

RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



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DISABILITY RESOURCES & ACTIVITIES



- **NHSCT Paediatric Digital Resources**
- **Parentline Podcast – Autism: The Facts & More Part 1**
- **PlayBoard/Mae Murray Foundation – ‘Let Me Play’ Inclusive Play Park Study 2022**



NHSCT Paediatric ASD Service has launched a range of resources to support parents & carers of young people with autism. Podcasts, videos and online training content, providing advice and strategies are all available on their website [👉 https://crowd.in/rmTLkg](https://crowd.in/rmTLkg)



Rebecca from Eden
Consultancy NI chats to Kerry
McLea all about Autism: The
Facts and More

FULL EPISODE HERE:
<https://buzzsprout.com/861409/10339330>



Read Report



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](#)

Resource Library

The Resource Library is a free resource for all members. You may want to borrow equipment for a range of reasons:

- To trial expensive equipment that you are considering purchasing to ensure it is right for you.
- To borrow equipment for a specific need, for example, to help you with travel on a holiday.
 - To get active and enjoy outdoor spaces.
- To have more opportunities to play and learn new skills.

[Further Information](#)

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

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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

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust

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
 Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421
Find out more!
 Email: sharon.autonomie@gmail.com Tel: 078 7251 9900

[Further Info](#)



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/>



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](#)



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.](#)



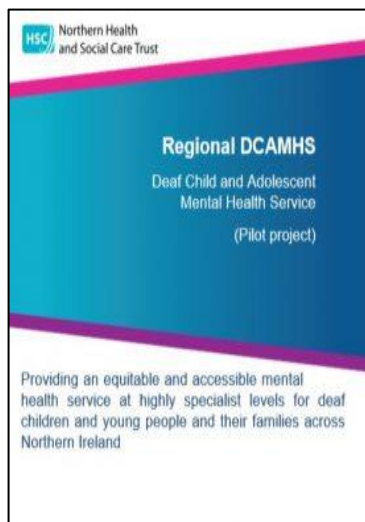
[Special Educational Needs \(SEN\) Resources](#)



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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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>



Lets Talk – NDCS Tips

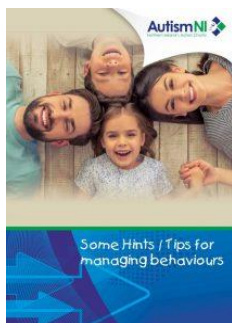
It's so important to encourage deaf children and young people to talk openly about their feelings.

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



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

[Download Here](#)



Autism NI - 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](#).

youngSibs For brothers and sisters of disabled children and adults



Tips on Dealing with Unkind Comments Because My Sibling is Different

Sometimes young siblings have to deal with unkind comments or behaviour from others because of their brother or sister's disability.

[View Tips Here](#)

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

@21andsensory x BBC Bitesize



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>

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>
 Google: <https://crowd.in/Aqdrm6>



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



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

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MENTAL HEALTH RESOURCES & ACTIVITIES

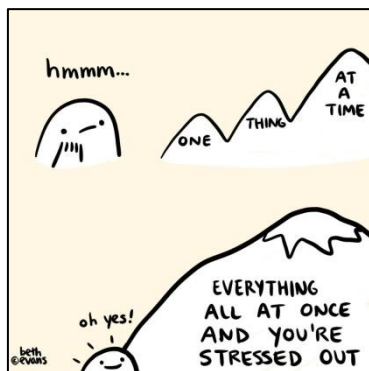


**NEW
Resources &
Activities**

- Reminders for a Hard Day
- NHSCT – Eating Disorders Podcast
- Beat - Eating Disorders: Know the First Signs
- Childline – ‘We Feel It’ Campaign Aimed at Young Males
- Self Care Menu
- Ways to Protect Your Mental Health on Social Media
- Parenting NI – Children’s Mental Health Top Tips
- Signs Your Mental Health is Getting Better
- Family Wellness Project – Express Yourself; Lets Talk Mental Health
- Random Acts of Kindness

REMINDERS FOR HARD DAYS

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Pheew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help.
10. Focus on the things you can control. *Let go of the rest. This is easier said than done.*



childline

ONLINE, ON THE PHONE, ANYTIME

'We All Feel It Campaign'
Supporting young males
to reach out for support.

