[Download Here](#)



### Looking After Your Mental Health When Your Parents Separate

"This really took its toll on my mental health and made me rethink who I was as a person and who in my life I could trust to stick around." Ffion shares how she felt after her parents separated:

<https://www.youngminds.org.uk/young-person/blog/looking-after-my-mental-health-when-my-parents-separated/>



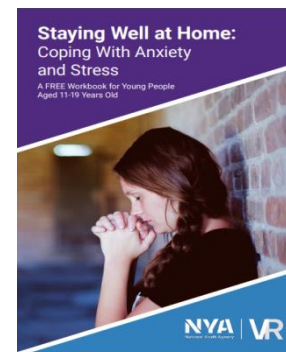
New Youth Mental Health podcast series launched, covering:

- Trauma
- Substance misuse
- Distress
- Suicidal thoughts & much more

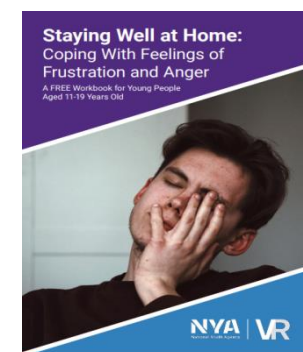
This selection of podcasts for parents, carers and young people deals with a range of issues facing young people and provides helpful insights into things like OCD, behaviour and how to respond to self-harm.

Available now on your usual podcast service.

Workbooks to help young people aged 11-19



[Download](#)



[Download](#)



## YOUR MOOD IS MADE IN THE KITCHEN

Everybody knows how the food we eat affects our bodies, however, we often fail to remember how it affects our mood.

### How does food affect our mental health

- Poor body image
- Anxiety and depression
- Development of eating disorders
- Poor concentration

### Eating for a healthy mind

Achieving your 5 a day can greatly improve your mood and how you feel. A variety of fruit and veg should be consumed each day

Fish is an amazing source of omega-3 fatty acids which is important for your brain function. 2 portions should be eaten each week

Carbohydrates are essential for our energy levels, with the brain using 20% of the body's energy. Carbohydrates should be included in each meal with sources mainly coming from wholegrain e.g. brown rice, Wholegrain pasta and porridge oats

Protein is a building block for healthy minds, our sleep, brain function and mood will be affected if not included in our diet. Sources within the diet can include meat, eggs and nuts

Dehydration can be linked to low concentration, self-esteem and headaches. As a result 6-8 glasses of water should be consumed everyday. Alcohol intake should be limited.

### Top tips for healthy eating

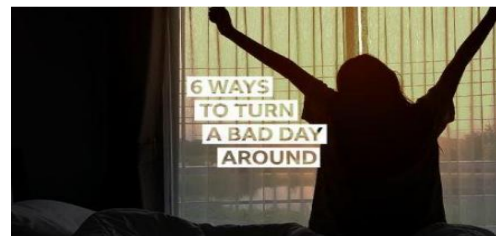
- Keep a food diary recording how you feel
- Plan your meals ahead of time
- Add variety to your diet

### Other factors can affect your mood

Sleep, Exercise, Stress, Weather, lack of communication, medication

If you feel you need help please contact helpline at 0808 808 8000

Healthy Living Centre Alliance



Did you get up on the wrong side of the bed this morning and finding it hard to shake the feeling?

If you need a kickstart, Stuart Sandeman, from Radio 1's Decompression Session, gives you six simple ways to turn the day on its head: Shift your mindset; Focus on one thing at a time; If in doubt, breathe it out; Name three good things; Take a walk outside; Get the tunes on!

<https://canvas-story.bbcrewind.co.uk/stuartsandeman/>

## Breathing

Deep breathing activates the parasympathetic nervous system which signals your brain and body to feel relaxed and calm...

### 1 Abdominal breathing... (Adham pranayama)

1. inhale deeply for 4 counts
2. feel your belly filling with air like an inflating balloon
3. exhale slowly through your nose for 4 counts
4. as you exhale allow your belly to deflate

REPEAT

### 2 Full Yogic / 3 part breathing... (dirga pranayama)

1. inhale and feel the belly expand
2. allow the air to expand the ribcage
3. as the chest rises, feel the air fill up to the collarbones
- On the exhale, allow the air to first leave the upper chest then abdomen

In yoga terms, we call the practice of breath work 'pranayama' (The Sanskrit terms for each exercise is in brackets)

### 3 Humming Bee breathing... (bhramari)

1. Sit comfortably
2. inhale deeply and gently
3. as you exhale through the nose, create a humming sound at the back of your throat
4. try closing your eyes and cover your ears to focus the breath

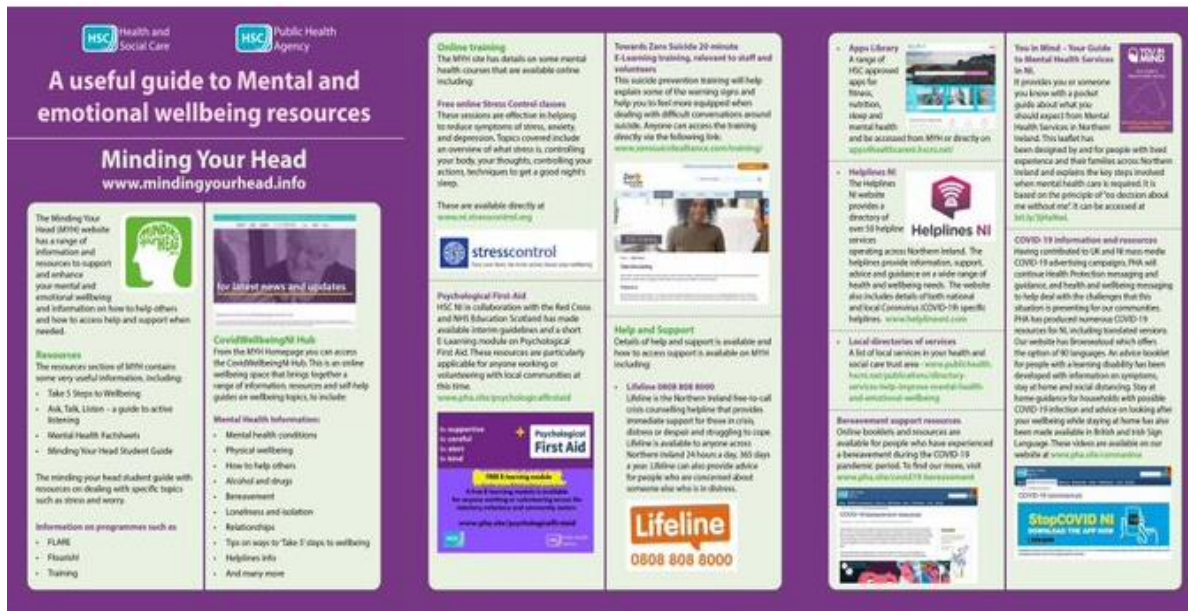
### 4 Alternate nostril breathing... (nadi sodhana)

1. cover your right nostril with your thumb
2. inhale through the left nostril for 4 counts
3. cover your left nostril with your little finger and release your thumb
4. exhale through the right nostril for 4 counts

Repeat the opposite way

APPLY HARDING 2021

## MENTAL HEALTH RESOURCES & ACTIVITIES



[Download](#)



Website created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and wellbeing – [Go to Website](#)

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[Useful resources from AWARE to support your mental health](#)

**YOUNGmINDS**

[Tips for coping with social anxiety](#)



What's Up With Everyone? is a new collection of short animated videos from BBC Teach, developed to encourage young people to become more aware of their mental wellbeing.

[Watch Video's Here](#)



[Advice & tips to help support with mental health concerns and ways to cope](#)



## YOUTH ENGAGEMENT SERVICE

START **Now**

### A to Z of BEING KIND TO YOURSELF

**A**nxiety - its a normal reaction to a very abnormal situation

**B**e Active, take walks, dance, just move!

**C**onnect with people in new ways, stay connected

**D**istract yourself, do something you enjoy to take your mind of things

**E**at well, look after you, get the right nutrition and keep healthy

**F**amily and Friends are there to help you

**G**ive - share time with someone or donate if you can to a good cause

**H**appy, do something that makes you happy

**I**gnore the news if you need to

**J**ust be, maybe we have been given a chance to just be us for a while.

**K**eeP Learning, about yourself, about others, maybe its a new skill you want to try but never had the time?

**L**ove yourself, be kind to you

**M**editate, there's lots online. Learn how to relax

**N**ature, listen to the sounds & enjoy

**O**wn it - say how you feel. There is power in saying it.

**P**lan, make plans for when its over, something to look forward to

**Q**uiet - Find your quiet space

**R**elax, get a cuppa, book, chill!

**S**leep, try to keep a pattern, sleep well

**T**ake notice of how you are feeling and things around you

**U**nique, we are all different and cope in different ways. Try not to compare yourself to others

**V**ictory - we will get through this

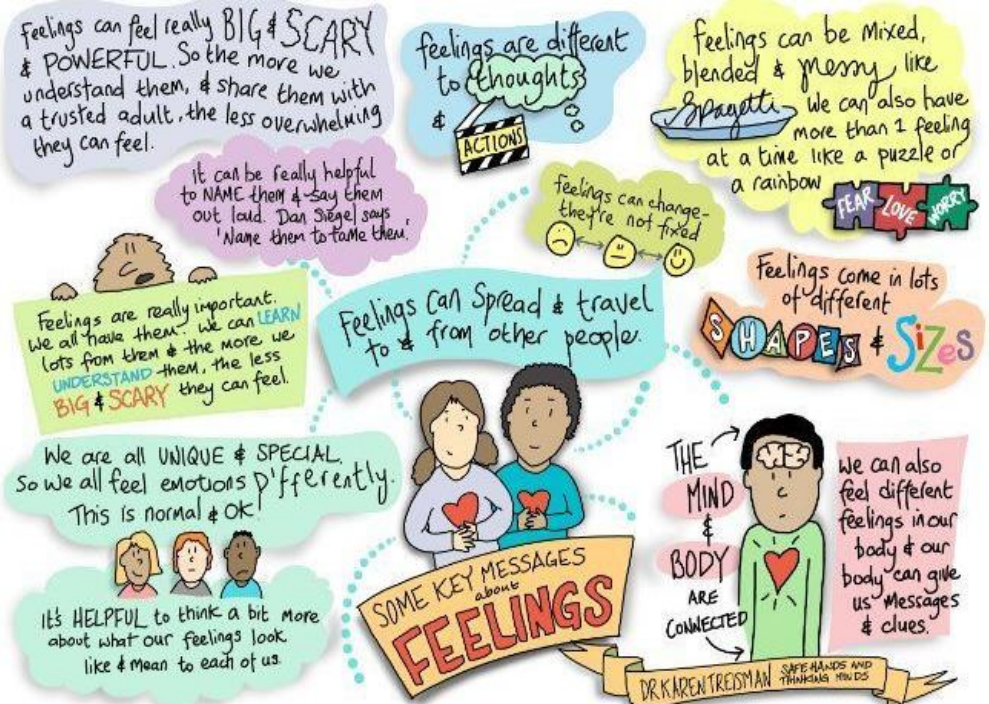
**W**ater - Drink plenty of it each day

**X** - exhale! Breathe slowly and be aware of your breaths

**Y**ou are amazing! Don't forget it!

**Z**ero - don't let things reduce you to zero - you are a hero.

Change **starts** here Every **Person** Stronger



## YOUNGmINDS

### Self- Soothe Box

If you often find yourself struggling with feelings of anxiety or panic, try Eve's 'self-soothe box'. It's a great way to help you manage those feelings – and feel more relaxed and grounded.

<https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box>



## RELAXATION TIPS

Lockdown getting you down? Take some time out of your day and treat yourself to a little relaxation as a form of self-care. Looking after yourself and taking time to do things you enjoy is essential for good emotional wellbeing.

### TAKE A BATH

A hot bath at the end of the day can help you relax and unwind, and gives you a chance to review your day.



### HOBBIES

Take up a new hobby or delve back into something you already enjoy. Reading, knitting, crafting or listening to music are all great ideas.



### PRACTICE MINDFULNESS

Download the 'Headspace' or 'Calm' app and take some time out of your day daily to practise mindfulness. Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander.



*breathe*

### TRY YOGA

Yoga can help you relax which can in turn assist in maintaining a good sleeping pattern. Regular exercise is wonderful for your emotional wellbeing & helps you stay supple & healthy.

Find out more about the Family Wellness Project at: [parentingni.org/family-wellness-project](https://parentingni.org/family-wellness-project)



## SELF-CARE FOR SENSORY OVERLOAD



**Noise**

Cancelling Headphones

Nature sounds like rain storms or sunny days



Sleeping masks or darkness



Nature scenes or ambient noise



Scents that you enjoy



°F

Changing the temperature to warmer or cooler



Soft or low lighting

Weighted, soft, or heated blankets



Guided meditations or binaural beats

Blessing Manifesting

## Mental Health daily check in

How am I feeling today?

What's taking up most of my headspace?

When did I last eat a whole meal?

When is the last time I have exercised?

How is my sleep?

Have I been drinking enough water?

Is there anything upsetting or bothering me?

Am I avoiding something or someone right now?



**BAC**  
Beechholme Adult Care





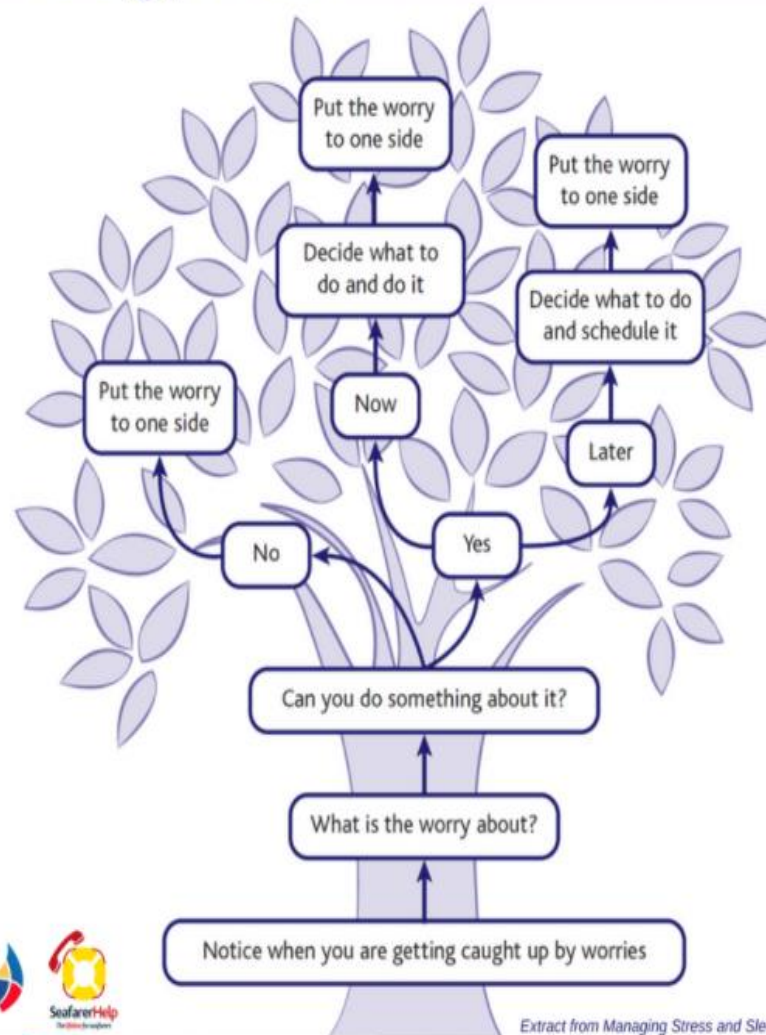
## Stress Bucket

Imagine there's a bucket you carry with you which slowly fills up when you experience different types of stress. It's important to find activities which help you lighten the load.

