



RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



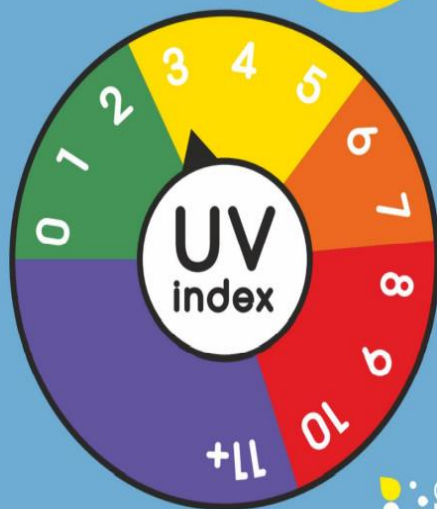
SUMMER EDITION

JUNE 2023

Be UV Aware

The UV index shows us how strong the sun's UV rays are

When the UV index is 3 or more, protect your skin

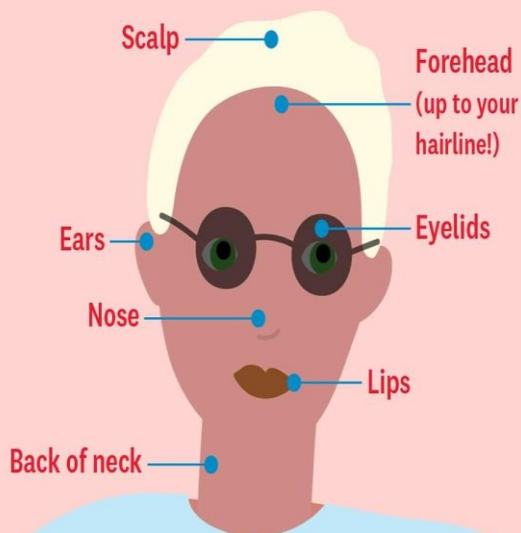


Check the daily UV index
metoffice.gov.uk
careinthesun.org/uv



W?

Sunscreen spots that are easy to miss



- Sunscreen should always be used regardless of skin colour
- Other commonly missed spots are top of feet and knees

Take care in the sun by



Staying in the shade



Covering Up



Wear sunglasses with 100% UV protection



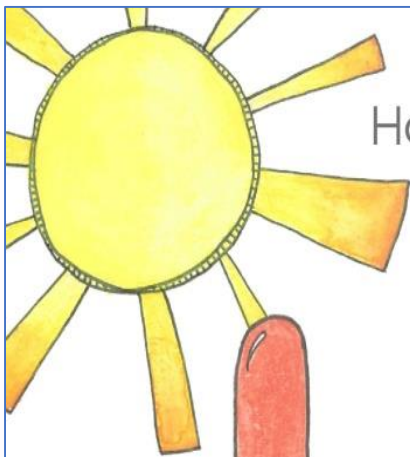
Wear a broad-brim hat



Use sun protection with at least SPF15 and UVA 4 stars

www.careinthesun.org





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

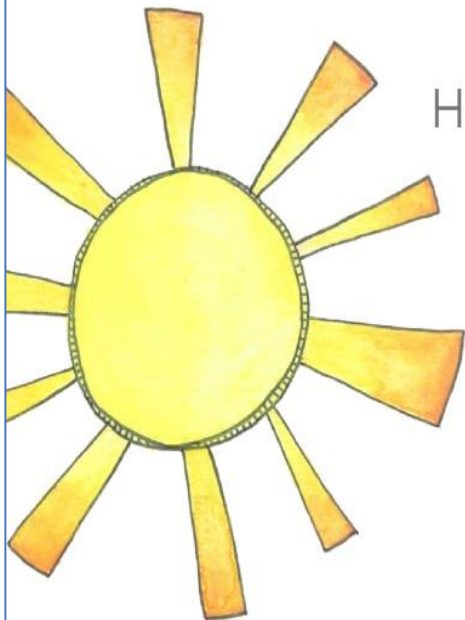


www.getoutsideandplay.ca



www.befitforlife.ca





How to Dress for the Weather Tips

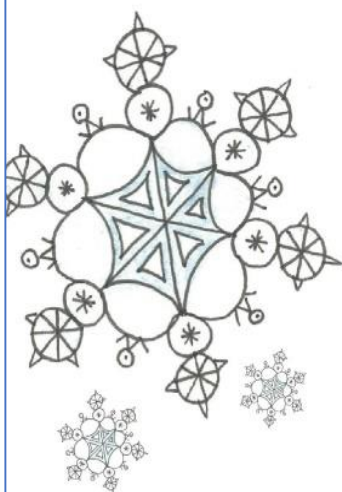
Tips for Hot

- 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



www.befitforlife.ca



Stay safe in the sun



☀ Babies and toddlers can drown in as little as 5cm so they need you to stay with them near water all the time.

☀ Everyone loves a BBQ when it's sunny but a BBQ, and the ground underneath it, can stay hot enough to cause a serious burn for a long time after it's been used. The same can be said about fire pits.

☀ Keep low furniture away from open windows so that children can't climb up and fall out - even on the ground floor. It's a good idea to install window catches (to limit how far they can open) and locks if you can.

Staying safe in the sun



- ☀ Keep babies less than 6 months old out of direct sunlight
- ☀ Older babies should also be kept out of the sun as much as possible, particularly in the summer and between 11am and 3pm, when the sun is at its strongest.
- ☀ If you go out when it's hot, attach a parasol or sunshade to your baby's pushchair to keep them out of direct sunlight
- ☀ Apply a sunscreen with a sun protection factor (SPF) of at least 30 to your child's skin - check the sunscreen protects against both UVA and UVB rays
- ☀ Apply the suncream regularly, particularly if your child is in and out of the sea or paddling pool
- ☀ Make sure your child wears a sunhat with a wide brim or a long flap at the back to protect their head and neck from the sun

Information taken from NHS

For more tips, visit:

<http://www.nhs.uk/.../first-aid.../safety/safety-in-the-sun/>

SUMMER SAFETY



Protect children from excessive exposure



Never leave children unattended in or near water



Make sure children always protective gear when riding a bicycle or scooter



Make sure there is space around play equipment



Supervise children when they use play equipment



Keep children away from lawn mowers



Minimise the risk of bee and insect stings



Keep children from playing near barbecues and bonfires

More summer safety tips from WHSCT

<https://westerntrust.hscni.net/summer-safety-message-2/>

Are you taking your little one on holiday?



When travelling with young children it's always worth taking a quick look for any potential dangers in your accommodation when you arrive. Here are a few simple checks and precautions to remember:

- ⚠ Move any cleaning products or medicines out of reach
- ⚠ Check window blind cords are safely secured out of reach and that window locks work
- ⚠ If you have a balcony ensure young children are supervised
- ⚠ Check the smoke and carbon monoxide alarms are working
- ⚠ Be alert to any water nearby

Then you can relax and enjoy your holiday.