[Further Info](#)
[Watch Video](#)

SELF-CARE MENU

- | | | |
|--|-------------------------------------|---------|
| | take a few deep breaths | 5 MINS |
| | stretch your body | 5 MINS |
| | listen to your favourite song | 5 MINS |
| | meditate on your purpose | 15 MINS |
| | read a chapter of a book | 15 MINS |
| | journal out your thoughts | 15 MINS |
| | take a walk outside | 30 MINS |
| | get crafty | 30 MINS |
| | cook a new recipe | 30 MINS |

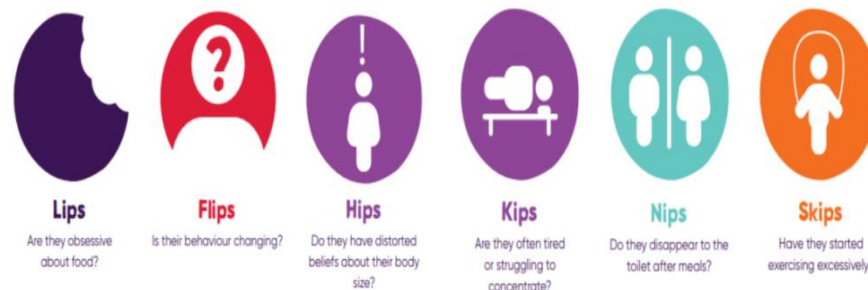
@thefabstory



Podcast for those spotting preoccupation with food or exercise or are concerned that a loved one may have an eating disorder.

Spotify: <https://crowd.in/gxo0s8> Apple: <https://crowd.in/jfm2Js>
Google: <https://crowd.in/YOGBT9>

Eating disorders. Know the first signs?



If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips

NEW
Resources & Activities

MENTAL HEALTH RESOURCES & ACTIVITIES

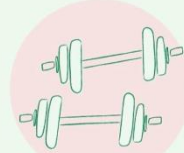
WAYS TO PROTECT YOUR MENTAL HEALTH ON SOCIAL MEDIA



Take a break! Set a timer to limit your exposure



Keep in mind that social media is not reality



Follow healthy communities



Spend time with friends

Children's Mental Health Top Tips #CHILDREN'SMENTALHEALTHWEEK

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.



ParentingNI

Support Line: 0808 8010 722
parentingni.org

Children's Mental Health Top Tips #CHILDREN'SMENTALHEALTHWEEK

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.



ParentingNI

Support Line: 0808 8010 722
parentingni.org

SIGNS YOUR MENTAL HEALTH IS GETTING BETTER



You accept that bad days won't last forever.



You find more reasons to be happy and grateful.



You are proud for surviving bad days.



You listen to your body needs.



You trust the world again.



You start to embrace your past and let go.



You believe in yourself again.



Your energy levels improve.

Innsightful
@innsightful_

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FAMILYWELLNESSPROJECT EXPRESS YOURSELF! LET'S TALK MENTAL HEALTH!



BE YOURSELF!

Encourage your child or teen to express themselves and be proud of their individuality. It's easy for children to try to blend into the background to fit in. Children and teens who are happy to express themselves through clothing, hobbies, and being open with their opinion will develop strong personalities & confidence which is great for their emotional wellbeing.

ParentingNI

COMMUNITY FUND

Random Acts of Kindness

Let's start changing the world. One kind act at a time.

Did you know that helping others has an amazing effect on your own health? It can reduce stress, relieve anxiety, improve emotional well-being and even help your physical health!

Simply choose from one of our 50 kind act suggestions, create your own or use our number generator to pick an act for you! Then send us a picture/video clip of your kind act to

VRF@youthaction.org

PHONE'S OUT!

- 1 Send a funny meme or joke to a friend who needs a laugh 
- 2 FaceTime someone you know who is feeling lonely
- 3 Send an inspirational quote 
- 4 Invite someone to a friendly Tik Tok challenge
- 5 Call your family 