Complete the diagram below. Write the things that can cause you to get stressed at the top, going into the bucket and at the bottom, write the things you can do to help relieve your stress.



## Worry Tree




Extract from Managing Stress and Sleeping Well at Sea



## Five Finger Breathing

Being mindful means paying close attention to your thoughts and feelings.



1. Hold out one hand, palm out and fingers spread.
2. Using the pointer finger of your other hand, trace the side of the fingers in the stretched out hand.
3. Breathe in as you trace up.
4. Hold your breath for a second.
5. Breathe out as you trace down.
6. Repeat for each finger.


here



## Give

Top tips to help you manage your feelings when trying something new.

If you are finding something difficult try using this star to help...



**S** **S is for Stop...**  
When you are faced with a difficulty, stop

**T** **T is for Take a Breath...**  
Usually taking a few slow deep breaths relaxes your body and mind

**A** **A is for Accept...**  
Accept that you are finding something difficult or need some help

**R** **R is for Restart...**  
When you are ready you can try again or move on to something else

Talking to someone about how you are feeling can help you problem solve and come up with other ways to find a solution. Talking about our feelings can also help to reduce any stress and worries you may have. You can ask for help from the adults in school or the people at home.



## BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

## TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

## ELEPHANT BREATHING

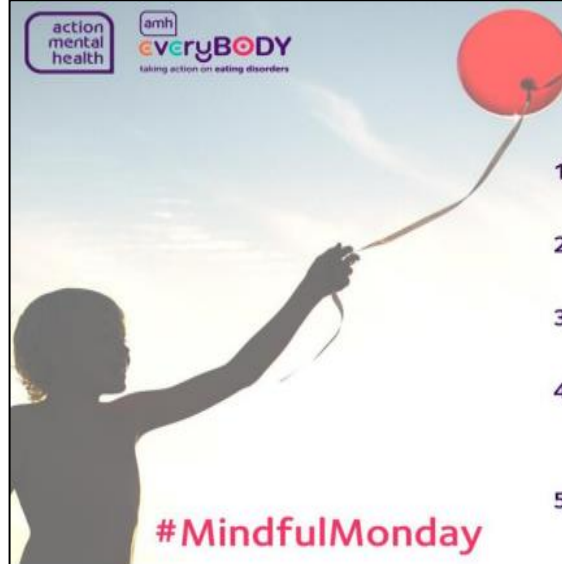


Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

## Mindfulness 5-4-3-2-1

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

© 2016 Pathway 2 Success



## The Red Balloon to Release Stress

1. Find a quiet space, sit comfortably and imagine a red balloon.
2. Slowly inhale, allowing each breath to relax and rejuvenate you.
3. Slowly exhale, visualise filling the balloon with any thoughts of stress and worries.
4. Tie the balloon, hold it up to the sky and let it go, as you watch it rise, feel your worries float away.
5. Repeat for several minutes, until you feel calm and centred.

#MindfulMonday





NSPCC

### How to support your child with worries about the world.

News online & on social media may be upsetting for young people.

If your child is feeling anxious or worried, Childline has advice and support: <http://bit.ly/2XoQ6zr>.

For advice and support if your child sees upsetting content online, visit: <http://bit.ly/2VN2SXB>.

Thought about how some of the things your child sees on social media make them feel inside?

#kidsonline2021



[www.getsafeonline.org/kids-be-true](http://www.getsafeonline.org/kids-be-true)

Don't underestimate the part social media plays in your child's life, or how it can make them feel and behave <http://getsafeonline.org/kids-be-true>

### SOUTHERN AREA LOCALITY PLANNING GROUPS

Emotional Wellbeing and Mental Health Resource for Children and Young People



The aim of this resource is to provide information on local services for children and young people which will be of benefit to their emotional wellbeing and mental health.

- 1 ARMAGH
- 2 BANBRIDGE
- 3 CRAIGAVON
- 4 DUNGANNON
- 5 NEWRY & MOURNE
- 6 SOUTH ARMAGH



Download this new resource for the Southern Area [HERE](#)

For further information contact Darren Curtis, Locality Development Officer, CYPSP on [Darren@ci-ni.org.uk](mailto:Darren@ci-ni.org.uk)

BBC Bitesize

Parents' Toolkit

### How to tackle anxiety using Dr Anna's distraction technique

**Anxious thoughts** demand all of our **attention**.

Activities that require focus pulls us out of our heads and distracts us from these thoughts. With enough distraction, the anxiety will be starved of attention and will start to dwindle.

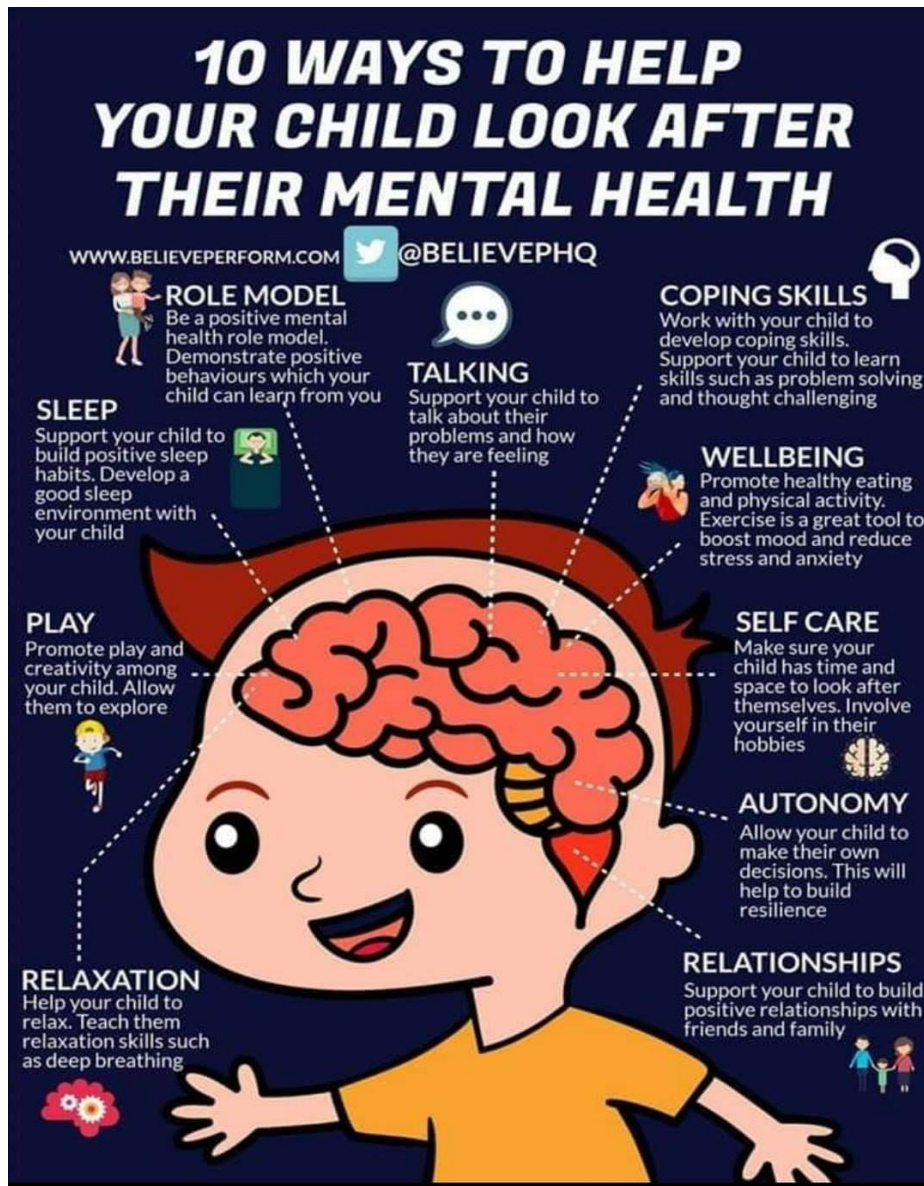
Anything that takes your child's entire focus could be used as a distraction from anxious thoughts, including:

1. A good chat
2. Playing a game
3. Watching a film
4. Baking a cake

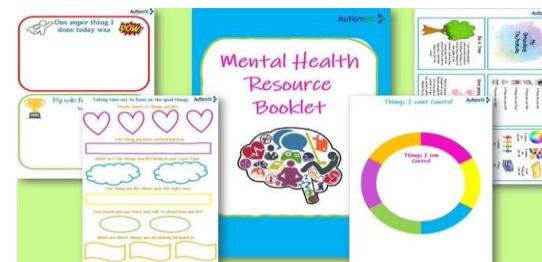


Dr Anna Colton  
Clinical Psychologist





[A selection of mental health and wellbeing resources](#)



[Mental Health Resource Booklet from Autism NI](#)



## 66 POSITIVE THINGS TO SAY TO YOUR CHILD

- |   |  |
|---|--|
| 1. I'm grateful for you.                          | 35. That's a great question.                   |
| 2. You make me proud.                             | 36. Your friends are lucky to have you.        |
| 3. Your words are meaningful.                     | 37. I trust you.                               |
| 4. You have great ideas.                          | 38. That was a really good choice.             |
| 5. I love being your parent.                      | 39. Seeing you happy makes me happy.           |
| 6. You don't have to be perfect to be great.      | 40. Being your parent is my favorite job.      |
| 7. Your opinions matter.                          | 41. I learn new things from you every day.     |
| 8. You are important.                             | 42. You make me better.                        |
| 9. You are loved.                                 | 43. You are a good boy/girl.                   |
| 10. I believe you.                                | 44. Thank you for being you.                   |
| 11. I believe in you.                             | 45. I'm so glad you're here.                   |
| 12. This family wouldn't be the same without you. | 46. You look great.                            |
| 13. You are valuable.                             | 47. I understand you.                          |
| 14. You can say no.                               | 48. Watching you grow up is the best.          |
| 15. You can say yes.                              | 49. That was really brave.                     |
| 16. I know you did your best.                     | 50. I forgive you.                             |
| 17. You were right.                               | 51. I appreciate you.                          |
| 18. I accept who you are.                         | 52. We all make mistakes.                      |
| 19. We can try your way.                          | 53. Yes, me too.                               |
| 20. You are helpful.                              | 54. You are very good at that!                 |
| 21. You are worth it.                             | 55. You can try again tomorrow.                |
| 22. You make me happy.                            | 56. Nobody is perfect.                         |
| 23. I love your creativity.                       | 57. I love how you said that.                  |
| 24. Being around you is fun.                      | 58. Not everyone will like you, and that's OK. |
| 25. I can't wait to hear about it.                | 59. You did that so well.                      |
| 26. Don't be afraid to be you.                    | 60. I'm listening.                             |
| 27. You're making a difference.                   | 61. That's a very fair point.                  |
| 28. I'm excited to spend time with you.           | 62. You are beautiful inside and out.          |
| 29. You are interesting.                          | 63. I love you.                                |
| 30. I love seeing the world your way.             | 64. I could never stop loving you.             |
| 31. It's good to be curious.                      | 65. You are enough.                            |
| 32. I love the way you tell stories.              | 66. You make my heart full.                    |
| 33. What you did was awesome.                     |  |
| 34. I admire you.                                 |  |



Ideas and resources which you may find helpful in supporting children and young people's mental health.

[View Resource](#)



[Resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid resources](#)



NURTURE YOUR CHILD'S MENTAL HEALTH  
THROUGH PLAY

[Download Resource](#)

## THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

**Some ways that children deal with having an empty cup:**

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

**What fills a child's cup:**

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



**What empties the cup:**

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

**upbilly**  
Publisher of Therapy Resources



As a parent or carer, it's a good idea to let your child know they can talk to you about their emotions when they need to.

[Tips on how to boost your child's happiness](#)

## Self-Care & Mental Health for Kids

Share your own feelings to **encourage** self-awareness.



Focus on articulating feelings.  
"I am angry."  
"I am sad."



Set aside time for **low-stress** or solo activities.

Encourage **journaling** and diaries.

Encourage your child to focus on the **moment**.

Recognize **toxic stress** events.

BlessingManifesting

Find social groups that help them feel like they **belong**.



Practice **self-care** for yourself to set the standard.



Establish a **self-care** routine.

Cultivate interests and **hobbies**.

## 8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists



You are safe with me



It's ok to feel nervous, I do too sometimes



Let's go for a walk



Let's draw the worry, how big is it?



Let's talk back to this worry



I am here for you



Let's sit together until the thought passes



Let's take a few deep breaths together



## Mental health top tips

Mental health affects the way we think and feel about ourselves and others, and how we respond to daily life. We can find it hard to talk about mental health but communicating and sharing feelings with our children can make all the difference.

### Make yourself available

We all have busy lives and sometimes our children may feel we are too busy to chat. Make your presence known to your child and let them know you are happy to talk and listen to them about any worries they may have. You don't need to set aside lots of time to have a chat just opening up can make a difference. Keeping it informal and taking an interest in what they are doing allows opportunities to strike up a conversation.

### Talk about your day

Set time aside each day to chat to each other about your day both the good and the less positive things that happened. Try ending the day on something positive ready for the next day.

### Notice how your child communicates in other ways

Children and teenagers express themselves in different ways not just through talking but through play, music, behaviour, body language and facial expressions. You can learn a lot about how they may be feeling by spending time with them and watching them play or engage in activities.



## Mental health top tips

### Use appropriate language

- Depending on the age of the child, they may not understand the terminology associated with mental health. Children will understand the idea of feeling sad, stressed or anxious; explain that this is what is meant when we talk about mental health. For younger children, you can use face flash cards to illustrate different emotions.

### Keep an open mind

Try to avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about mental health.

### Ask for help

Remember, no one has all the answers; not knowing things about mental health is OK. Don't be afraid to ask for help from family and friends, a doctor or support organisations.



parentingni.org

f /parentingni @parentingni

Proudly sponsored by







## Helping Your Child Deal With Their Anxieties

One of the ways we assist children is to build their confidence in taking (age appropriate) control of situations that affect them. In doing this we teach them that difficult emotions may not be pleasant but sometimes we have to live with them and that these feelings, although frightening and unsettling, can be manageable.



**Ask your child how they might deal with things**

By doing this we are allowing the busy brain to be constructively busy, allowing it to work on coming up with solutions as opposed to busying itself being worried.

Remember the importance of age appropriateness, a perfectly good solution to a child being upset or afraid is to tell an adult.



**ASK - Who might you want to tell? What if you couldn't get them? Anybody else? What might you say?**

If we help a child break BIG worries into small manageable worries, then we reinforce the idea that the world and more importantly THEIR world is not a scary place for them.

It is understandable that worries might arise for Parents and children in relation to Covid related concerns- more specifically the reintegration of "normal activities"

Respect a child's concerns and then aid them in coming up with solutions.



**ASK - what might help you feel less worried?**

Reinforce what they already know, but encourage them to say it themselves, eg washing your hands, covering your mouth with your elbow etc.



## Talking to Young People About Suicide



©InegaGroupLTD2021

Advice from Safer Schools NI on how to talk to the young people in your care about suicide!

<https://bit.ly/3qnyFvA>



**1**

Tell yourself to stop



**2**

Take one long, deep breath



**3**

Say the problem and how you feel



## Twigg the Turtle's 3 Steps for Calming Down

By practising these steps and using them throughout the day, children learn to 'Do Turtle' whenever they feel upset -

<https://bit.ly/3CJHVxj>

## YOUNGmINDS

Four things you can do if your teenager is struggling with their mental health

### Don't ignore worrying symptoms

Talk to your child about the signs of depression that you've noticed and voice your concerns in a caring and non-judgmental way.

### Avoid asking too many questions

Instead listen and empathise. You don't have to have the solutions.

### If they don't want to talk try again the next day

Expressing feelings is hard enough at the best of time for teens, when they are depressed it's even more difficult.

### Seek professional help

If nothing is helping and the symptoms are worsening, arrange an appointment with your GP.