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!



SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

If you're struggling, it's okay to
reach out:

Call Childline on:
0800 1111

cypsp.hscni.net/youth-wellness-web/

Scan QR code



Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000



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.chatthehealth.nhs.uk to start a chat





Text-A-Nurse has extended the confidential text messaging service to parents, carers and school staff of young people aged 11-19

**Northern Trust Text-A-Nurse
07312 277422**

**Western Trust Text-A-Nurse
07312 277420**

**Belfast Trust Text-A-Nurse
07312 277418**

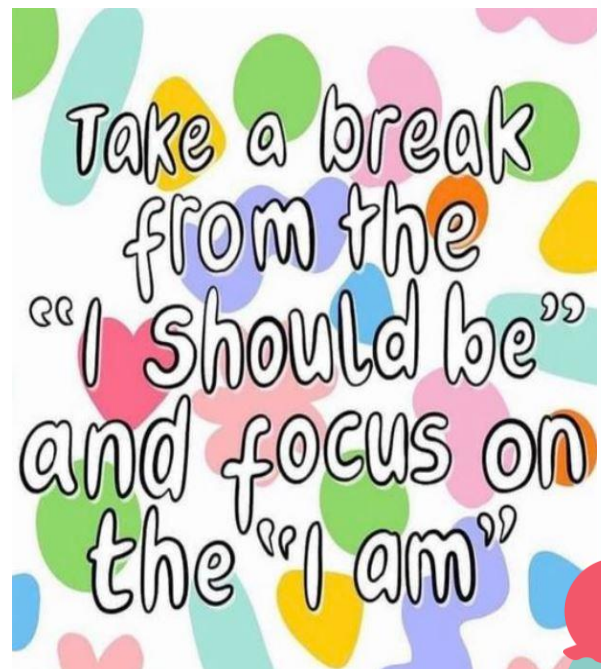
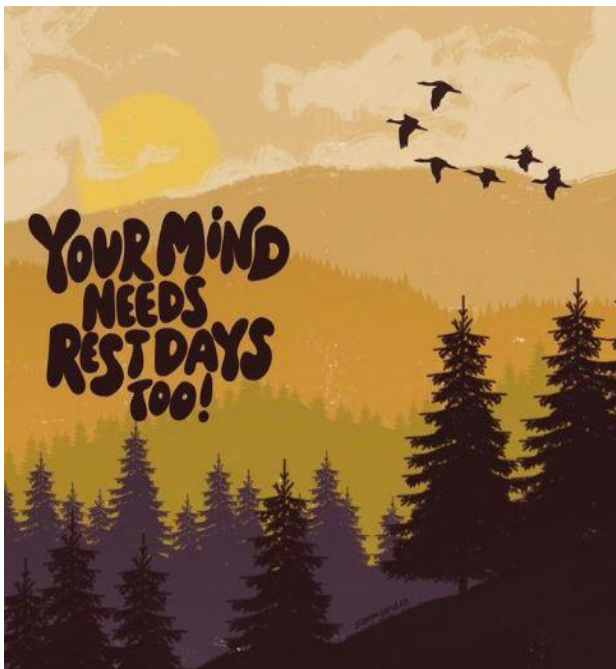
**Southern Trust Text-A-Nurse
07312 277421**

**South Eastern Trust Text-A-Nurse
07312 277419**



**Treasure all the parts about you
that makes you different and unique.**







@maythethoughtsbewithyou

10 THINGS TO LET GO OF

- trying to make everyone happy
- standing in your own way
- blurred boundaries
- feeling guilty for speaking your mind
- staying in your comfort zone
- comparison
- over scheduling your life
- thinking you're stuck
- negative self talk
- fear of failure

@BannaCollective

OUT OF MY CONTROL

Other people's
opinions

Other people's
actions

The past

What
happens in
the future

The
boundaries
of others

How others
treat me

What happens
around me

The outcome of
my efforts

IN MY CONTROL

My boundaries

How I handle
challenges

My goals I
set

My thoughts/
actions

How I speak
to myself

My decisions

anxious day TO-DO LIST

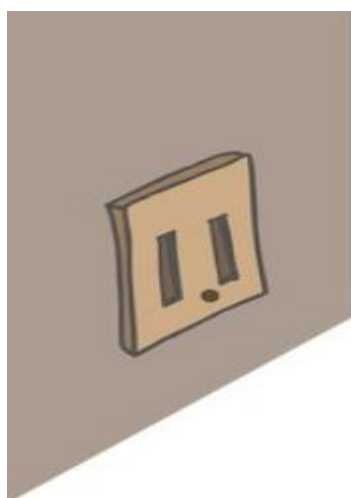
@POSITIVELYPRESENT



TAKE A SLICE FROM THE SELF CARE PIE



AWARE
UNDERSTANDING DEPRESSION.
CHANGING LIVES.



incredible joy.com



Almost everything will
work again if you unplug
it for a few minutes.
...including you!

~ Anne Lamott



#MentalHealthAwarenessWeek

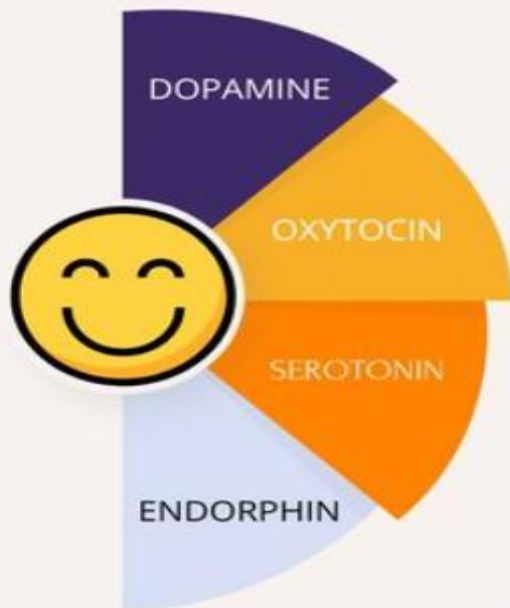
SYMPTOMS OF ANXIETY IN YOUTH



- Extreme self-consciousness
- Withdrawal from social activity
- Trouble concentrating
- Irritability
- Chronic complaints about headaches or stomachaches
- Avoidance of difficult or new situations
- Sleep problems
- Drop in grades or refusing to go to school
- Repeated reassurance seeking
- Reoccurring fears and worries about routine parts of everyday life

HAPPY HORMONES

Get your daily D.O.S.E



REWARD- MOTIVATION

Meditate
Exercise
Trying new things

LOVE- CONNECTION

Socialising
Helping others
Hugging

BOOSTING YOUR MOOD

Being in nature
Vitamin D- sunshine
Showing gratitude

STRESS- PAIN

Laughing
Exercise



things to remember

⋮ You are getting closer everyday



⋮ Be patient with your progress



⋮ Focus on how far you've come



⋮ Quit judging yourself and others



⋮ Don't take yourself too seriously



⋮ You have the wonders of the universe within you



@juliaspiritualcoaching

Helping you child cope with change – Top Tips for leaving primary school

Talk about what's happening

Talk to your child about the upcoming change and explain why it is happening. This is an opportunity to discuss what the change may bring and address any concerns they may have.

Try... The "What If" game – take turns imagining different scenarios related to the change. This allows your child to express their thoughts, concerns, and expectations while sparking meaningful conversations.



Encourage expression of feelings



Change can draw out a range of emotions in children. Let your child know it's natural to feel a mix of excitement, nervousness, or sadness. Create a safe space for them to talk about their concerns, and provide comfort and understanding.

Try... Read books together about characters who are going through a similar transition and talk about their emotions. There are plenty of examples online or try your local library.



Involve Your Child in Decision Making



Where appropriate, involve your child in the decision making process related to the transition. This involvement gives them a sense of ownership and control over their new experience.

Try... Plan an outing to shop for school supplies or items needed for the transition. Let your child take the lead in choosing their own supplies, such as backpacks, notebooks, or lunchboxes.



Embrace change and remain positive

Emphasise the positive aspects of the change. Talk about new opportunities, friends they might make, and exciting activities they can look forward to. Maintain an optimistic attitude and convey your own enthusiasm about the change.

Try... Decorate a jar together. Fill it with notes about the positive aspects or exciting things about the upcoming change on colourful slips of paper. If your child feels apprehensive they can pick out a note and read it aloud.



0808 8010 722

ParentingNI

parentingni.org



Tips for Year 8 Parents

1 COMMUNICATION



3 ROUTINE



5 FRIENDSHIPS



7 KEEP SOME PERSPECTIVE



2 INDEPENDENCE



4 HOMEWORK



6 TRY NOT TO WORRY

Regenerate

Some advice Regenerate Mental Health Hub counsellors for new Year 8 parents and carers.

Starting secondary school is a major step in a young teen's life, it involves a change to their identity and status. Settling in is a process, and it can take time to settle into the new environment. Here are some practical tips to support your teen (and yourself!) through this transition.

- **Communication:** Make sure they know that they can talk to you and that you are there to listen. Whether they are excited, worried, or anxious - it's OK to feel all these emotions.
- **Independence:** This is a time for giving more independence. Try to step back and let your child take greater responsibility for themselves and their learning.
- **Routine:** Establishing a morning routine and getting out to school on time can make their lives much easier. Encourage them to get bags, lunches, and extra-curricular stuff ready the night before.
- **Homework:** Encourage them to devise a method to spread out the homework. Try not to leave 'weekly' homework till the last minute!
- **Friendships:** Encourage them to both make new friends and keep in touch with old ones. Make opportunities for them to have their friends over to your house.
- **Try not to worry:** It is very common to take some time to settle - reassure them that this is completely normal for such a big transition. Try to remind them about their strengths and achievements. Be a calm presence in their lives.
- **Keep Some Perspective:** It is not all about academics! Their mental health is more important, so focus on their wellbeing and self-esteem. Remember we aim for Connection NOT Perfection!



RISE NI - Getting Ready for Pre-school



We should already be thinking about helping our children get ready for pre-school! Here are some things you can practise at home to help your child get ready for school in September.

Starting school is a very exciting step in a child's life yet may be stressful for some children and their parents. This leaflet aims to reassure and inform you of some simple and fun everyday activities to support your child so that they can start school healthy, happy, active, curious and sociable.

Help me do things for myself




Help me develop my talking and listening skills




Help me develop my play and physical skills





RISEN - RISENI/parents (pagetiger.com)

Is your child ready to start pre-school in September? 

RISE NI SHSCT have developed this easy to use guide for parents and carers on what their child should be able to do before starting pre-school. It provides support and suggestions to prepare them over the summer.

 Click the link to read the guide: <https://pulse.ly/71on26xcjy>

EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

MATH

- Funbrain
- Prodigy
- Math Playground
- Splash Learn
- Math Game Time
- Khan Academy

SCIENCE

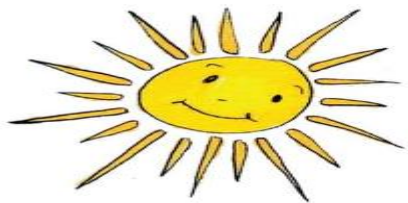
- Discovery Mindblown
- NASA Kids Club
- Amazing Space
- Code Academy
- How Stuff Works

SOCIAL STUDIES

- Crash Course (YouTube)
- Who Was? App/site
- Nat Geo Kids
- Google Earth
- Time for Kids
- Smithsonian for Kids

OTHER

- Brain Pop
- Ted Talks
- PBS Kids
- Duolingo
- Hello Kids (drawing)



Care in the sun
Cúram faoin ghrian



Sun Cream

Uachtar gréine

Ouk-tar greyn-ya

Sun Glasses

Spéaclaí gréine

Speckly greyn-ya

Sunhat

Hata gréine

Hata greyn-ya

Burnt

Dóite

Doy-cha

Sun

Grian

Grain

Warm

Te

Chey

Get a drink

Faigh deoch

F(eye) juh



We're are going to the caravan
Tá muid ag dul chuig an charbhán
Ta mwidge ig gul hig an haar-a-wan

We are going in the car
Tá muid ag taisteal sa charr
Ta mwidge ig tash-chill sa harr



Caravan
Carbhán
Caar-a-wan

We'll have a barbecue
Beidh beárbaiciú againn
Bay barbecue ugg-een



Seaside
Cois Farraige
Kosh-far-igah



Amusement Park
Páirc shiamsaíochta
Park hame-see-akta

Swimming Pool

An Linn Snámha
(Ann lynn snaow-a)

I am/we are swimming
Tá mé/muid ag snámh
Taa may/mwidge ig snaow



Swim suit
Culaith snámha
Cul-ee snaow-a



Swimming shorts
Bríste snámha
Brees-chee snaow-a



Swim bag
Mála snámha
Mala snaow-a



Swim ring
Fáinne snámha
Fwan-ya snaow-a



Arm bands
Bandaí lámha
Band-ee laow-a



Trip to the beach

Turas chuig an trá
Tur-as hig an tra

We are going to the beach

Tá muid ag dul chuig an trá

Taa mwidge ig gull hig an tra

Make a sand castles

Déan caisleán gainimh

Jan cash-lan gann-yiv



Collect stones and shells

Bailigh clocha agus sliogán

Bwal-ye cluh-a agus shlig-an

Would you like an ice cream?

Ar mhaith leat uachtar reoite?