10 signs of bullying and key advice

<https://bit.ly/2H4mrUe>

## Try this...

### Breathe in three's activity

- 1 Breathe in slowly for the count of three.
- 2 Hold your breath for the count of three.
- 3 Breathe out slowly for the count of three.



If your child feels worried or anxious, why not try this breathe in 3's activity to help them calm and relax.

More tips from Action for Children at:

<https://parents.actionforchildren.org.uk/mental-health-wellbeing>

BBC

## How to recognise bullying and empower your children to deal with it

### RECOGNISE: MOOD CHANGES 🤔

Children's moods change quite a lot and it's normal to have down days. However, you may notice certain changes in your child which could cause you to worry.

### RECOGNISE: EXCUSES 🗣️

When a child constantly tells you that they want to stay at home. They may start to make excuses like saying they feel sick everyday, or saying that they haven't done their homework or revision for a test.

### EMPOWER: CREATE A SAFE SPACE 💖

Bullying can have detrimental effects on your child's mental health and cause things like anxiety or even depression. Having a supportive environment at home is essential. If they feel that acceptance at home, the bullying may feel less debilitating.

### EMPOWER: SUPPORT THEM 🙌

Help your child see value in who they are and what they have to offer. Talk to them about what they love about themselves. Is it that they are kind, that they are helpful, or funny?



## MENTAL HEALTH RESOURCES & ACTIVITIES

### Top tips for parents to know how to respond to bullying online



If your child tells you they are experiencing online bullying reassure them that it's not their fault and they have done the right thing by telling you. Listen to what they have to say and together agree the next steps to take.



Make sure your child knows that they should talk to you if they are worried about behaviour they are experiencing online or through mobile phones.



'Text speak' can seem like a different language, even to children and young people themselves. If your child shows you an offending message talk to them about what it actually means.



Report any abuse you encounter to the website administrators or mobile phone company. Look out for reporting buttons on profiles and by posts on social networking websites.



Make sure your child does not retaliate or reply to any of the offensive messages.



Save all evidence of the online bullying that you have. Print out any emails or website pages that are relevant, and save any texts or voicemail messages.



If the bullying is between pupils at the same school you should notify your child's teacher or Head of Year. Remember, most online bullying happens outside school therefore schools may not be able to act upon this.



Remember, texts, email and messages on social networking sites don't always give you the full picture of what's going on. It's important to talk to your child about any offending messages to put them into context.



Consider reporting the incident to the PSNI, using the non-emergency 101 number. You can talk to your local PSNI Neighbourhood Policing Team before deciding on whether you want to make an official report





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## BEREAVEMENT RESOURCES



covidwellbeing  
ni.info

Cruse  
Bereavement  
Care  
*Somewhere to turn when someone dies*

Information on how to deal with and talk about bereavement.

<https://www.covidwellbeingni.info/bereavement>

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## BEREAVEMENT RESOURCES



The Cruse Bereavement Care NI 'Somewhere For Us' project has been created to bring young people together in NI after the death of a loved one. The project aims to form connections and lasting communities between those who have been bereaved through our Youth Advisory Group (YAG).

Has someone you love died? Are you between the ages of 12-24 years old living within Northern Ireland (NI)? Do you want to become part of a community of other young people who just 'get it'?

For more info visit:

[www.hopeagain.org.uk/somewhere-for-us-project](http://www.hopeagain.org.uk/somewhere-for-us-project)

## Talking to children about Grief & Loss



### Assess your child's understanding

Your conversation with your child should be age appropriate as your child may not have any understanding of what happens when somebody dies. Try asking questions like "do you know why mummy/daddy is sad today?" or "do you know what it means when someone dies?"

### Try not to use euphemisms

We can commonly use euphemisms to replace words or phrases that we think will be uncomfortable for others, but for children they can sometime confuse their understanding. Younger children will tend to think very literally. For example, "They've gone to a better place" may mean the child think the person has went somewhere great and could come back. (This might also be dependent on families' religious beliefs)

### Validate their emotions

Remember that a wide range of emotions is normal with grief, so don't be surprised if the child seems to show little emotion or if they show an emotion like anger, worry, or fear. Acknowledge their emotions and let them know it is natural to experience lots of different emotions and this will encourage them to express themselves.



### Be honest and straightforward

As parents we want to protect our children, but there is a range of research which shows that it is much better to tell children things than to keep them in the dark.

What you say will depend on your situation, but try to match the child's developmental level. Don't feel as though you have to tell them everything and try not to give more information than they can handle. With very young children stick to the basics - "this person has died and it's very sad". Between the ages of 7-12 you may find the child understands more about death and you could explain a little bit more. Give short, true answers and then see if the child follows up with any questions. Let the child lead the conversation with those questions, that way we don't provide too much information which might be overwhelming.

## How to Support a Bereaved Person



#GriefAwarenessDay

1

**Talk and listen.**  
Let them know you are thinking about them

2

**Find out if they need more support.** Let them know where it's available

3

**Remember important dates.** Anniversaries and birthdays can be particularly painful

4

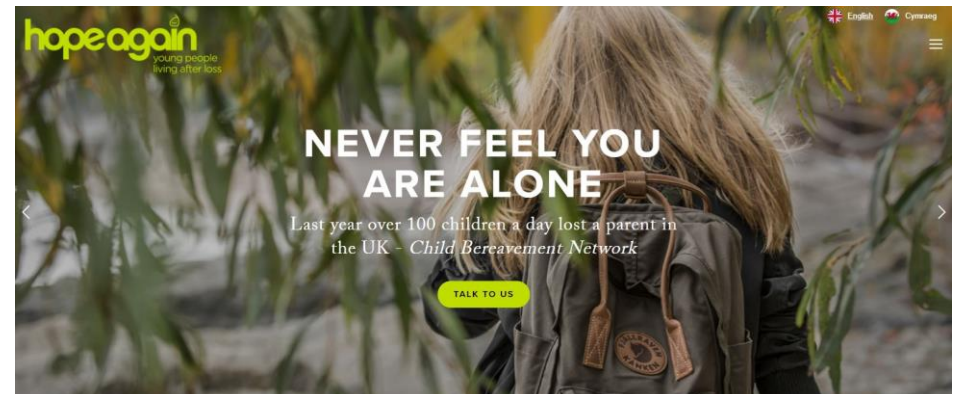
**Offer practical help.** Try to make specific suggestions

5

**Understand that grief doesn't ever go away.** There will be times which are difficult years later

6

**Be understanding of their needs.** These will change from day to day, but do continue to check in



<https://www.hopeagain.org.uk/>

Cruse Bereavement Support

### Talking to a child about the death of a grandparent



Use clear language and avoid saying things like 'gone to sleep' or 'passed away'



Be honest with children about how you're feeling



Allow them space to talk about how they're feeling and about death in general



Let them ask questions and talk about the person who has died

For many children and young people, a grandparent dying will be their first experience of death and may come as a shock.

Guidance from Cruse Bereavement Support on how you can talk to them and show support:

<https://cruse.org.uk/understanding-grief/grief-experiences/children-young-people/speaking-to-a-child-about-the-death-of-a-grandparent/...>

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Cruse Bereavement Support

#### Cruse Bereavement Support NI

Helpful resources for parents/guardians and professionals supporting bereaved children and young people

Resource pack from Cruse Bereavement NI filled with tools and guidance to help support bereaved children and young people to move forward on their grief journey.

[Download Resource Pack](#)

be kind to  
**YOURSELF**

Believe in  
children  
Barnardo's



Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here's seven things our experts say you need to know about grief and loss.

[7 things you need to know about grief | Barnardo's \(barnardos.org.uk\)](#)



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## Best Virtual Museum Tours for Kids:

### The Louvre

Via their website:

[www.louvre.fr/en/visites-en-ligne/](http://www.louvre.fr/en/visites-en-ligne/)

### The British Museum

Via their website:

<https://britishmuseum.withgoogle.com/>

### The Metropolitan Museum of Art

Via their website:

[www.metmuseum.org/art/online-features/metkids/](http://www.metmuseum.org/art/online-features/metkids/)

### Van Gogh Museum

Via their website:

<https://artsandculture.google.com/partner/van-gogh-museum>

### Roald Dahl Museum and Story Centre

Via their website:

[www.roalddahl.com/museum/visit/virtual-museum-tour](http://www.roalddahl.com/museum/visit/virtual-museum-tour)

### NASA Glenn Research Center

Via their website:

[www.nasa.gov/glennvirtualtours](http://www.nasa.gov/glennvirtualtours)



## 10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

<b>Switcheroo Zoo</b> <a href="http://www.switcheroozoo.com">www.switcheroozoo.com</a> Watch, listen, and play games to learn all about amazing animals!	<b>Fun Brain</b> <a href="http://www.funbrain.com">www.funbrain.com</a> Play games while practicing math and reading skills!
<b>Nat Geo for Kids</b> <a href="http://www.kids.nationalgeographic.com">www.kids.nationalgeographic.com</a> Learn all about geography and fascinating animals!	<b>PBS Kids</b> <a href="http://www.pbs.org">www.pbs.org</a> Hang out with your favorite characters all while learning!
<b>Into the Book</b> <a href="http://www.reading.ecb.org">www.reading.ecb.org</a> Go "into the book" to play games that practice reading strategies!	<b>Star Fall</b> <a href="http://www.starfall.com">www.starfall.com</a> Practice your phonics skills with these read-along stories!
<b>Suessville</b> <a href="http://www.seussville.com">www.seussville.com</a> Read, play games, and hang out with Dr. Seuss and his friends!	<b>Storyline Online</b> <a href="http://www.storylineonline.net">www.storylineonline.net</a> Have some of your favorite stories read to you by movie stars!
<b>ABC YA</b> <a href="http://www.aboya.com">www.aboya.com</a> Practice math and reading skills	<b>Highlights Kids</b> <a href="http://www.highlightskids.com">www.highlightskids.com</a> Read, play games, and conduct



Wide Open School is a free collection of the best online learning experiences for kids curated by the editors at Common Sense. It is organized so teachers and families can easily find it and plan each day.

[Go to Website](#)



BBC Bitesize have resources to help with learning and revision including videos, step by step guides, activities and quizzes by level and subject.

[Visit Website](#)



[Activities, tools and advice to support learning at home](#)



Outdoor Classroom Day is a global movement to inspire and celebrate outdoor play and learning.

[Further Information](#)



The Consumer Council have devised a number of consumer rights themed games and quizzes that you and your family can do while you are in the house.

[View Website](#)

**TEACHING**  
2 AND 3 YEAR OLDS

Fun preschool outdoor learning ideas that will encourage hands-on exploration and fun. Everything from sensory to literacy to science and much more!

[View Here](#)





Regional support organisation for Irish medium early years settings.

[Parental Support Materials](#)

[Winter Activities & Resources](#)



Library of FREE resources! Covering topics like password safety, to support children and young people at home – [Go to Hub](#)



Home learning resources for children in primary, post-primary, Irish medium schools and for learners with SEN.

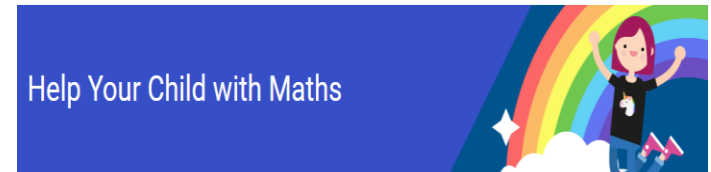
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A range of online information, including advice and resources to help parents, carers and children .

[View Here](#)



'Help Your Child With Maths' Primary resource from CEA To help support young learners in the classroom & beyond.

<https://bit.ly/2Nuxjhz>



[Home Learning Ideas & Resources](#)

## Dyslexia Awareness Week

4<sup>th</sup> Oct - 10<sup>th</sup> Oct 2021



The EA Literacy Service is delighted to be celebrating 'Dyslexia Awareness Week UK 2021' by highlighting some amazing C2K resources freely available to children and young people in school and at home across N. Ireland.

Click on the links and logos to find out more.

### Free Assistive Technology provided through C2K

#### Read&Write

A literacy support toolbar helping reading, writing and understanding, improving confidence and independence.



#### Office 365

A suite of apps including Word, PowerPoint and Excel with the built in accessibility feature Immersive Reader.

Click here to find out [how to get Office 365 at home](#).

#### Clicker 8

A tool for the primary classroom, providing writing support.

(Available on the C2k network in schools and [for free download at home](#))

### EA Literacy Service Homepage



#### What can you do?

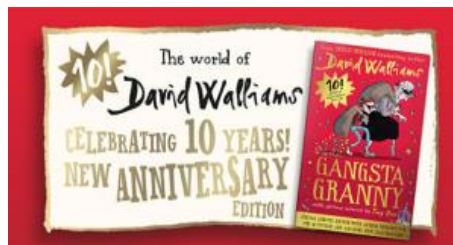
- Wear red on World Dyslexia Day (7<sup>th</sup> October) to promote Dyslexia Awareness
- Share this infographic across your school community
- Print off the QR code version to display on school noticeboards/local library etc.

This document was created using examples of a dyslexia friendly font (Comic Sans) and background colours. Which colour works best for you?

Interactive poster which is full of links to helpful resources and tools for supporting children and young people with literacy difficulties.

**Download Poster:** <https://bit.ly/3Djujst>

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It's the 10th Anniversary of Gangsta Granny, bring the book to life at home and download these FREE resources -

<https://twinkl.co.uk/l/mb412>



Homework woes getting you down? Don't despair! Homework Hacks with Sophie a.k.a Tired 'N' Tested are here to help! -

<https://bbc.in/3ADsLb0>

## Study Support

Is your teen preparing for their Mock Exams?

Bitesize can help with studying self-care and revision tips to alleviate the stress and motivate them to stay focused!

<https://bbc.in/3chwC3V>





# Help with Homework Top Tips

As your child progresses through their education journey, homework will remain a constant but ever changing part of this journey. Helping your child with their homework can be challenging but also rewarding. It will also give you an insight into what they are doing in school. Children are likely to be more successful in school if you take an active role in their education.

## Nutritional Snack

Before your child starts their homework, provide a nutritious snack. During this time chat with your child about how their day was, ensuring they feel relaxed before they start their homework.



## Routines

Establish a clear routine for your child to provide them with the space and time to enable them to concentrate on their homework. Plan with your child a homework timetable for the week so that they are aware of what is required of them on a daily basis but also include some time for fun.



# Help with Homework Top Tips

## Environment

Provide a space which encourages your child to want to complete their homework. Turn off distractions, e.g. television / mobile phone.

## Helping

There will be many times when your child doesn't know the answer and will look to you to give them the answer. Don't rush in to tell them the answer just to get the task finished. Instead encourage them to work through the task to find the solution and answer themselves.

## How I Was Taught

Your child will likely be learning new ways to complete tasks which will be different from the way you learnt at school. Don't try to teach your child your method, as this may lead to confusion. If you are unsure of the new technique it may be worth making a time to speak to your child's teacher.

## Your Time

As a parent you may be busy during homework time juggling many things. Turn off your mobile phone if you can, reduce your distractions, ensure you provide the space to help support your child with homework.

Support line: 0808 8010 722  
parentingni.org

f /parentingNI @parentingNI





**BBC Bitesize Parents' Toolkit**

## Tips for supporting your child with SEND at school

1. Partner up with the school.
2. Emphasise that your child is an individual with individual needs.
3. Know your child's strengths and interests (and make sure the school knows too!)
4. Find support for yourself, so you can support your child.



Further Info: <https://bbc.in/2WGhwRa>

**BBC Bitesize**

## Is your child struggling to fit in at secondary school?

Encourage your child to talk to their teacher and friends about how they feel- they might be able to offer advice and support.

Support your child in trying new activities and clubs as that will help them meet new people.

Reassure your child that it's OK to be themselves and then they will make friends with similar people.