Air why lat uick-ter roy-cha?



All feelings are OK, but can be either comfortable or uncomfortable. When big feelings like anxiety are uncomfortable, we use strategies to help us feel comfortable again.

Social and Emotional Learning

Outdoor Scavenger Hunt

Focus your mind and your senses on what is happening outside...

Cross out the boxes when you have found the item or completed the task:

	Look for something that makes you smile		Find something that feels hard and UNCOMFORTABLE to touch		Watch the clouds, look for shapes and take 3 deep breaths
	Find something that feels soft and COMFORTABLE to touch		Smell something fresh - how do you feel?		Can you find something to recycle?
	Smell something stinky – how do you feel now?	Henrietta the Hedgehog 	Find a place you think Henrietta would like to live		Find something you would share with a friend
Daphne the Duck 	Listen for the sound of a bird	Duke the Dog 	Can you find a stick that Duke would like to play with?		Find an animal – no matter how small!

Happy hunting!
Love Twiggle x



Social and Emotional Learning

Indoor Scavenger Hunt

Can you focus your mind on the inside; look and find!

Cross out the boxes when you have found the item or completed the task:

	Listen – can you hear a clock? Can you see one? What time is it?		Find something that feels hard and UNCOMFORTABLE to touch		Are there any books or magazines at home? How many can you find?
	Find something that feels soft and COMFORTABLE to touch		Find a mug and pretend you have hot chocolate in it: take a long sniff then blow to cool it down		Find a pair of sunglasses
	Find something living – give a hug!		Find somewhere quiet and take 5 minutes to yourself!		Find or take a picture of people you love
	Cuddle your favourite teddy – how do you feel?		Can you find some blocks or something to build a tower?		Find 3 things that are yellow

Happy hunting!
Love Twiggle x

Believe in children
Barnardo's





Summer

Bucket List



OUTDOOR FUN IN THE SUN!

Summer is here and the sun is shining - what a great time for getting children of all ages outdoors. Remember, good quality play needn't cost very much, if anything at all.

Bubble Socks

Cut a plastic bottle in half, cover it with a sock. Dip it in soapy water, blow through the end....BUBBLE SOCKS

Build a Den

Gather together some props (let your children help you)...sheets, blankets, material, rope, pegs, sticks & twigs, cushions, carpet mats.... Be creative and build a den, great for getting shade from the sun once finished.

Ice Finds

Take a basin or large container and fill with water. Drop in some toy dinosaurs, farm animals, polly pockets etc. Freeze overnight. Once frozen empty onto a household tray or into a sand/water pit. Give the children small utensils to explore the ice with and to discover what they will find inside.

Water Painting

Give your child a bucket of water and a paint brush (this can be a household bucket or container and proper decorating brushes). They'll find lots of amusement 'painting' walls, pavements, drainpipes etc.

Chalks

Most bargain shops sell cheap chunky chalks. Chalks can give hours of amusement outdoors where children can chalk merrily anywhere – let them chalk on pavements, walls, fences, bricks... there's no worry about making a mess - after all it will wash off!

Go Big!

Take old rolls of wallpaper, large sheets of cardboard or material sheets outdoors along with felt tips, crayons, paints etc. Roll or spread it out and away you go...!

Scavenger Hunt

Explore your garden or neighbourhood and see what treasures you can find. The beach is the ideal place for a hunt too where you can find shells, pebbles, driftwood, seaweed etc.

Climb a tree

How high can you climb and what can you see?

Teddy Bears Picnic

Why not have lunch or dinner outside. Invite some cuddly friends to join you and make it into a teddy bears picnic – what fun!

Traditional Games

Skipping, Two Ball, Jacks, German Jumps, Kerbsie, Tag, Hide and Seek, Simon Says, Duck Duck Goose, Egg and Spoon, Blind Man's Bluff, Kick the Can, Stick in the Mud, Piggy in the Middle.

Get Dirty!

Fill a container with soil or pinpoint an area in the garden that can be used. Add some items, such as yogurt pots, cars, toy animals, spoons, small stones, twigs etc. To change the dynamic, add some water to create mud – make mud pies.

Dressing Up

Gather together into an old cardboard box or suitcase some dressing up props such as hats, bags, belts, old shoes, beads, sunglasses. Add some imaginative props such as old mobile phones, cameras, walkie talkies, torches or binoculars. You can keep adding to the box with household items every so often.

Hopscotch and XOXO

Chalk out (or use a stone) large games of x's – o's on the ground or on a wall. Chalk out (or use a stone) hopscotch and show the children how to play.

Chill Out

Encourage older children and teenagers into your outdoor space too. Consider seating areas for 'chilling out' (this can be as simple as old carpet squares, a sheet or rug or two crates with a plank of wood). Add props if need-be such as playing cards, dominos, marbles or a football. Add music too to create a real hang-out space.

Playing outdoors with your child can be anything from tickling your babies tummy on a rug, playing peek-a-boo, to playing hide and seek in the garden or park. Being outside with your child offers all sorts of play opportunities. A simple walk in the park or street, or playing in the garden can offer all kinds of playful fun. 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 279203 playmatters@education-ni.gov.uk

Low-cost playful ideas

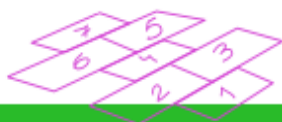


In times of economic hardship, the play needs, and natural urge to play for children, will remain. Play activity doesn't need to cost lots of money or involve expensive toys or days out. There are many 'free and found' play opportunities that can take place within homes, communities, and settings.

- Visit parks, green spaces, beaches or forests.
- Play outside - get the wellies and raincoats on and jump in puddles.
- Paint the pavement, walls, fences, gates or drainpipes with water - all you need is a bucket and brushes.
- Have a family dance party or sing-a-long.
- Create a fort in your living room out of blankets or cardboard boxes.
- Go on a hike.
- Have a sunset picnic at a park or beach.
- Upcycle old toys using stickers, foam or paint.
- Try some sewing or knitting.
- Play a game of chess, dominoes, jacks or card games.
- Make a sensory bottle using old bottles, coloured water, glitter, beads, stones or anything you fancy.
- Use chunky chalk to create an outdoor masterpiece.
- Play noughts and crosses or eye-spy.
- Have a game of hide-and-seek.



- Make slime. Pour 2 tbsp of shampoo into a bowl, add 2 tbsp of shaving foam and mix. Add 1 tsp of salt and mix everything together thoroughly. Put mixture into the freezer for approximately 15 minutes.
- Make unique creations with random ingredients from a mystery bag of goodies.
- Make a mat to play hopscotch on. You can roll it out for play - an old sheet is perfect.
- Melt ice - fill cups or containers with coloured water, freeze them, and watch the ice melt as you add salt to it.
- Make a collage with paper, glue and things to stick like pictures cut out of catalogues or magazines, scraps of paper, ribbon, fabric, dried pasta, natural materials etc.
- Street play - go out to play and encourage other children to join in. Play football, frisbee, dodgeball, piggy in the middle or stick in the mud.