**High Five Newsletter** - resource pack for families and primary aged pupils in relation to staying safe physically but also emotionally and mentally using the Health and Social Care Take 5 framework. Available in English, Irish and accessible versions – [Download Here](#)



## Parentline Podcast - Navigating First Year in Post Primary

As Christmas approaches, so ends the first term in 'Big School' for children who transferred to post primary this year. Kerry chats with Toni and Anna to share insight, tips and reassurance on this important year.

[Listen to podcast](#)

AFTER SCHOOL

# AFTERNOON CHECKLIST



Unpack school bag



Have a bath



Change out of my uniform



Put on my PJs



Do my homework



Brush my teeth



Play time



Read a bedtime story



Eat my dinner



Go to sleep

BBC

“It’s only natural for kids to release their emotional, physical and mental energy after school”

- mother.ly

## After School Restraint Collapse

You might not know the name but we bet you’ve experienced it!

Do your kids get after-school restraint collapse?

More info: <https://bbc.in/3kcyCiJ>

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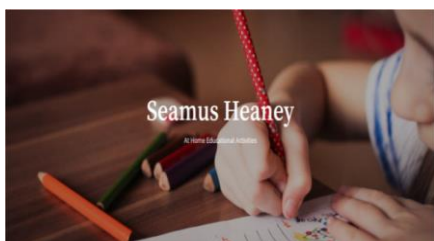




## BookTrust HomeTime

Looking for something fun as a family? Enjoy storytime with BookTrust's free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes. You can even learn how to draw some of your favourite characters.

<https://www.booktrust.org.uk/hometime>



[Craft based activities using Seamus Heaney's work as a source of inspiration](#)



[Kids Hub](#)



'All the latest magical treats to keep you occupied - including special contributions from Bloomsbury and Scholastic, nifty magical craft videos (teach your friends how to draw a Niffler!), fun articles, quizzes, puzzles and plenty more for first-time readers, as well as those already familiar with the wizarding world. We're casting a Banishing Charm on boredom!'

[Go to Website](#)



Fun, easy play ideas for your child to enjoy in and around the home- from making indoor dens, to playing in the dark, to old school games such as hide & seek.

[View Here](#)

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## CHARADES

### HOW TO PLAY

1. The players divide themselves into two teams.
2. The leader chooses the first player from one of the teams.
3. The leader then secretly gives this player a film or book title to act out.
4. The player is not allowed to use sounds, to mouth words or use drawing.
5. It is the job of the player's team to guess what the name of the film or book is.
6. If they are able to guess then the team gets a point.
7. Repeat with a player from the opposite team.

### VARIATION

Think about acting out different feelings that the players have been learning in their SEL lessons.

Believe in  
children  
Barnardo's

## Eco Activity Ideas

- Use (unrecyclable) milk or plastic bottle lids for an art project.
- Build an igloo or greenhouse from plastic milk containers.
- Turn lights off and ensure all plugs are switched off at the wall when appliances are not in use.
- Recycle batteries.
- Recycle plastic milk cartons into bird feeders.
- Grow your own vegetables. Learn what it takes to look after plants and vegetables as well as observing the life cycle of plants first-hand.
- Recycle old wellies by filling with compost and sowing seeds into them.
- Organise an eco quiz for your family/friends online.
- Discover bugs and nature in your garden or on your walk. How much plastic did you see? How do you think this impacts nature? Take clipboards, magnifying glasses and a camera to record the findings.
- Create junk models - recycle old egg boxes, cardboard tubes, cans, cereal boxes and plastic bottles to create robots, vehicles or large scale masterpieces!
- Organise a recycled fashion show for your family.
- Make eco-bricks using plastic bottles filled with plastic bags. You could use these to make your greenhouse or igloo.
- Build a wormery.
- Conserve rainwater to feed your seedlings with a water butt.
- Make a bug hotel using old pieces of wood, palettes and tubing.

Have fun playing with used or recycled materials!

[www.playboard.org](http://www.playboard.org)

PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.



## Bookworm Craft

- Cut out circles from different pieces of coloured card, or use foam circles.
- Stick your circles together to make a long worm shape.
- Create your bookworm's face by adding some googly eyes, pipe cleaners for antenna, and a smile!



For more ideas for International Children's Book Day go to [www.playboard.org/play-ideas](http://www.playboard.org/play-ideas)



## PAINT A STONE ANIMAL



[Download Here](#)



Creative play ideas resource produced by Sperrin and Lakeland Floating Support Team for you to try at home. Activities require little or no resources.

[Download Here](#)



**PLAYBOARD NI**  
LEADING THE PLAY AGENDA

## [Indoor Play Ideas and Activities](#)

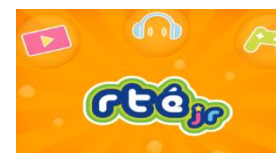
Family Days Tried And Tested

*Adventuring through childhood... with love and dysfunction in tow*

[Simple craft activities using milk cartons, jars and bottles](#)

**ni4kids**  
FAMILY • LIFE

[Activity ideas to help keep everyone upbeat and happy](#)



[Colouring in and make & do activities](#)



[Printable colouring in sheets](#)



[15 ways to keep your kids active \(even if you don't have much space\)](#)

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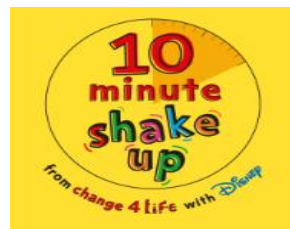
## SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Walk on your knees.		Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



WWW.THEYSMELL.COM



## 10 Minute Shake Up Games

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*.

These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! - [Play Here](#)

## Beans!

There are different actions for each type of bean. Each time the name of the bean is called out, the child(ren) should do the correct action.

**Runner beans** – run on the spot

**String beans** – stretch up tall and be as thin as possible

**Dwarf beans** – bend down and be as small as you can be

**Broad beans** – hold arms out wide and stand with wide legs

**Chilli Beans** – shiver

**Frozen beans** – everyone has to stand still

**Jumping beans** – jump up and down

**Beans on toast** – lie on your back with your arms across your chest



**Fun drawalongs** on Book Trust Home Time.

Top illustrators show you how to doodle their brilliant characters:

<https://booktrust.org.uk/hometime>

## How to Grow a Rainbow

You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!



### THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM

*Simplicity in difficult times*



**SureStart**

*'It takes a whole village to raise a child'*

### No cook playdough recipe

Use the same cup to measure:

- 4 cups of plain flour
- 1/3 cup of cooking oil
- 1 cup of salt
- 7 teaspoons of cream of tartar
- 3 to 4 cups of boiling water



Put all ingredients into a large bowl.

Add the 2 cups of water, I would add essence and food colouring at this stage by putting it into the cups of boiling water, followed by a 3<sup>rd</sup> cup of water.

Keep mixing and kneading the dough, until it becomes firm like bread dough if it needs more water just add more in gradually.

If your mixture becomes sticky the trick is to add a teaspoon of oil or a little more.

This playdough needs a lot of kneading so it cooks while you knead, be patient enjoy it, its very relaxing.

This playdough will last up to 4 weeks in an air tight container. This is a large amount you could however break it up and have a selection of different colours.

[www.dryarchcentre.org](http://www.dryarchcentre.org)

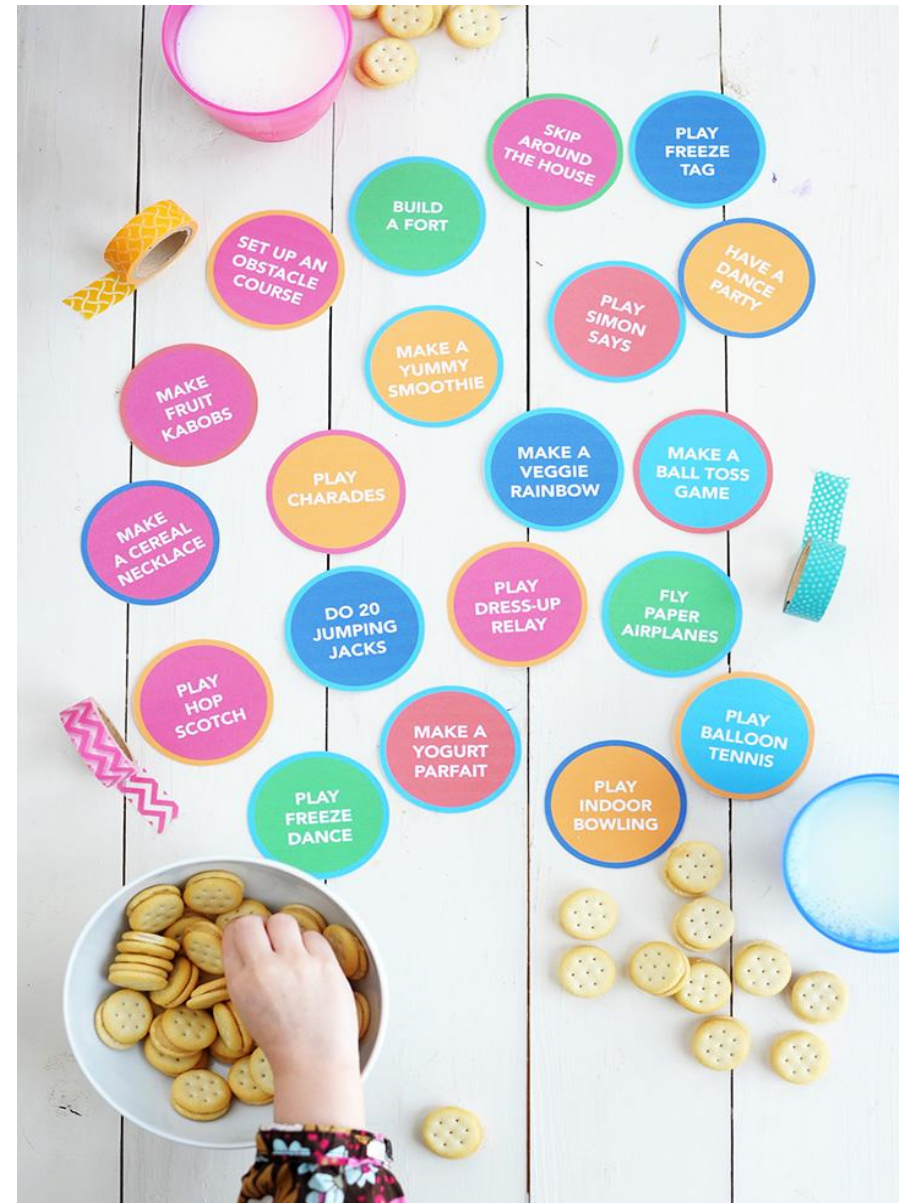
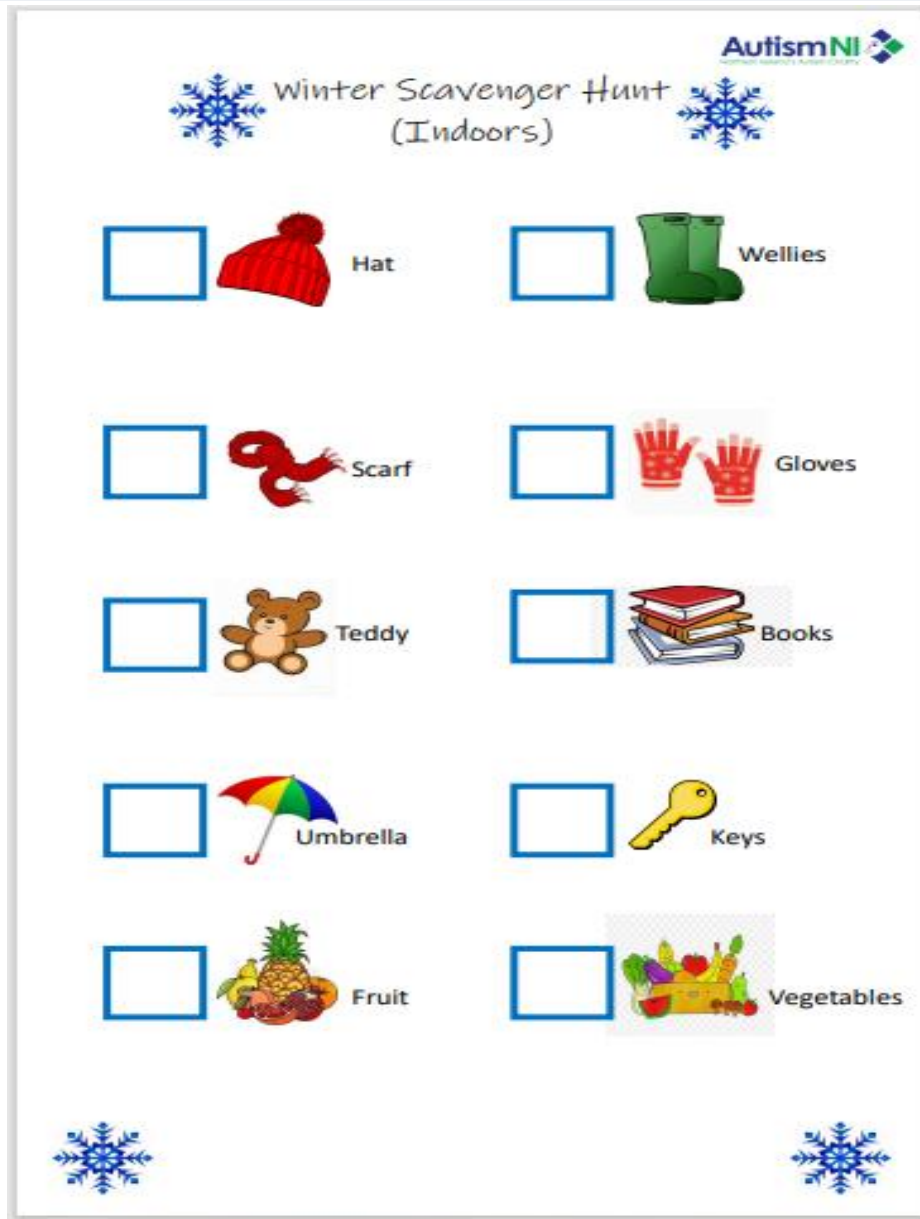
*'simple acts of kindness will get us all through'*



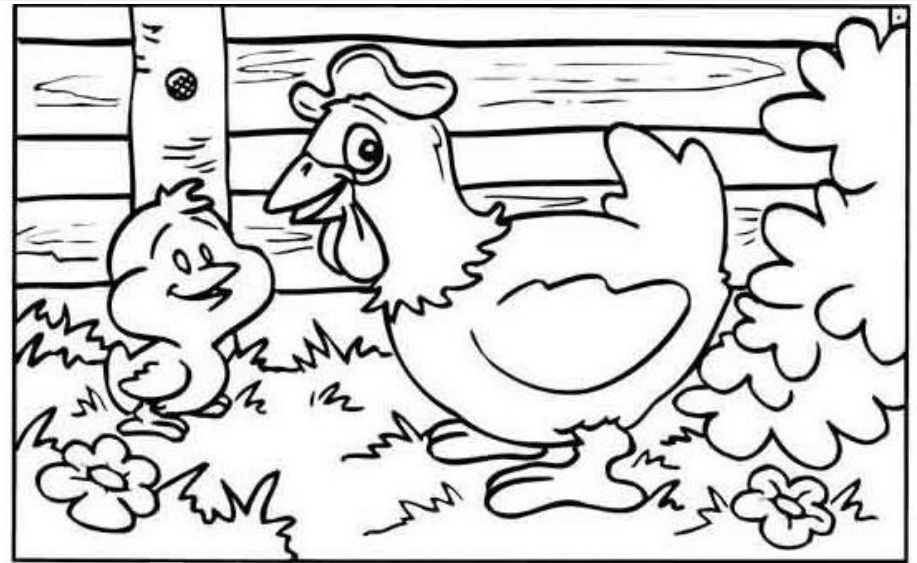
**Simple, fun activities for kids, from newborn to five**