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

Free family days out

Northern Ireland



Embrace a Giant Spirit



ParentingNI

BBC goodfood



Check out these activity ideas from BBC Good Food which should help with keeping the kids entertained during the Summer holidays - [35+ Summer activities for kids | BBC Good Food](#)

Low & No Cost Sport across NI

Cricket



North Down Cricket Club –
Youth Cricket
Comber

Cricket at Muckamore
Antrim

Wheelchair Sports



Ulster GAA Wheelchair
Sports Junior Club
Belfast

Wheelchair Basketball
Craigavon

Inline Hockey



Ballymena Norstar Inline
Hockey Club
Ballymena

Inline Hockey Club
Bangor

Trout Fishery & Angling



Shaws Trout Fishery &
Angling Club
Armagh

Karate



Newcastle Karate Club
Newcastle

Raptr Martial Arts
Dundonald

Hill Walking



Belfast Hills Walking
Dynamos
Belfast

Magee Hill-Walking Club
Derry~Londonderry

American Football



Craigavon Cowboys
American Football Club
Craigavon

Belfast City Lions Flag
American Football
Belfast

Taekwon-Do



Cathal Fegan Taekwon-Do
Club
Newry

UKTCNI
Multiple locations

Water Polo



Junior Water Polo
Lagan Valley,
Andersonstown,Whiterock,
Falls Leisure Centre

Para Athletics



Atheletics Northern Ireland
Mary Peters Track,
Belfast

Running



Park Run
Multiple
locations

Badminton



Ulster
Badminton
Multiple
locations

Table Tennis



Table Tennis
Ulster
Multiple
locations

Cycling



Community
bike rides
Multiple
locations

Tug of War



Northern Ireland
Tug Of War
Association
Multiple
locations

Kayaking



Belfast Kayak
Club
Belfast



ParentingNI

sport
Northern Ireland

Keeping active is essential for our emotional, mental, physical well-being. Parenting NI have teamed up with Sport NI to share their list of free and low-cost sport opportunities from across Northern Ireland. There are lots of activities available, and now that brighter nights and better weather is here there is no better time to get active! Find out details about all the activities listed and more at <https://bit.ly/LowCostNoCostSport>

Inclusive Beaches



There are five Inclusive Beaches across Northern Ireland ensuring everyone can get to the beach - with Changing Places Toilets or equivalent, and equipment to help people with all needs get onto the beach or into the water (at RNLI patrolled beaches).

The Mae Murray Foundation is free to join, and it is free for members to use our equipment and attend our events. For more information, please contact Pippa, Community Development Officer with the Mae Murray Foundation on 0751 093 1904

<http://www.maemurrayfoundation.org/projects/inclusive-beaches/>

Everyone should be able to enjoy a day out at the beach!



6 Step Booking Process:

- ① Ensure you have (free) membership of Mae Murray Foundation. Go to our website and select [Become a Member](#) to sign up.
- ② Watch our online induction and safety video, available on the *Inclusive Beaches* page of our website.
- ③ Read Frequently Asked Questions and Terms & Conditions.
- ④ Check beach schedules and equipment options for your preferred beach. If unsure about which piece of equipment is best for you, contact Mae Murray Foundation office.
- ⑤ Complete the online Booking Request form. You must send your request 72 hours in advance.
- ⑥ Await confirmation email with further instruction. If no email is received contact: Mae Murray Foundation office on 0300 600 1166.



Mae Murray Foundation
A6 Willowbank Business Park
Millbrook, Larne, BT40 2SF
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t. 0300 600 1166
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 @maemurrayfoundation
 maemurrayfdn

Registered Charity No. NIC100842



INCLUSIVE BEACHES

A planned environment where people of all ages and abilities can take part.



[Download Information Leaflet](#)

Is your little one ready to cycle? Check out these helpful tips that might help.

- * Ensure your child wears a helmet
- * Find a quiet, traffic-free area
- * Look out for hazards like other path users, dogs, balls & vehicles
- * Ensure that pedals are replaced correctly



TOP TIPS FOR TEACHING YOUR CHILD HOW TO RIDE A BIKE



- 1. LOWER THE SEAT AND REMOVE PEDALS**
This will enable your child to scoot along on the bike with both feet.
- 2. CHAT TO THEM ABOUT THE BRAKES**
Explain to your child what the brakes are for, where they are and how to use them.
- 3. ENCOURAGE THEM TO TAKE GIANT STEPS**
When they're ready, encourage your child to travel forward using giant steps.
- 4. NEXT, TRY OUT KANGAROO HOPS**
Once your child has got confident with taking giant steps, ask them to hop.
- 5. PUT ONE PEDAL BACK ON**
Make sure they are comfortable on the bike and feel secure.
- 6. ASK THEM TO DO A ONE PEDAL SCOOT**
With one foot on the pedal, ask them to scoot forward using their other foot - looking up.



- 7. PUT THE OTHER PEDAL BACK ON NOW TOO**
Put the other pedal on and ensure that your child feels stable and safe on the bike.
- 8. HOLD YOUR CHILD, NOT THE BIKE**
Hold their back and shoulder/upper arm. Ask your child to put their feet on the pedals.
- 9. IT'S TIME FOR THEIR FIRST GO!**
Encourage them to look up, let go of their brakes and pedal. Walk forwards holding them then slowly release your grip for 3-5 metres.
- 10. TRY COUNTING TO THREE**
Next, try counting to three before slowly releasing your grip and shouting 'stop.'
- 11. WHEN THEY FEEL MORE CONFIDENT**
You can gradually begin to loosen your grip by holding their clothes and handlebar.
- 12. LOOK UP, LOOK UP, LOOK UP!**
Throughout each stage, it's important to keep reminding your child to look in front of them rather than down at their wheel or feet.

10 fun park activities

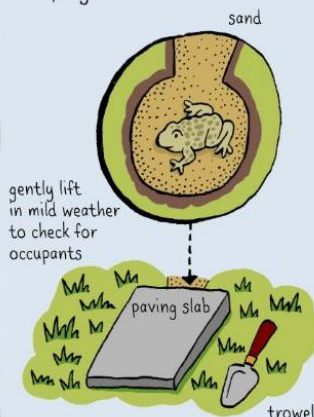
1. Enjoy the journey there
2. Visit the ducks
3. Take time to listen
4. Make a nature collection
5. Play memory games
6. Play with an umbrella
7. Enjoy playground time
8. Play 'I spy...'
9. Try pretend play
10. Play catch (with a twist)

How to build hidey holes



For amphibians

In a damp, cool area of the garden, dig a shallow bowl in the ground and line with sand. Cover with a slab, leaving enough room for an upward sloping tunnel.



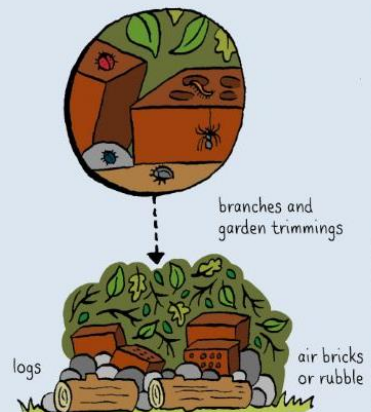
For hedgehogs

Rake a pile of dry leaves in a quiet, unused corner of the garden (under a bush is best). Build a mesh of twigs and branches around the pile, and leave an entrance space at the bottom.



For minibeasts

Stack up a log pile as the bottom layer and cover with rubble or bricks (air bricks have ready made hidey holes!) Cover the pile with branches and garden cuttings.



www.wildlifewatch.org.uk

SUMMER OF PLAY CHALLENGE



HAVE A WATER FIGHT WITH YOUR FRIENDS ☐

BUILD A DEN ☐

BUILD A SANDCASTLE ☐

PLAY ROUNDERS ☐

ORGANISE A SCAVENGER HUNT FOR YOUR FRIENDS ☐

PLAY STREET GAMES LIKE KERBY/CRIBBY OR 123 RED LIGHT ☐

CLIMB A TREE ☐

ROLL DOWN A HILL ☐

PAINT OUTSIDE ☐

CHALK GRAFFITI ☐

CREATE JUNK MODELS USING RECYCLING ☐

DRAW HOPSCOTCH WITH CHALK AND PLAY UNTIL IT DISAPPEARS ☐

MAKE A MAGIC POTION ☐

MAKE ART USING THINGS FROM NATURE LIKE LEAVES AND TWIGS ☐

BUILD AN OBSTACLE COURSE AND RACE YOUR FRIENDS ☐

GO SKIPPING, PLAY TUG O' WAR OR LIMBO ☐

MAKE A DAISY CHAIN ☐

PLAY STICK IN THE MUD ☐

FIND SOME ROCK POOLS ON A TRIP TO THE BEACH AND INVESTIGATE ☐

MAKE A MUD KITCHEN ☐

We support the summer of play

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



A selection of outdoor activities that will entertain, teach and engage young children. Most can be set up with things you already have around the house. Click on image to view activity. More outdoor activity ideas from Happy Hooligans [available here](#)



How to Make a mini nature reserve



1 Choose your site

Choose a safe place to put your window box – somewhere like an old bench or wall at an easy height for inspection.

2 Gather your materials

- window box
- a small log
- yoghurt pot
- some compost
- a rock

3 Fill the box with compost

Always use peat-free compost and save our precious peat bags.

4 Add a few features

Dig in the yoghurt pot and add the small log and rock.

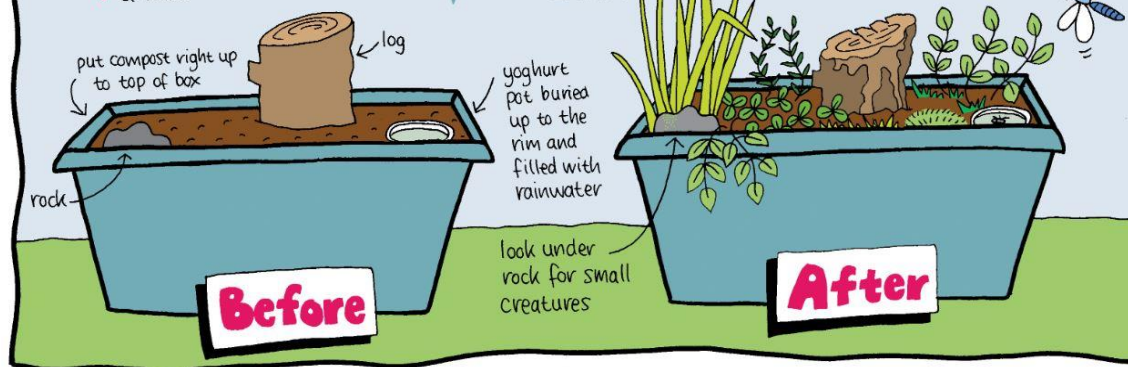
5 Leave!

6 Keep a diary

Record the changes you see. Make notes using guidebooks and take a photo every week.

7 Management

Remove out of control plants or cut them back with scissors.



www.wildlifewatch.org.uk

with thanks to patrick roper for original idea (windowboxwildlife.blogspot.com)

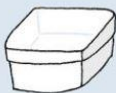
Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015

How to build a mini wildlife pond

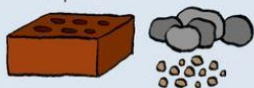


You will need:

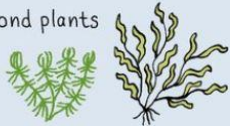
- a watertight container*



- old bricks, rocks and pebbles



- pond plants



- spade



* Is there anything that you can upcycle? It could be an old washing-up bowl, sink or even a plant pot. Aim for 20-30cm deep.

- 1 Choose a spot. Your pond will need light, but not full sunlight all day. You can dig a hole and sink your container, or just have it sitting on top.

- 2 If the container isn't watertight, e.g. an old plant pot, then add a piece of pond liner.

One vertical growing plant that reaches out of the water e.g. flowering rush

- 3 Add a layer of gravel and rocks.

- 4 Fill your pond with rainwater (tap water contains chemicals).

- 5 Start planting... you only need two or three plants.

- 6 Now watch and wait! Wildlife will come to your pond of its own accord.



www.wildlifewatch.org.uk

Don't introduce frogs, fish or even water from another pond as this can spread disease.

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2014 and Royal Horticultural Society 2014

2-INGREDIENT SENSORY RECIPES

Add food colouring or your natural dye of choice

[Click on each title for full instructions](#)

CLOUD DOUGH

1/3 cup baby lotion
2/3 cup cornstarch

OOBLECK

1 cup water
2 cups cornstarch

SOAP FOAM

1/2 cup water
1-2 tbsp baby soap

YOGURT SLIME

3/4 cups yogurt
1 cup cornstarch

FOAM DOUGH

1 1/2 cups shaving cream
1/2 cup cornstarch

FAKE SNOW

2 1/4 cups baking soda
5 tbsp water

PUDDING DOUGH

1 cup pudding
3/4 cup cornstarch

MOON SAND

2 cups flour
1/4 cup oil

DISH SOAP SLIME

1/4 cup cornstarch
2 tbsp dish soap

CHIA GOOP

1/4 cup chia seeds
1 3/4 cups water

PSYLLIUM SLIME

2 tsp psyllium powder
2 cups water

EDIBLE FOAM

Aquafaba
Cream of tartar

thecraftathomefamily.com

Strawberry Ice Lollies



Ingredients:-

250g Strawberries
100ml Natural yoghurt, or apple or orange juice
1 teaspoon honey

Method:-

These are simple and quick to make, and are so much nicer than the commercially made ones.