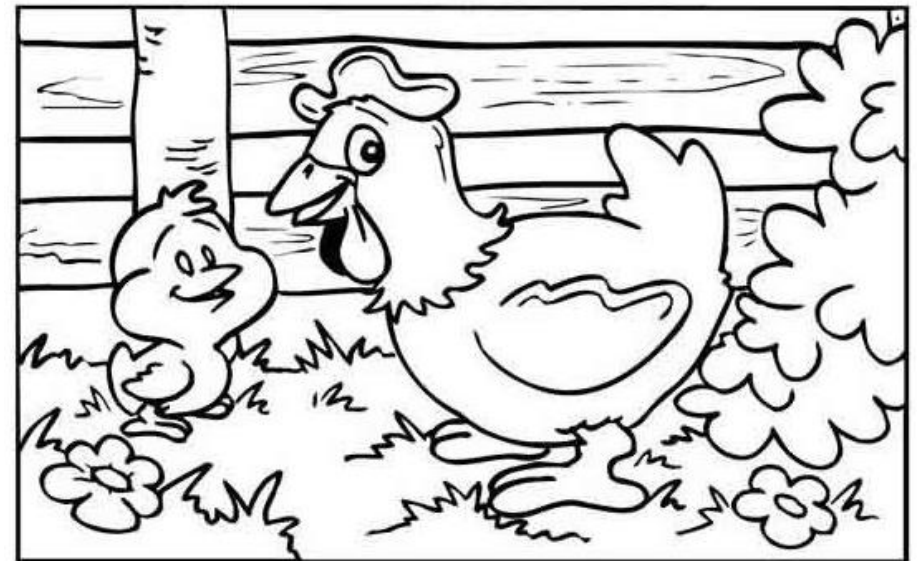
## INDOOR ACTIVITIES







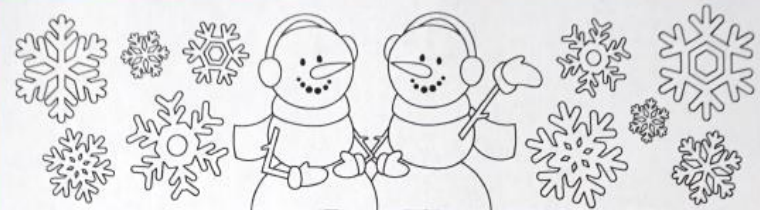
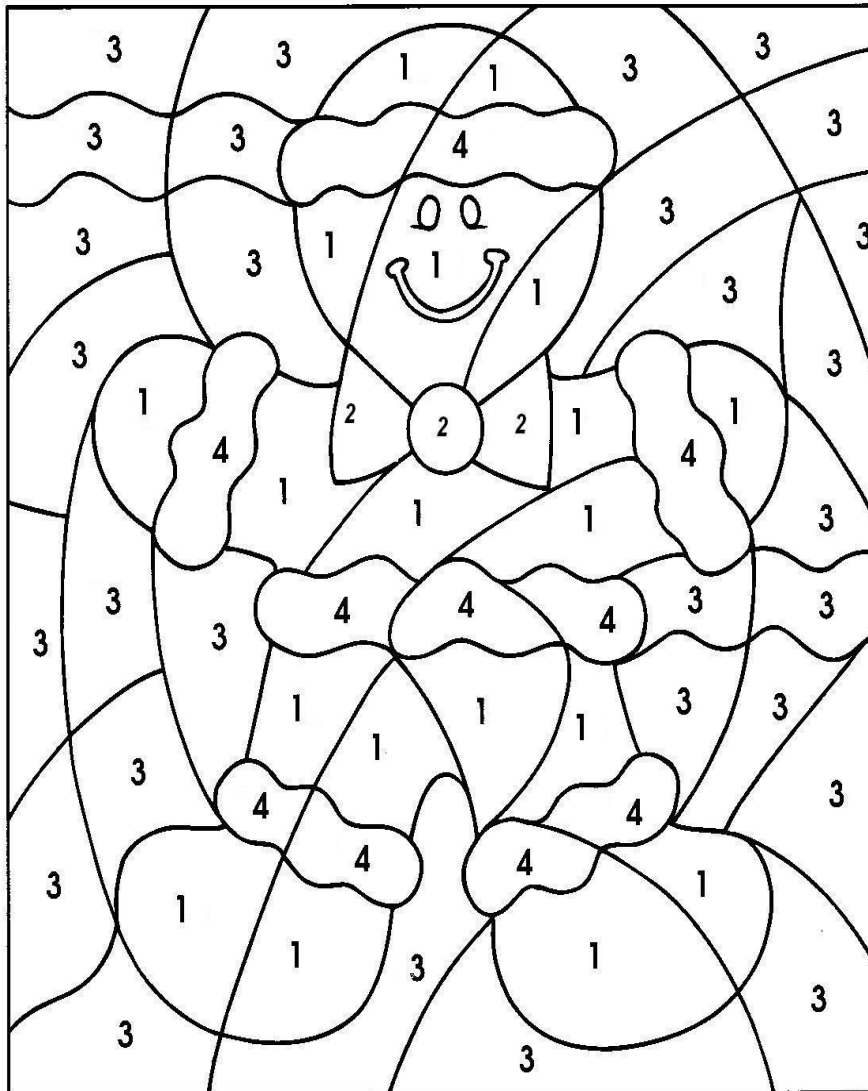
**Find the 7 differences**



# INDOOR ACTIVITIES

Coloring pages - <http://timeless-miracle.com>

1-Brown 2-Red 3-Green 4-Yellow



# WINTER

## WORD SEARCH

MIXPBEDZQTDDWMRZRLTF  
 SNVOLUXKNEVNEQTNSPEN  
 NKOCMELTKZBONCFYQBKS  
 PTIJVLGAUPMKUNECVGNW  
 SCDINBLIZZARDEBMPHAI  
 IXQPNFPGUSQAQARBOLN  
 TUVLWGLRIJLMXUUSOEBT  
 EQFOLZLEDWAEVFASMWRE  
 GCNMXAUFHDFUDTRXRISR  
 MSAASHBOBZMHFHYWHITES  
 FUXLSNOWINGTOVCJGWTW  
 SISLPEFWODMTSHOVELAE  
 RNWEVEYRLNCLII ZPXVKA  
 EIOYVRROAOSLNEZORFST  
 TCUWAOCICCLPGQAZAPEE  
 AEOUMOLOFYSTXIDNGUCR  
 ETNCNAAGGAVAFZNDWEIP  
 HALOPFNCFEWOOJWNJAGU  
 JLEPMOQGVZFCEETSSXXS  
 YREPPILSTSORFMKCBPSM

BLANKET  
 BLIZZARD  
 BOOTS  
 CHILLY  
 COAT  
 COLD  
 DECEMBER  
 FEBRUARY  
 FIREPLACE  
 FROST  
 FROZEN  
 GLOVES  
 HEATER  
 HOT COCOA  
 ICE  
 ICE SKATES  
 ICICLE  
 JANUARY  
 MELT  
 SCARF  
 SHOVEL  
 SKIING  
 SLED  
 SLIPPERY  
 SNOWING  
 SNOW BALL  
 SNOWFLAKE  
 SNOWMAN  
 SWEATER  
 WINTER

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## OUTDOOR ACTIVITIES



## OUTDOOR ACTIVITIES

NO TIME FOR  
FLASH CARDS

[50 simple outdoor activities for kids to get them outside without breaking the bank.](#)



Playful outdoor learning ideas and activities from PGCE students at Stranmillis University College.

[View Here](#)



Mummy  
PAGES

[Fun outdoor autumn activities for kids](#)

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## Den building

All that's required is household items or things found in your garden and lots of imagination! Dens can be any shape or size and based outdoors in your garden, for example using just a blanket and a tree, or indoors using items such as cushions, chairs, tables and boxes.

If you don't have a lot of space mini dens could be created for favourite toys! The best dens, and those which are the most fun, are built and designed by children!

Den building offers many benefits such as respect for and understanding of the natural environment and can help children develop many skills such as problem solving, reasoning, communication, planning and motor skills.

**Mastery play** - Control of the physical and affective ingredients of the environments, like digging holes or constructing shelters. This play activity can also incorporate many of the other play types.

Play Types developed by Bob Hughes - A Taxonomy of Play Types

[www.playboard.org](http://www.playboard.org)



## Outdoor family activity ideas from the National Trust



*putting the wild back into childhood*

## Outdoor Winter Activities for Kids

## Singing in the rain

- Go puddle jumping - who can make the biggest splash? Make a dam or a bridge over a big puddle or race leaves.
- Water play - using a large container or basin and other pots, pans, kitchen utensils, watering can, jugs, bath toys etc.
- Make a magic potion or soup using leaves, twigs and other things found in your garden.
- Go on a wet and windy adventure walk and sing and dance in the rain!
- Draw on a paper towel with markers and place in the rain to see what is created.
- Discover how much it rains by collecting in an old milk jug, cut in half. Use what you have collected to water your indoor plants.
- Make an outdoor mud kitchen.

\*Remember to wash hands thoroughly after playing with mud. It's a good idea to have old clothes, shoes and towels set aside for muddy play.

[www.playboard.org/play-ideas](http://www.playboard.org/play-ideas)



## Bug Hotel

Going on a bug hunt and creating a bug hotel offers lots of opportunities to explore and to discuss nature and the environment.

You can make your bug hotel out of materials you have at home or in your garden such as old plant pots or half a plastic bottle, and fill with bug friendly bits and bobs of different shapes and sizes for insects and bugs to crawl into such as sticks, wood, bark, leaves, stones, flowers, grass etc.

Once you have opened your bug hotel just wait for the bugs and creatures to move in!

[www.playboard.org](http://www.playboard.org)



## Winter Scavenger Hunt (Outdoors)

AutismNI



Robin



Bare tree



Leaves



Stones



Fence



Clouds



Puddles



Berries









Footprint



Twig



## Nature Hunt

Found	Trace	How many?
	Leaf	
	Bark	
	Feather	
	Leaf	
	Stone	
	Stick	



## PLAYING IN ALL WEATHERS... FUN WITH THE WINTER ELEMENTS!

Winter is here and it's getting colder and darker – but it's still a great time for getting children of all ages outdoors. We just need to EMBRACE the weather!

Have a playful and positive attitude towards the winter season; show your children that winter can be fun. Try to model ways to be playful .... stamp your feet on ice patches or in puddles, have a snowball fight, play in the rain, make snow angels or snowmen! Take a breath of that cold winter air and remember that whatever you do outdoors you are supporting your children's health, wellbeing and happiness.

### Think positive!

#### What we say...

Aw no it's raining! We're not going outside today.

What a dreary, miserable day.

It's freezing out there!

It's too windy today!

This weather is ruining our plans!

#### What we could say...

Let's get our raincoats on, looks like it's a muddy puddle day today!

Seems like the sun needed a holiday today, let's go and look at the clouds.

Let's put an extra layer on today and perhaps a hat too!

Oh let's see how that wind is blowing today.

Let's think of something that would be fun to do today in that weather.

*"There is no such things as bad weather, only inappropriate clothing."*

Ranulph Fiennes

During the warm spring and summer months, it seems natural to allow children to play outside. However, when winter comes along, parents and adults are often more hesitant to let children outside to play. There are plenty of ways to encourage children to play outdoors, and there are several health benefits that accompany winter playtime:

Seeing the outdoors from a new perspective BREATHING FRESH AIR AND AVOIDING GERMS vitamin D exposure INCREASES EXERCISE new experiences NEW CHALLENGES playful fun!

Wrap up warm and embrace the play opportunities that winter brings. Creating and engaging in winter play activities is fun for both you and your child, and very easy to do!

#### Spray Paint Art

Fill squeeze bottles with water & food coloring and draw pictures in the snow. Or use old paintbrushes and buckets to paint the snow.

#### Build a snowman

A childhood must! Add some props like hats and scarves, pebbles, twigs and sticks and maybe a carrot for a nose.

#### Frozen Bubbles

Blow bubbles outside in the cold icy air. They will be much harder to pop and last much longer. Catch frozen snowflakes or hailstones on your tongue.

#### Windy Walk

Go for a walk in the wind and see how the wind blows the leaves and the trees. Remember the joy of crunching fallen leaves underfoot?

#### Nest Hunt

Go on a nest hunt – with all the leaves off the trees nests are much easier for children to spot! Make it a game and see who can spot the biggest.

#### Jumping Puddles

Put on raincoats, water boots and splash or jump in puddles, another childhood must!

#### Rainy Walk

Don't let the rain put you off. Take umbrellas and head off for a walk in the rain. There is something about umbrellas that toddlers and children love...using them as a walking stick, twirling them around above their heads or use them as broomsticks to fly through puddles.

#### Mud, Mud, Mud

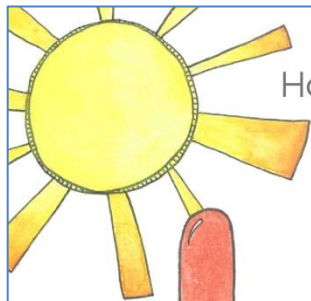
Rainy weather creates mud...children are often drawn to muddy puddles and dirt as a part of their play. Make mud pies, paint with mud or jump in muddy puddles.

*Being outside with your child offers all sorts of play opportunities.*

*Recreate some of your childhood play memories and make some time to play each day.*

For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279208 [playmatters@education-ni.gov.uk](mailto:playmatters@education-ni.gov.uk)





## How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C



10°C



0°C



-10°C



-20°C



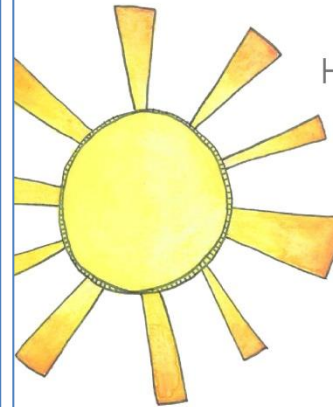
Supporting Outdoor Play Year Round



[www.getoutsideandplay.ca](http://www.getoutsideandplay.ca)



[www.befitforlife.ca](http://www.befitforlife.ca)



## How to Dress for the Weather Tips

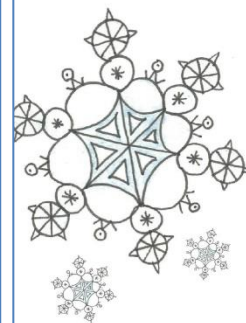
### Tips for Hot

- Use sunscreen before going outside
- Wear a hat and sunglasses
- Bring a water bottle to stay hydrated



### Tips for Rain and Wet Conditions

- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes including waterproof mittens for cold, wet days



### Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.



[www.getoutsideandplay.ca](http://www.getoutsideandplay.ca)



[www.befitforlife.ca](http://www.befitforlife.ca)

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### MINI MILKSHAKES

Try these mini milkshakes with your family and enjoy a refreshing, healthy treat this Summer!

#### METHOD

##### STEP 1

- Put the banana, half the milk and half the yogurt in a blender, and blend until smooth. Pour into two or three milk bottles. Divide the blueberries between two skewers to make stirrers, then drop one into each bottle. Stir before serving.

##### STEP 2

- Put the strawberries and six raspberries in a blender with the rest of the milk and yogurt. Blend until smooth, then divide between two small milk bottles. Push the remaining raspberries onto two skewers to make stirrers as before.

##### STEP 3

- Blend the mango and coconut milk until smooth, then add a squeeze of lime. Divide between two milk bottles and serve with the lime wedges.

#### INGREDIENTS

- 1 small ripe banana, chopped
- 400ml whole milk
- 100g natural yogurt
- 1 small punnet blueberries
- 6 strawberries, hulled
- 1 small punnet raspberries
- 120g mango chunks (fresh or frozen)
- 200ml coconut milk for drinking (or coconut kefir)
- 1/2 lime, cut into wedges



### Recipe Card Mars Bar Buns



#### Ingredients

- 1x 4pk Mars Bars
- 4oz Rice Krispies
- 4oz butter
- 1 tbsp golden syrup
- 1 Block of Chocolate

#### Method

- Melt butter, Mars bars and golden syrup over a medium heat in a pan
- Add in Rice Krispies and mix well
- Press into a deep sided well greased non-stick rectangle tray
- Chill
- Melt block of chocolate and pour over chilled mixture
- Leave to chill
- Remove for 1/2 hour before cutting

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The Good Space NI  
SPACE

### Slow Cooker Crunchie Fudge

- 400g Cadbury chocolate
- 1 can of condensed milk
- 15g unsalted butter
- 1 teaspoon of vanilla essence
- 4 bars of crunchie



Put everything (apart from the crunchies) into the slow cooker.

Put slow cooker on high setting.

Stir every 15 minutes for 45 minutes.

Add 3 bars of chopped crunchie and stir.

Pour mix into lined tin.

Sprinkle remaining crunchie on top.

Put in fridge to set - approx 5 hours.

Remove from tin and cut into chunks.

Enjoy and forget about the thousands of calories 😊



Back to school focus!



# Brilliant Breakfast!

Did you know 1/3 people skip breakfast?

Here are some top tips to start your child's day right!



After 10-12 hours overnight without food, energy reserves are low. Your body and brain need fuel!

Provides essential nutrients such as fibre, vitamins & minerals such as calcium & iron.



Breakfast keeps you going until lunchtime & improves concentration at school



Try to choose a healthier option like porridge with fruit, no-added sugar wheat or bran cereals or wholemeal toast with eggs.



Stops you feeling hungry mid-morning when you might be tempted to eat crisps or chocolate!



Did you know? Children consume half the daily recommended sugar intake before the morning school bell rings, according to Public Health England.

## It only takes 5 minutes!

HSC Northern Health and Social Care Trust

HSC Public Health Agency  
Project supported by the PHA

### Snack hack!

Grapes, strawberries, pineapples and other fruits are a delicious alternative to shop-bought sweets.



ParentingNI

## Healthy Snacks

Many kids get hungry between meals. A healthy snack can provide your kids with energy and help them get the nutrients they need on a daily basis.

### Healthy snack options:

**Fruit:** A piece of fruit is a convenient and healthy snack for kids. Most fruits contain fibre and important nutrients like potassium and vitamins A and C - Bananas, apples, pears, grapes, peaches, and plums are examples of fruits that can be used for grab-and-go snacks.

**Fruit smoothies:** A fruit smoothie is a good way to pack a lot of nutrients into a small snack.

**Yogurt:** Yogurt is an excellent snack for children and young people because it's a good source of protein and calcium. Calcium is especially important for developing bones. Try to avoid yogurts with high sugar content.

**Cheese:** Cheese provides children with high-quality protein, which is needed for proper growth. Protein will also help them feel full between meals.

**Boiled eggs:** Eggs are highly nutritious and an excellent snack for kids. They provide high-quality protein and several vitamins and minerals, including vitamin B12.

### Simple snacks

**A sandwich/roll**  
Sandwiches don't have to be just for mealtime. Half a sandwich can also make a healthy snack for kids. To build a healthy sandwich, start with whole-wheat bread, pick a source of protein, and include a fruit or veggie, if possible. Here are some examples of healthy sandwich combinations:

- cheddar cheese and thinly sliced apples
- cheese and tomato slices
- peanut butter and banana slices
- Chicken or turkey, cheese, and or pickle
- hard-boiled egg and tomato

### Sweet potato fries (for one)

- 1 fresh sweet potato
- 1 teaspoon (5 ml) of olive oil
- Sea salt

Peel and slice the sweet potato. Toss the potato in olive oil and sprinkle it with sea salt. Bake on a cookie sheet at 220°C for 20 minutes.

### Banana oat cookies

- 3 ripe bananas, mashed
- 80 ml of coconut oil
- 160 grams of rolled oats
- 80-90 grams of mini chocolate chips or dried fruit
- 1 teaspoon (5 ml) of vanilla

Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a grease proof paper and bake for 15-20 minutes at 175°C. Leave to cool.



parentingni.org  
Support Line: 0808 8010 722



### Lunch box ideas

#### Cheesy coleslaw with wholemeal pitta bread recipe

##### Ingredients

- 1 tablespoon of reduced-calorie mayonnaise
- 1 tablespoon of low-fat Greek style yoghurt
- 1 thin slice of white cabbage, shredded
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 20g reduced-fat cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 large wholemeal pitta bread

##### what to do

In a bowl, mix the mayonnaise and yoghurt.

Add the vegetables, cheese and, if using, parsley and mix.

The coleslaw keeps well in the fridge so make it the previous evening to help with the morning rush!

Carefully split open the pitta bread and fill with the coleslaw.

##### Complete your lunchbox with:

- 5 cherry tomatoes
- Small box of raisins
- 200ml semi-skimmed milk

##### Tips

- Children's portion sizes should be the size of their hand
- Dried fruit should only be given once a day after a meal



BBC  
Bitesize

### Back to school lunchbox idea: Pitta pizzas plus peach and yoghurt

1. Cut up some peppers, tomatoes and cooked chicken

2. Spread some tomato puree on to the pitta with 2tsp of mixed herbs

3. Place everything on top with cheese and grill on medium heat

4. Leave to cool and cut into small strips

5. Add some tinned peaches into a pot and some natural yoghurt into another pot. Remember to chill!



Quick and easy  
healthy lunchbox recipes



[Download Here](#)

change 4 life

Healthier lunch box  
recipes – easy to prepare  
ideas your kids will love



[Download](#)





Shocked that a square of chocolate makes up a treat?

Mum of 7, Jen Hogan was.

Listen to her talk to experts about treats & talking to our kids about healthy eating:

<https://safefood.net/professional/events/start-talking-treats-the-moderation-conversation...>



Tips & tricks to help you to build healthy eating habits with your children.

<https://bit.ly/3i69cT4>



[Beginner's guide to growing fruit and veg for children](#)

## 15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!

 <p><b>Green Onion</b> Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt</p>	 <p><b>Onion</b> Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions</p>
 <p><b>Kale</b> Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem</p>	 <p><b>Sweet Potato</b> Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"</p>
 <p><b>Leeks</b> Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out</p>	 <p><b>Ginger</b> Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout</p>
 <p><b>Basil</b> Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter</p>	 <p><b>Mint</b> Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil</p>
 <p><b>Garlic</b> Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow</p>	 <p><b>Rosemary</b> Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil</p>
 <p><b>Potatoes</b> Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt</p>	 <p><b>Cilantro</b> Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed</p>
 <p><b>Romaine Lettuce</b> You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves</p>	 <p><b>Celery</b> Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil</p>
<p><b>Bok Choy</b> Bok Choy can be regrown just like romaine lettuce!</p> 	



# Help Kids Talk



**Our vision: everyone in our community working together to help kids talk.**

We are a community-wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and South Eastern HSC Trust.

- We deliver key messages around speech, language & communication development every month through our social media pages
- We run free webinars on a fortnightly basis
- In our webinars we discuss infant mental health & top tips for supporting speech, language & communication development in children aged 0-10 years
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar via the QR code or the following link:

<https://view.pagetiger.com/basic-awareness-webinar-training-dates>



For further information, please contact us.  
email: [helpkidstalk@resurgamtrust.co.uk](mailto:helpkidstalk@resurgamtrust.co.uk)  
phone no: 028 92675172



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ParentingNI

## TIPS FOR DEVELOPING SPEECH AND LANGUAGE

Make every opportunity a language learning activity – if it's a trip to the shops, or bath-time, you can make every activity a language learning activity. You don't have to set aside a specific time of day to learn language; every activity is a language learning activity.



Start your child learning for a lifetime!

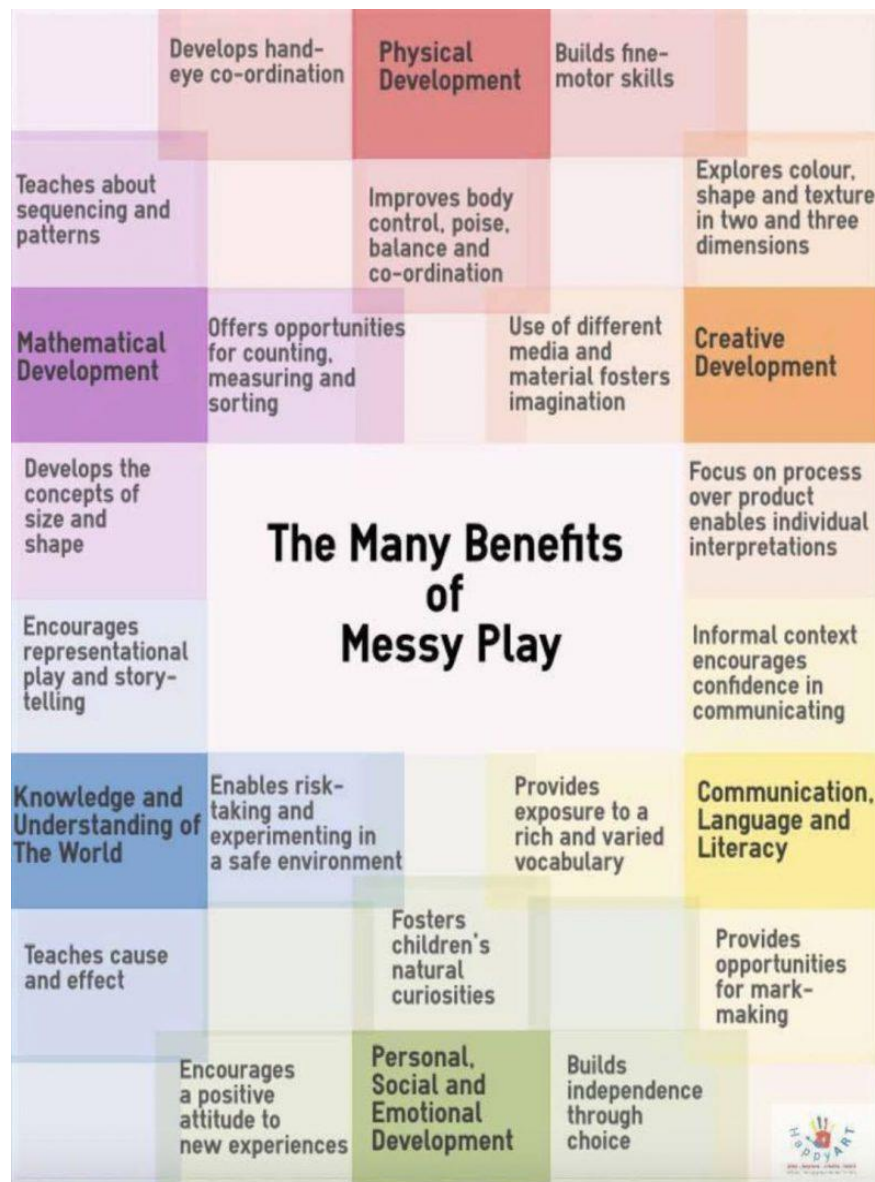
[This video](#) from BBC Tiny Happy People highlights the importance of singing songs to babies all day long and how you can sing about anything!

## 7 benefits of nursery rhymes for babies & toddlers

1. They introduce kids to **new words**
2. They help children recognise the **sounds in words**
3. They teach where **words begin & end** in sentences
4. They boost **fine and gross motor skills**
5. They're great for developing other life skills, like **maths**
6. They build **emotional awareness**
7. They **strengthen the bond** between you and your child







### Tips for play with your baby

Research shows 75% of your child's brain development occurs after birth. Play helps promote that development by stimulating the brain through the formation of connections between nerve cells.

It's never too early to introduce play so why not try:

- Get close to your baby give them time to study your face. Stick your tongue out or pull facial expressions and they may mimic these back.
- Sing or try nursery rhymes that involve touch e.g. 'round and round the garden'
- Talk to your baby, mirror the sounds they make, give kisses and use tickles and gentle touch.
- Play peek-a-boo using a sheet or your hands.
- Role play hand clapping and encourage your baby to try.
- Give your baby different objects to feel – soft toys, rattles or cloth books with pages of different textures – discovery is fun for babies.
- Use bath time as a relaxing way to introduce bubbles and water play.



parentingni.org  
Support Line: 0800 8010 722







Play is a vital a part of childhood and is necessary for children and young people's healthy development.

Play Matters leaflets and resources available to download:

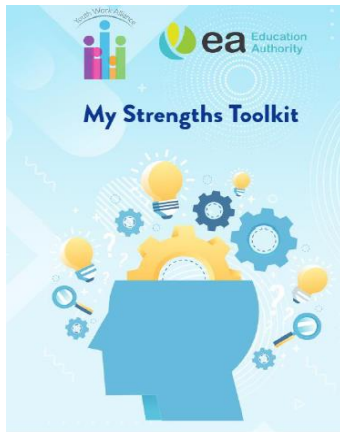
- [Play Matters Leaflet](#)
- [Nurture Your Child's Mental Health Through Play](#)
- [Play for Parents Guide](#)
- [Play and Digital Technology](#)
- [Play Outdoors](#)
- [Play and Challenge](#)
- [Outdoor Fun in the Sun](#)
- [Play in all Weathers](#)
- [Hanging Out – Older Children at Play](#)
- [Playing with Stuff Around the Home](#)
- [Play with Nature, Mud and Getting Dirty](#)



Fun physical activity record sheet which outlines the recommended physical activity guidelines for children aged 5 to 18 and includes an easy way for children to keep track of how much activity they are getting track of how much physical activity they are getting -

[Download Here](#)





[Download Toolkit](#)



[Download Booklet](#)



The Dads Project supports dads in Northern Ireland who are separating, separated or currently involved within the courts service – [Further info](#)



[A range of resources help parents](#)

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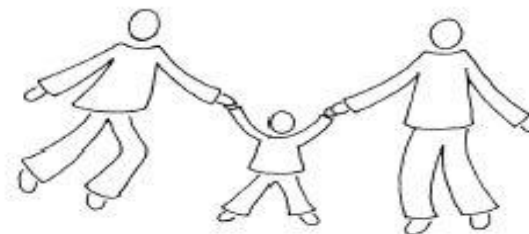
# Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

- ☒ The latest evidence based parenting programmes & workshops by Trust area
- ☒ Information / leaflets
- ☒ Training / development opportunities for professionals / staff

Visit the Parent Support webpage at <http://www.cypsp.hscni.net/ebpp> or scan the QR code for instant access



# Relax like a cat

Relaxation for children



[Download](#)



Starting a conversation with your child can be difficult, especially if you're worried that they're having a hard time. Here are some conversation ideas from Young Minds to help you start things off.

### General

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

What did you do today that you are most proud of?

### Fun

What's your favourite song at the moment? Would I like it?

If you were an animal which one would you be?

If your life was a movie which one would it be?

What's your favourite thing about school and why?

If an alien had landed in your class today, what would you have been embarrassed for them to see?

### Serious

What was the biggest problem you had today?

Do you want to talk about what's going on?

How can I support you through [issue]?

Is there anything that you need from me? Space, time to talk, time to do something fun...