Whizz up 250g ripe strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey in a blender or food processor. Taste, and add a little more honey if you think you need to. Divide the strawberry mixture between 4 ice lolly moulds, then pop a stick into each one. Put the ice lollies in the freezer for at least 4 hours or until solid.

Peanut Butter Snails

2 Medium celery sticks
1/2 cup Peter Pan creamy peanut butter
3 apple rings cut in half
4 pretzel sticks broken into thirds
12 mini semisweet chocolate morsels



Summer Fruit Pops

(Makes 4 ice pops)

What you will need:

- Small plastic cups and wooden lollipop sticks or ice pop mould
- 2 kiwis, peeled
- 1 mango, peeled
- 8-10 raspberries

Instructions:

- Puree the fruits separately and put them in different bowls.
- Pour the raspberry into the bottom of the cups or mould.
- Freeze for 30 minutes.
- Pour in the Mango
- Freeze for 15 minutes, insert lollipop sticks and freeze for a further 15 minutes.
- Top with kiwi puree and freeze for 5-6 hours or overnight.

Top Tip:

- If you don't have time to make the tri-colour ice-pops you can just use 1 flavour or puree different fruits together and freeze all at once for a multi-fruit flavour.



Always remember to clean your baby's teeth after feeding especially last thing at night.



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



Build a brilliant snack



Healthy
Eating
Week |  Nutrition

Create your own fibre packed snack!

Choose your wholegrain base



For example: wholemeal bread, oatcake, rye crispbread.

Useful equipment

- Chopping board
- Vegetable knife
- Table knife
- Grater

Spread on your fibre provider topping



For example: reduced fat hummus, mashed avocado, salsa (choose a lower salt option).

Top fibre tips!

Wash your carrots but leave the skin on for an extra fibre boost!

Add plenty of fruit or veg toppings!

Finish with vegetables (or fruit!)



For example: grated carrot, sliced tomato or cucumber.

Share your creations on twitter
@NutritionOrgUK #HEW23
or email them to us at
postbox@nutrition.org.uk

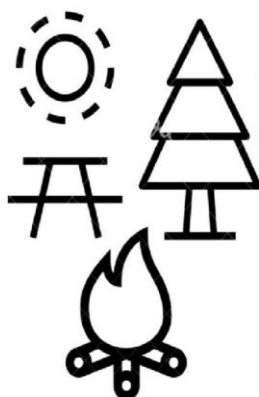


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SUMMER!

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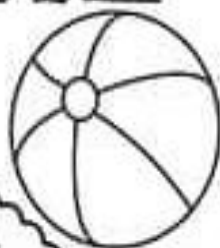


CAMPING
 FRISBEE
 OUTDOORS
 PLAY
 SHORTS
 SUN
 SWIMSUIT

DIVING
 GRASS
 PARK
 POPSICLE
 SPRINKLER
 SUNSCREEN
 TAN

FLOWERS
 HOT
 PICNIC
 SANDALS
 SUMMER
 SWIMMING
 WATERMELON

SUMMERTIME FUN!



This summer I will:

A drawing of my favorite summer activity:



My summer goals:

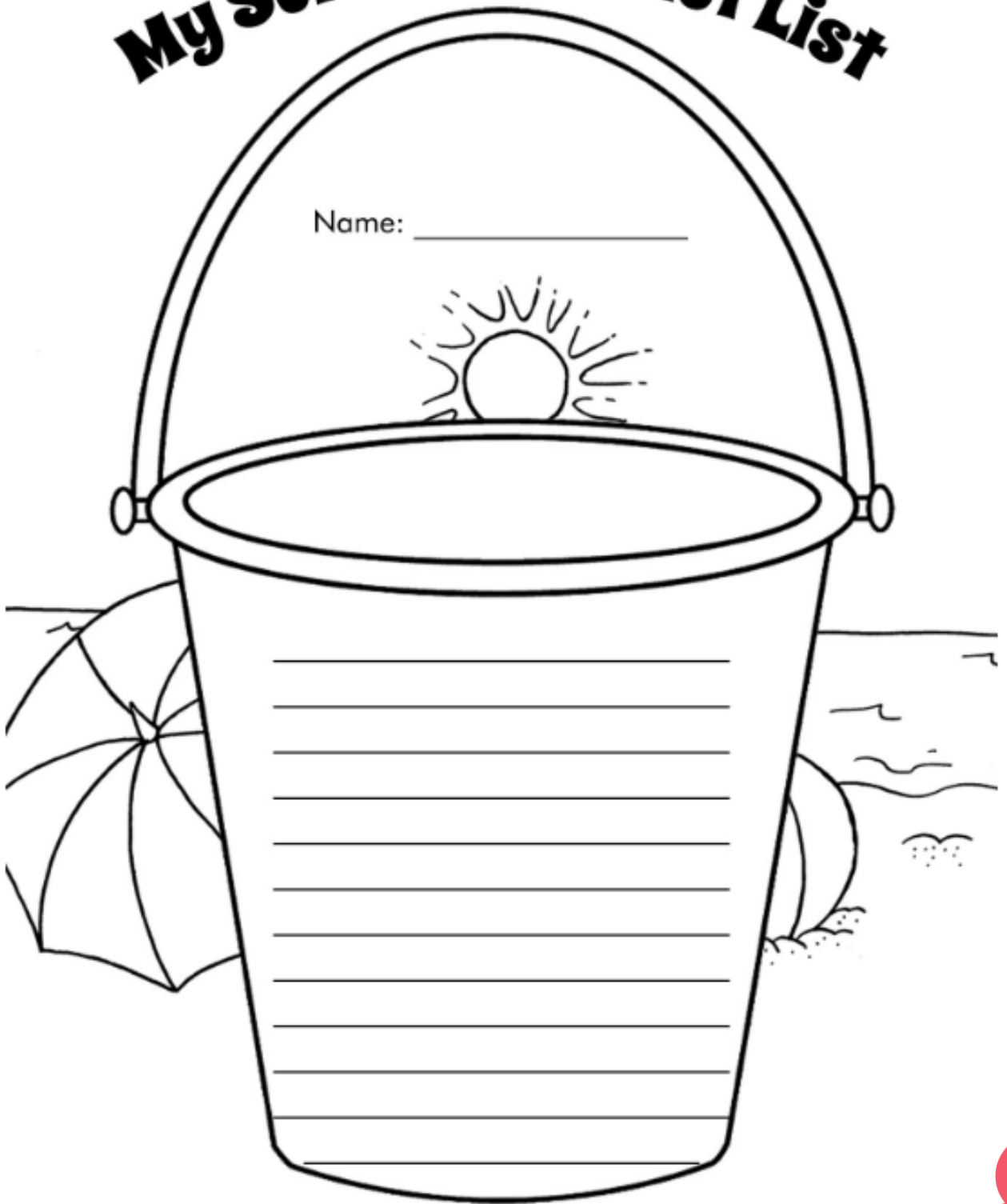
My favorite summer treat:



© Mrs. Merry (www.mrsmerry.com)

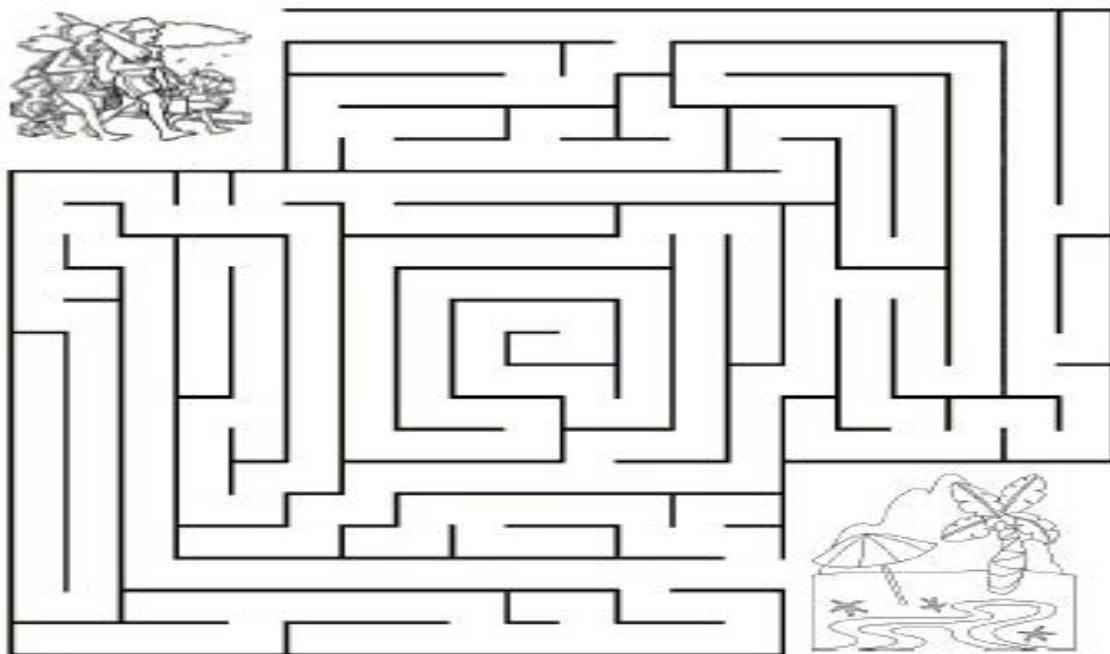
My Summer Bucket List

Name: _____



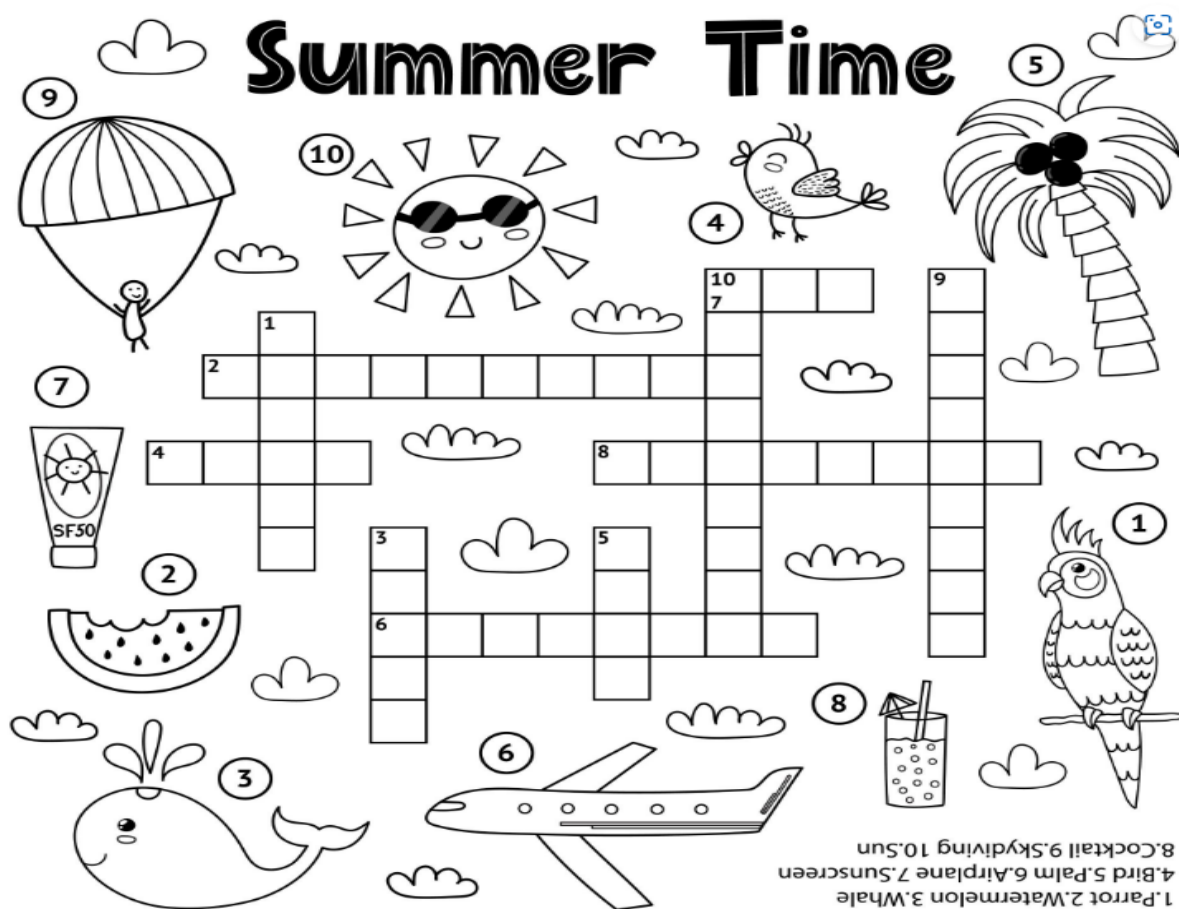
SUMMER MAZE

Can you help them find the beach?



www.cypsp.co.uk

Summer Time



1. Parrot 2. Watermelon 3. Whale
4. Bird 5. Palm 6. Airplane 7. Sunscreen
8. Cocktail 9. Skydiving 10. Sun

For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack



[Download Here](#)