### Encouragers

I love you, nothing can ever change that

You can talk to me, I'm here for you

If you need to talk to someone else, that's okay too

If you talk to me about what is worrying you, I can do my best to help

Even if I don't understand, know that I want to

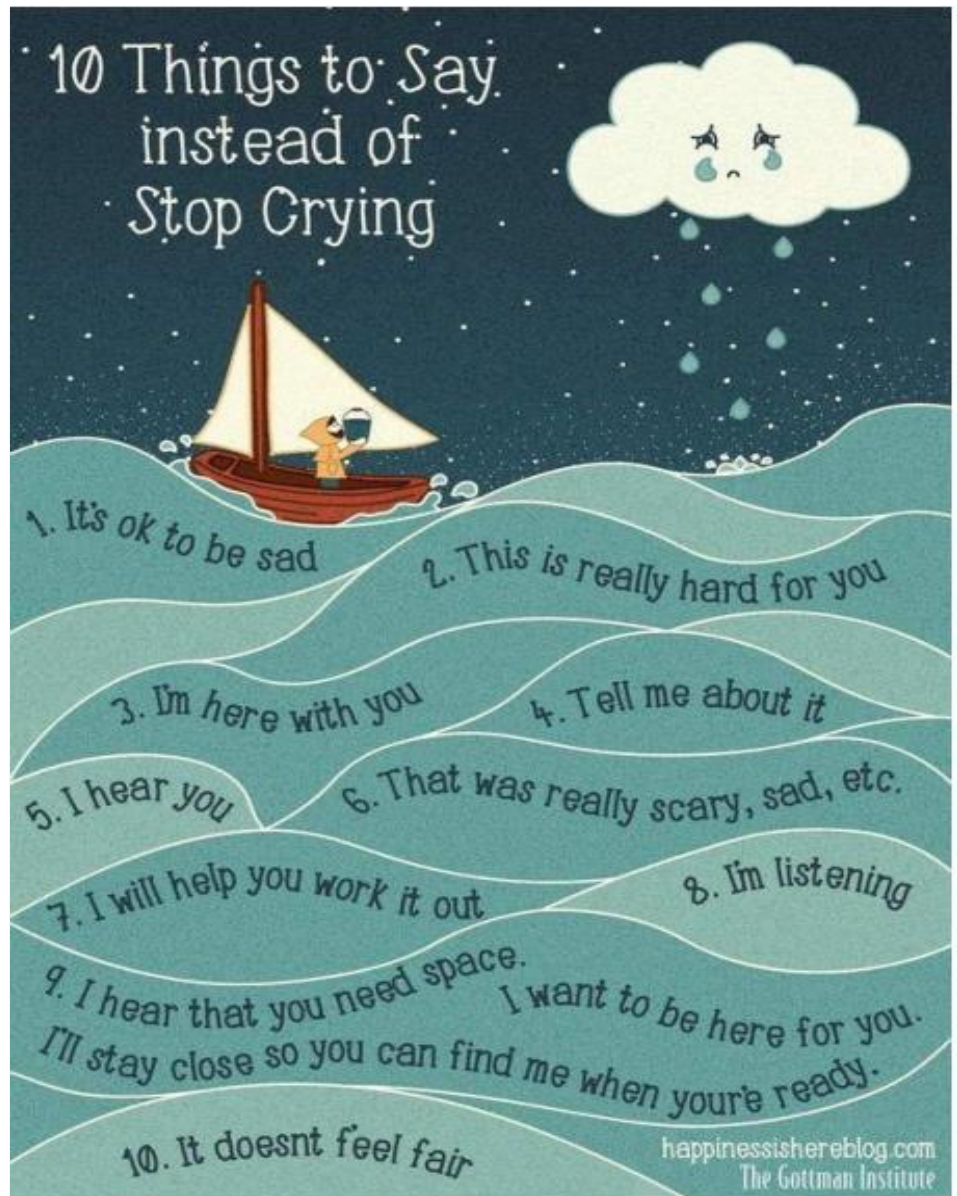
We're going to get through this together





Child-friendly video and brochure, available in various languages, encourage children to tell someone they trust if they face sexual violence.

<https://coe.int/en/web/children/tell-someone-you-trust...>



**"How can I improve my quality of sleep?"**

*Cruise Bereavement Support*

Listen to a podcast

Taking a bath to help you relax

Exercise can be really helpful to tire your body out

Try not to get into bed until you feel really ready to sleep

Yoga

Listen to relaxing music

# MEDICAL ESSENTIALS FOR KIDS



## WHAT TO BUY



Pain relief for teething, flu, colds, sore throat, earache etc - oral suspension paracetamol eg. Calpol - available at pharmacies and supermarkets

Nappy rash - antiseptic healing cream eg. Sudocrem, Metanium, calamine lotion - available at pharmacies

Head Lice - pharmacy own brands available, ask your pharmacist for advice - available at pharmacies

Bruises, cuts and scrapes - plasters and antiseptic cream or a first aid kit - available at pharmacies

Allergies, insect bites and itches - plasters and antiseptic cream or a first aid kit - available at pharmacies

ASK YOUR PHARMACIST  
FOR ADVICE ON  
MEDICINES FOR KIDS

ALWAYS READ  
THE LABEL



## COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



SCAN ME







### 6 Apps & Services That Every Parent Should Know

From WhatsApp to Snapchat, the online world is overrun with apps and services, and it can be difficult for parents to keep up with everything their child uses.

To help, Parent Zone have put together a handy guide to the popular ones we think they should know about:

<https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every-parent-should-know-about>



Resource which includes research, multi-media information and links to work carried out with regards to screen time

[Read Here](#)





### Help kids make the most of their lives online

Find out all about device safety for your child and help them to have positive experiences online.

These resources will help you with their first device, social media apps, screen time and much more <https://bbc.in/3GzCgw7>



[Online resources, tools and advice to support families to make the best use of tech](#)

### Age Appropriate Resources Exploring Online Safety

Safer Schools NI provide age appropriate resources exploring online safety topics such as Image Sharing, Influencers & Trusted Adults on our Teach Hub!

Explore these topics and more at <https://bit.ly/30lCMxz>.  
Simply follow the steps below to access.



Are you worried about your child sharing personal details online and being exposed to an online scam? NSPCC in partnership with O2 have put together some helpful advice on [#NetAware](#): <http://bit.ly/3ui2FZC>



## OTHER RESOURCES & ACTIVITIES

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about TIKTOK

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in sexually suggestive ways. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

### EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

### TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok, leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

### ADDICTIVE NATURE

Like all social media platforms, TikTok can be extremely addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

### IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 10p to an eye-watering £39 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos within revealing information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). That way, your child can get their regular dose of TikTok without wasting the whole day.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case your child does watch videos that are not what they need, it's important that they know how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone they're coaching its guidelines, while you can also block individual users through their profile.

### Maintain Privacy Settings

The default setting for all under 18s' accounts is 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

### Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Click, a web resource that helps parents and children thrive in a digital world.

SOURCES: [www.tiktok.com](http://www.tiktok.com)

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.10.2021

# How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.

### How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

### How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

### How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

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## ONLINE SAFETY AGREEMENT

Parent LineNI 0808 8020 400

This agreement is between \_\_\_\_\_ and \_\_\_\_\_

### Child Responsibilities:

- Do not talk to strangers.
- I will not post or send inappropriate photos.
- Make sure all my social media platforms are private.
- We agree I can be online between ----& ----
- Alert parents of suspicious or alarming online activity.
- Password protect social media apps and use privacy settings
- I will not use the internet or social media to bully another person.
- Be careful what I share online

### Parent Responsibilities:

- Help you with privacy settings
- Be supportive of any issues and questions you have.
- Let you know before we remove privileges

We agree;

SIGNED: \_\_\_\_\_

SIGNED: \_\_\_\_\_

Parent LineNI 0808 8020 400

## MOBILE PHONE AGREEMENT

Parent LineNI 0808 8020 400

This contract between \_\_\_\_\_ and \_\_\_\_\_

### Child Responsibilities:

- Keep phone charged at all times.
- Answer when parents call.
- To know where my phone is, and keep it in good condition.
- My phone will be left \_\_\_\_\_ at \_\_\_\_\_pm
- Alert parents of suspicious or alarming calls and texts.
- Keep phone locked when not in use and never share my password with anyone.
- I will not use my mobile phone to bully another person.
- Ask before spending money.

### Parent Responsibilities:

- Answer your calls
- Always answer your questions or listen to worries
- Will give warnings before removing phone use.

We agree;

SIGNED: \_\_\_\_\_

SIGNED: \_\_\_\_\_

Parent LineNI 0808 8020 400





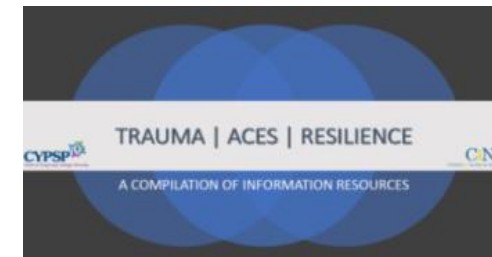
Short videos from @LINCwomen aimed at teachers and adults who wish to create safe and inclusive spaces for LGBTI+ young people.

‘Esther Explains’ covers three topics in the current series, Being Trans, Non-Binary and Homophobic Language. <https://buff.ly/3clwccC>



### Young Witness Service

Free, independent & confidential service, providing support & assistance to children under 18-years old who have to attend court as prosecution witnesses in NI. It's free, independent & confidential - [More info](#)



### Trauma | ACES | Resilience – Resources

Resource to help raise awareness of existing information, research, multi-media information and links to work carried out with regards to Adverse Childhood Experiences, Resilience and Trauma Informed Practice.

[Download Here](#)

## Information for parents and carers



Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19. Please don't send your child to school if they have COVID-19 symptoms such as:

- a high temperature
- a new continuous cough
- loss of or change to their sense of taste or smell

If your child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they or members of your household do not need to self-isolate. Your child can attend school if fit to do so.

Contact tracing and self-isolation procedures have recently changed, so here's what to do in particular cases.

**Contact tracing will be done by the Contact Tracing Service at the Public Health Agency (PHA). They will call from the number 028 9536 8888 – save the number in your phone so that you recognise it and please answer if they call.**

### My child has COVID-19 symptoms

- Book your child a PCR test as soon as possible.
- They should isolate until they get their result. If it is negative they can carry on as normal and return to school as long as they are well (no fever for 48 hours).
- If it is positive they should isolate for 10 days. You will receive further information by text message and a contact tracing call from the PHA.
- You should advise your child's school or nursery that they have tested positive.

**You can book a PCR test online via [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) or by calling 119 if you can't go online.**

### Someone in our household is positive

- Everyone in the household should book a PCR test as soon as possible and again for the 8th day after their exposure. Anyone who tests positive should isolate for 10 days.
- Adults who are fully vaccinated do not have to isolate while they're waiting for the results. Adults who are not fully vaccinated should isolate for 10 days regardless of their test result.
- Children aged 5-17 who are not vaccinated should isolate until they get their results. If the result is negative they can come out of isolation and return to school.
- Children under the age of 5 are advised to take a PCR test but they do not have to isolate while waiting for results.



### There has been a positive case in my child's school

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- If the only contact has been in school it is unlikely that your child will be identified as a close contact.
- The school may send a general letter to parents advising them to be aware of symptoms.
- In the meantime if your child develops symptoms please book a PCR test.

### There has been a positive case in my child's nursery school

- The PHA will work with the nursery to identify all close contacts and provide advice and guidance to parents on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

### There has been a positive case in my childcare setting

- The PHA will work with your childcare provider to identify all close contacts and provide advice and guidance on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

### There has been a positive case in a club my child attends

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- In the meantime if your child develops symptoms please book a PCR test.



**For more information visit:**  
[pha.site/contacttracingschoolsFAQs](https://pha.site/contacttracingschoolsFAQs)



Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114. [www.publichealth.hscni.net](https://www.publichealth.hscni.net)

10/21

### Talking to your child about Coronavirus

- ✓ Talk about their worries and feelings.
- ✓ Keep in touch with friends and family.
- ✓ Try to create structure and routine.
- ✓ Help give your child a sense of control.

**NSPCC**

### COVID-19 Vaccination

A guide for children and young people



Guidance for young people and parents on school age Covid vaccination

[Download Here](#)



### Type 1 Diabetes – Signs in Children & Young People

Children and young people can develop type 1 diabetes at any time. Do you know the signs of type 1 diabetes?

Further info at: <http://pha.site/type1>

[Watch video](#)



To support children's understanding of the importance of the flu vaccine and to encourage uptake, the PHA has produced an animation for school-aged children.

[Watch Video Here](#)

Further info: <http://pha.site/Flu2021>

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# Do I need to keep my child off school?

<b>Chicken Pox</b> Until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhoea &amp; Vomiting</b> 48 hours from last episode	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	<b>Hand, foot &amp; mouth</b> No need to stay off but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 Hours after commencing antibiotics
<b>Measles or German Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>Scabies</b> Until after first treatment	<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Whooping Cough</b> 48 Hours after commencing antibiotics
	<b>Flu</b> Until recovered	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> No need to stay off but school or nursery should be informed	

## OTHER RESOURCES & ACTIVITIES

designs + print by [www.devinedesigns.com](http://www.devinedesigns.com)

Supported by:



[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

**Community Based Suicide Prevention Development Officers** based in the Community Networks in the Northern Trust area. The SPDO's provide guidance and support to communities to promote and increase involvement in suicide prevention.

A local point of contact for information, guidance and support information:



Hannah Graham [spdo@nacn.org](mailto:spdo@nacn.org)  
028 2177 2100 / 07140 282 650

NACN & CRUN – covering Ballymena, Ballymoney, Coleraine, Moyle & Larne



Janine Gaston

[Janine@impactnetworkni.org](mailto:Janine@impactnetworkni.org) 028 9447 8645

Impact Network, covering Antrim, Newtownabbey and Carrickfergus



Denise Doherty

[denise@cwsan.org](mailto:denise@cwsan.org) 07540969623

CWSAN - covering Magherafelt and Cookstown



**NORTHERN AREA**  
Directory of services to help improve mental health and emotional wellbeing



# READY TO HELP

Support Services  
POCKET GUIDE

Scan the QR Codes with your phone camera to take you to the support/service website...

**Lifeline**

0808 808 8000

Free 24 hour crisis response helpline service for people who are experiencing distress or despair.



**CHILDREN & YOUNG PEOPLE BEREAVEMENT BY SUICIDE SUPPORT**  
SERVICE OFFERED BY BARNARDOS

Advice line Number:

07867 372711

[cbreferrals@barnardos.org.uk](mailto:cbreferrals@barnardos.org.uk)

Believe in children  
**Barnardos**



**drugsand alcoholni**  
"Addressing drugs and alcohol together"

covidwellbeing  
ni.info



**Helplines NI**  
Listen. Support. Inform.

Looking after your mental health and wellbeing



**HSC Northern Health and Social Care Trust**

**BEREAVED BY SUICIDE SUPPORT SERVICE:**

028 9441 3544 or

[BBSService@northerntrust.hscni.net](mailto:BBSService@northerntrust.hscni.net)



**Help is at Hand**  
Bereaved by Suicide Support:



**Caring for someone** who has self-harmed or had suicidal thoughts



**Improving the lives of people who self-harm.**

Aimed at people who self-harm and their families/carers/friends. It will help people understand more about self-harm and how to get support

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## OTHER RESOURCES & ACTIVITIES

### FLARE / EANI

Education Authority NI  
– Youth service



The **YOUTH SERVICE** has a targeted programme to support young people who experience mental health difficulties (age 11-25 years old).

This service is called **FLARE** (Facilitating Life and Resilience Education).



Sandra Lawler  
☎ 07739 979 443

✉ sandra.lawler@eani.org.uk

Shaun McCormick  
☎ 07720 717 275

✉ shaun.mccormick@eani.org.uk



Online referral form for support & well-being purposes

### YOUTH ENGAGEMENT SERVICE

For young people aged 11 – 25 years - the service is currently provided by **Start360** and is based in Wellington Street, Ballymena.

The service provides information about **PERSONAL HEALTH AND WELLBEING** issues (including drugs and alcohol), choices, where to find help / advice and support to access services when they are needed.

**START360**

☎ 028 2568 9356



### HIDDEN HARM THERAPEUTIC SERVICES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES AFFECTED BY PARENTAL SUBSTANCE MISUSE

This service provides therapeutic interventions and support to children affected by parental substance misuse. The service also provides support for families, engages with other services who work with these children and families and provides specialist advice and support to front line workers working with families affected by Hidden Harm.

The service in the Northern area is currently provided by **Start360**.

**START360**

☎ 028 2568 9356



### YOUTH TREATMENT COMMUNITY BASED SERVICES FOR YOUNG PEOPLE WHO ARE IDENTIFIED AS HAVING SUBSTANCE MISUSE DIFFICULTIES

This service provides step 2 treatment services including psychotherapeutic interventions (talking therapies) for children and young people, aged 11-25, across Northern Ireland including structured family support. This includes ensuring referral pathways are in place to allow children and young people to seamlessly move between services.

☎ 0800 254 5123



The service is jointly provided in the Northern area by

◀ **ASCERT** & **Start360** ▶



### TARGETED PREVENTION SERVICES FOR YOUNG PEOPLE

This service develops and delivers age appropriate drug & alcohol life skills/harm reduction programmes for young people in the age ranges of 11-13, 14-15 and 16+ years across Northern Ireland.

The service in the Northern area is currently provided by **ASCERT** & **Start360**.

☎ 0800 254 5123



**START360**



### DRUG AND ALCOHOL MENTAL HEALTH SERVICE (DAMHS)

This service provides step 3 treatment services for children and young people with drug and/or alcohol issues which are beyond the scope of community based services as a result of complex co-morbid mental health issues. This includes the delivery of formal psychological therapies (motivational enhancement therapy, cognitive behavioural therapy, relapse management therapy, family therapy) and drug therapies where appropriate. The service is based / integrated within each of the **HSCT Child and Adolescent Mental Health Services (CAMHS)**.

The **NHSCT** provides this service in the Northern area which is based in Alder House, Antrim Area Hospital.

☎ 028 9442 4600



### TURNING POINT NI

Turning Point NI is a mental health hub for those experiencing any form mental health crisis.

62 Mill Street, Ballymena, BT43 5AF

☎ 028 2564 8229

#### Feel Better Project

Online confidential counselling sessions – group & one-to-one

- Advice and information on managing your emotional wellbeing
- Signposting to other services which may help

The service is open to everyone aged 18 or over living in the Northern Health & Social Care Trust area.

☎ 028 9592 4664



### SELF HARM SUPPORT NI

The **SHIP** (Self Harm Intervention) - The service is open to young people aged over 11 years old and adults, and offers short-term counselling in relation to self-harm. SHIP can also direct individuals to services to support them with other problems they may be experiencing. Self-harm can have a huge impact on other family members whose own mental health may begin to suffer without support.

Self-harming may occur in any family situation and there should be no fear or stigma around seeking help with this issue. SHIP can also provide a short period of education and support to carers to help them better understand and cope with this issue and ensure they know how to obtain help in a crisis situation.

The following phone lines are for families and carers only. People who self-harm must be referred by a health professional:

Northern Trust area:

☎ 028 7126 6999







DAISY supports young people & adults aged 11-25, experiencing problems from their alcohol or substance use.

It also supports parents or other family.

Further info / make a referral:

<https://ascert.biz/project/daisy-belfast/...>

### Tips to improve sleep

**shout**  
85258  
here for you 24/7

Go to bed and wake up at the same time each day

Exercise and eat healthy, regular meals

Write up a to-do list before bed to clear your head



CYPSP's Translation Hub provides important information and resources on health, Covid-19, education, housing, employment, support contacts and more?

This information is available in over 100 languages and can be accessed at

<http://www.cypsp.hscni.net/translation-hub/>

Find out more about the Translation Hub by [watching this short video](#)

### Boloh

**The Black, Asian and Minority Ethnic family Covid-19 Helpline**

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

[helpline.barnardos.org.uk](http://helpline.barnardos.org.uk)  
Contact the helpline on **0800 1512605**

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Dear Santa,

My name is \_\_\_\_\_. I am \_\_\_\_\_ years old.

I live in \_\_\_\_\_. I have been trying to be very good this year. Here are a few of the good things I have done. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I would also like to tell you about what I want for Christmas. Here is my Christmas Wish List. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will be asleep when you visit on Christmas Eve, but I promise to leave some \_\_\_\_\_

\_\_\_\_\_ for you to eat and drink.

Thank you,

Love

**LITIR CHUIG  
DHADÍ NA  
NOLLAIG**

A Dhaidí na Nollag

Bhí mé iontach maith i mbliana agus ba mhaith liom...

Go raibh maith agat ♥

Ó

\_\_\_\_\_

Nollaig Shona Duit

www.thecraftingchicks.com



# The YoungMinds Wellbeing Advent Calendar 2021

Looking after your wellbeing as you countdown to the holidays

**29 - MONDAY**  
**Winter joy**  
It's the festivities! What inspires you during this time of year? Let's write them down.

**30 - TUESDAY**  
**Captain Brave**  
Design and display your 'I'm Brave' poster as a reminder of how courageous we all are.



**1 - WEDNESDAY**  
**Cloud spotting**  
Take time outside for mindfulness. Look up to the sky and notice the different shapes in the clouds.



**2 - THURSDAY**  
**The tales of...**  
Get creative and draw a book cover with a picture and a title that best describes you.



**3 - FRIDAY**  
**Holiday puzzle**  
Create a class puzzle and show what the holidays mean to you. What words and colours come to mind?



**6 - MONDAY**  
**Become a dreamer**  
Encourage your pupils to dream. Sharing our ambitions is the first step to making it happen.

**7 - TUESDAY**  
**Breeaathe**  
At the start of the day, take a deep, long breath. In for 5, out for 5. Focus. Can you hear yourself breathe?



**8 - WEDNESDAY**  
**The kind-hearted**  
Engage in a small act of kindness. It could be a thoughtful gesture, praise, or simply a smile.



**9 - THURSDAY**  
**Christmas Carols**  
Choose a classroom song! Put the lyrics on the screen and have a good old sing-along together.



**10 - FRIDAY**  
**Hot potato**  
Sit in a circle and pass a potato or a small ball to one another. Share one positive thing from the week.



**13 - MONDAY**  
**Things in common**  
In small groups, identify the things everyone has in common. It can be anything except you go to school!



**14 - TUESDAY**  
**Come and do the Conga**  
Ask the class to pick a festive tune from YouTube and together create the biggest class conga!



**15 - WEDNESDAY**  
**Your 2021**  
It's been another tough year, but in small groups, discuss some of your favourite moments.



**16 - THURSDAY**  
**Moving Reindeers!**  
When I shout 'Dasher' the class starts hopping. With 'Prancer', start skipping, and 'Rudolph', start jumping!



**17 - FRIDAY**  
**Santa's sigh**  
At the end of term, set aside time to relax. Let out a long sigh. Stretch. You've done it.



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## CHRISTMAS TREASURE HUNT

<input type="checkbox"/> Santa	<input type="checkbox"/> Something that makes you smile
<input type="checkbox"/> Wreath	<input type="checkbox"/> Christmas Tree
<input type="checkbox"/> Candy Canes	<input type="checkbox"/> Snowflakes
<input type="checkbox"/> A Santa stop here sign	<input type="checkbox"/> Candles
<input type="checkbox"/> A star	<input type="checkbox"/> A house with coloured lights
<input type="checkbox"/> A house with white lights	<input type="checkbox"/> The moon
<input type="checkbox"/> Something beautiful	<input type="checkbox"/> Reindeer
<input type="checkbox"/> A house with icicles	<input type="checkbox"/> Something that makes you laugh

## Christmas Fun

Complete the maze to hang the stockings!

PRESENT LIGHTS HOLIDAY GIVING FAMILY DECORATIONS DECEMBER CHRISTMAS TREE CELEBRATE ORNAMENTS

WREATH WINTER TWENTY-FIFTH TURKEY DINNER TINSEL STOCKINGS SANTA CLAUS RIBBONS REINDEER WRAPPING PAPER

HO HO HO

LET IT SNOW!

unskinnypoppy.com

CONNECT THE DOTS

Visit <https://www.autismni.org/autism-christmas-resources> for more Christmas activities

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Visit [www.playboard.org/play-ideas/](http://www.playboard.org/play-ideas/) for lots more play ideas and activities





Fun game idea for the whole family

## Materials:

White cups; coloured felt/paper; white socks; glue; scissors

## Method:

- Cut snowman face shapes from coloured felt/paper
- Snowmen - decorate six white cups with coloured shapes to make snowmen faces
- Snowballs – roll socks in tight balls

Now time to play!

## Winter Activities

- |                            |                               |
|----------------------------|-------------------------------|
| Make bird feeders          | Bake cookies                  |
| * Build gingerbread house  | Put on a play                 |
| Make paper snowflakes      | Masking tape hopscotch        |
| Winter scavenger hunt      | Make maple candies            |
| Play hide and seek         | Visit a museum                |
| * Make fancy hot chocolate | Learn about hibernation       |
| Listen to an audiobook     | Winter nature walk            |
| Visit the local aquarium   | Collect pinecones             |
| Ice / snow experiments     | Play with DIY playdoh         |
| Study winter birds         | Have a pillow fight           |
| Plant indoor bulbs         | Go ice skating                |
| Make a family time capsule | Learn to knit or crochet      |
| Make pomanders             | Have an indoor picnic         |
| Plan a spring garden       | Make cinnamon rolls           |
| Make ice paints            | Snowboarding or skiing        |
| Go snowshoeing             | Plan a family Valentine's Day |
| Paint a winter scene       | Game night with friends       |
| Serve someone in need      | Watch family home videos      |
| * Donate toys and clothes  | Make a cloud in a jar         |
| Read by the fire           | Random acts of kindness       |
| Watch/play a hockey game   | Put together a big puzzle     |
| Do a snowman art project   | Make snow ice cream           |
| Indoor sock/snowball fight | Bake homemade bread           |
| Have a family movie night  | Make marshmallow snowmen      |
| Plan a spring bucket list  | Read snow-themed books        |





MERRY  
CHRISTMAS

TOYS



SLEIGH

SANTA CLAUS

ELF

1. RED
2. GREEN
3. BLUE
4. YELLOW



Image printed on www.supercoloring.com - for personal use only - reproduction is prohibited

## CHRISTMAS WORD SEARCH

E	Z	F	A	M	I	L	Y
W	K	F	E	A	S	T	T
M	A	G	T	R	E	E	H
O	R	N	A	M	E	N	T
S	T	O	C	K	I	N	G
W	R	A	P	E	V	O	L
O	Q	A	A	T	N	A	S
T	N	E	S	E	R	P	L

Can you find all of these words in the puzzle above?

FAMILY  
ORNAMENT  
STOCKING

FEAST  
PRESENT  
TREE

LOVE  
SANTA  
WRAP



[easyfreesantaletter.com](http://easyfreesantaletter.com)







## Lá sneachta - Snow day

It's cold freezing cold  
Tá sé fuar sioctha fuar  
Ta shay foor shuckhee foor



Do you want to build a snowman?  
Ar mhaith leat fear sneachta a thógáil?  
Air why lat far sn-yackta a hoe-gal

Snow	sneachta	sn-yackta
Snow ball	liathróid sneachta	lee-roydge sn-yackta
Snow man	fear sneachta	far sn-yackta
Ice	oighear	aye-er
Sledge	sleamhnán	slough-nan

Throwing snowballs  
Ag caitheamh liathróidí sneachta  
Ig kai-hoo lee-roydge-ee sn-yackta



Winter  
An Geimhreadh  
ann gave-rue

It is Winter!  
Gloves are on my hands.  
A hat is on my head.  
Boots are on my feet.  
Oh! It is Winter!



Tá an Geimhreadh ann!  
Tá miotóga ar mo lámha.  
Tá hata ar mo cheann.  
Tá buataisí ar mo chosa.  
Ó! Tá an geimhreadh ann!

Taa ann gave-rue awn!  
Taa mitoga air maw lao-wa.  
Taa ha-ta air maw hee-un.  
Taa boo-ta-she air maw hosa.  
Oh! Taa ann gave-rue awn!



Winter  
An Geimhreadh  
ann gave-rue

Clothes

Get your...  
Put on your...



socks  
coat  
scarf  
hata  
gloves

waterboots  
umbrella

Faigh do...  
Cuir ort do...



stocaí  
chóta  
scairf  
hata  
mhiotóga

bhuataisí uisce  
scáth fearthainne



Aidee

Faii daw...  
Kur ort daw...



stock-ee  
hoata  
scarf  
hata  
vitoga

wutashee ishka  
ska farheenya



[More winter & Christmas themed resources & activities including a Christmas Story from Altram](#)



## Cinnamon Stick Reindeer Ornament



Simply glue together cinnamon sticks and add eyes and a red nose.

## String Tree Ornament



Cut a piece of cardboard into a triangle shape and wrap green yarn or thread around it. For a finishing touch, add a snowflake or star on the top.

## Handprint Christmas Wreath



Trace your hands on a piece of paper, cut them out and arrange them into a circle. Add any extra details you want, such as berries or bows.

## Sock Snowman



Pour some rice into a sock, squeeze and shake into shape and secure with a hair/elastic band. Repeat 3 times making the head bigger than middle part of body. Glue on face, buttons and feet





## Christmas Recipes for Kids

Cooking with the kids at Christmas is a really fun family activity. Bake up a storm with reindeer cupcakes, snowman cookies, festive brownies and Christmas shortbread.

Enjoy yourselves or share with friends as gifts at: - [https://www.bbc.co.uk/food/collections/kids\\_at\\_christmas](https://www.bbc.co.uk/food/collections/kids_at_christmas)

## Healthier Snack Ideas

### Santa Bananas



### Rudolph Sandwiches



### Snowman Pancakes



### Banana Pop Penguins





Although Christmas is an enjoyable time for many, a lot of autistic people will find changes in routine disruptive and anxiety provoking – [Download Resource](#) from Autism NI



ni4kids's crackin' Christmas issue is out now!

Have a read at:

[NI 4 Kids Magazine \(pagesuite-professional.co.uk\)](http://pagesuite-professional.co.uk)



[Ideas for Christmas on a budget from Action for Children](#)

**libraries ni**

**Free**

Libraries NI and Armstrong Storytelling Trust presents

## Tinsel Tales

via zoom with Vicky McFarland

Listen to Tinsel Tales in this one-day online storytelling camp. For children aged 5 – 11

These events will take place online

**Tuesday 21 December**  
4:00pm-5:00pm  
**Book Now:**  
<https://bit.ly/LNITinselTales1>

**Wednesday 22 December**  
4:00pm-5:00pm  
**Book Now:**  
<https://bit.ly/LNITinselTales2>

Admission is free,  
booking essential  
[www.librariesni.org.uk/events](http://www.librariesni.org.uk/events)

Connect with us  
[www.librariesni.org.uk](http://www.librariesni.org.uk)

f t i y

Armstrong Storytelling Trust

Libraries NI have two great festive storytelling camps coming up this month!

If your child is aged 5 - 11, they can join Vicky McFarland on either of the following dates:

Tues 21 Dec at 4:00pm - <https://bit.ly/LNITinselTales1>

Wed 22 Dec at 4:00pm - <https://bit.ly/LNITinselTales2>





### Sung to "Frere Jacques"



Father Christmas  
Father Christmas  
He got stuck, he got stuck  
Climbing down the chimney  
Climbing down the chimney  
What bad luck  
What bad luck!



### Sung to "Old MacDonald Had a Farm"

Father Christmas had a tree  
Ho, ho, ho, ho, ho!  
And on that tree he had some lights  
Ho, ho, ho, ho, ho!  
With a flash flash here  
And a flash flash there  
Here a flash there a flash  
Everywhere a flash flash  
Father Christmas had a tree  
Ho, ho, ho, ho, ho!



### Sung to "Incy Wincy Spider"

The lonely little snowman,  
Sat sadly on the grass.  
Out came the children and  
Made the snowman laugh.  
'WHOOSH' went the snowballs  
"Be careful" called out Mum  
Now the lonely little snowman  
No longer felt so glum!

Credit Gemma Seal



### Sung to "Twinkle Twinkle"

Snowflake snowflake in the sky  
Love to watch you floating by  
Down you fall upon the ground  
Down you fall without a sound  
Snowflake snowflake in the sky  
Love to watch you floating by.