8 Send a friend a thoughtful gift

9 Make someone laugh

10 Cook a delicious dinner for a friend

11 Pre-pay for a coffee to be given to a stranger or free later in the day

12 Help someone get active!

14 Offer to look after a little brother, sister or cousin

15 Send flowers to a friend

16 Pick up litter around the city closest to you (remember gloves!)

17 Donate old clothes, toys or pocket money to charity

18 Pay someone a compliment

19 Let someone know you're thinking of them

20 Send a letter to a friend

21 Tell your family you love them

22 Bake a cake for your friend

23 Offer to pick up groceries for your elderly neighbour

24 Make someone a cup of tea

25 Host a get together in the garden for your friends

26 Let someone jump the queue ahead of you

27 Make a personalised Zoom quiz for a friend

28 Draw a picture for a friend

29 Leave a hidden message in public to cheer someone up

30 Challenge a friend to a game

31 Tidy your room

32 Help a friend pick out an outfit

33 Clean the dishes

34 Share a memory you think would cheer your friend up

35 Have a dance off with friends

36 Make someone smile

37 Make a music playlist for your friend

38 Hug a family member

39 Lend someone your umbrella when it rains

41 Share a photo with a friend

43 Smile and say hello to people you may pass every day

44 Share your favourite recipe with a friend

45 Buy from a local shop

46 Make and send a handmade card

47 Give a friend your favourite book

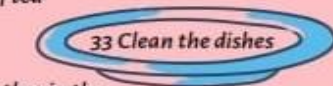
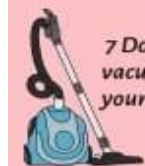
48 Paint a pebble and leave somewhere for a stranger to find

49 Text someone 'good morning' or 'good night'

40 Cut your neighbour's grass

50 Walk a friend's dog

42 Share, comment or like a friend's post on social media



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



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 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/>



[Download](#)



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/>



SELF-CARE FOR SENSORY OVERLOAD



Noise

Cancelling Headphones

Nature sounds like rain storms or sunny days



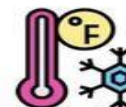
Sleeping masks or darkness



Nature scenes or ambient noise



Scents that you enjoy



Changing the temperature to warmer or cooler



Soft or low lighting

Weighted, soft, or heated blankets



Guided meditations or binaural beats

Blessing Manifesting

A useful guide to Mental and emotional wellbeing resources

Minding Your Head

www.mindingyourhead.info

The Minding Your Head (MYH) website has a range of information and resources to support and enhance your mental and emotional wellbeing and information on how to help others when needed.

Resources
The resource section of MYH contains some very useful information, including:

- Take 5 Steps to Wellbeing
- Ask, Talk, Listen - a guide to self-help
- Mental Health Factbooks
- Minding Your Head Student Guide

The Minding your head student guide with resources on dealing with specific topics such as stress and worry.

Information on programmes such as:

- FLARE
- Phasitri
- Training

Online Training

The MYH site has details on some mental health courses that are available online including:

Free online Stress Control classes
These courses are effective in helping to reduce symptoms of stress, anxiety and depression. Topics covered include an overview of what stress is, controlling your body, your thoughts, controlling your actions, techniques to get a good night's sleep.

These are available directly at www.stresscontrol.org

Psychological First Aid
HSC NI in collaboration with the Red Cross and North Education Scotland has made available online guidance and a short E-Learning module on Psychological First Aid. These resources are particularly valuable for anyone working or volunteering with local communities at this time.

www.pha.ni.uk/psychologicalfirstaid

Emergency Support

Details of help and support is available and how to access support is available on MYH including:

- Lifeline 0800 808 8000
Lifeline is the Northern Ireland free-to-call crisis counselling helpline that provides immediate support for those in crisis, distress or despair and struggling to cope. Lifeline is available to anyone across Northern Ireland 24 hours a day, 365 days a year. Lifeline can also provide advice for people who are concerned about someone else who is in distress.

Lifeline
0800 808 8000

Apps Library

A range of HSC approved apps for stress, nutrition, sleep and mental health and be accessed from MYH or directly on www.mindingyourhead.info

Helpline NI
The Helpline NI website provides a directory of over 50 helpline services operating across Northern Ireland. The helpline provides information, support, advice and guidance on a wide range of health and wellbeing needs. The website also includes details of health-related and local community COVID-19 specific helplines. www.helpline.ni.uk

Local directories of services
A list of local services in your health and social care trust area - www.localhealthandcare.ni.uk

Reassessment support resources
Online brochures and resources are available for people who have experienced a bereavement during the COVID-19 pandemic period. To find out more, visit www.pha.ni.uk/bereavement

You in Mind - Your Guide to Mental Health Services in NI

If you're you or someone you know with a mental health condition, this guide about what you should expect from Mental Health Services in Northern Ireland. This booklet has been designed for and by people with lived experience and their families across Northern Ireland and explains the key things involved when mental health care is required. It is based on the principle of 'you decide what we without and' it can be accessed at www.inmind.ni.uk

COVID-19 information and resources
Having contributed to UK and NI mass media COVID-19 advertising campaigns, PHA will continue health protection messaging and guidance, and health and wellbeing messaging to help deal with the challenges that this situation is presenting for our communities. PHA has produced numerous COVID-19 resources for NI, including translated versions. Our website has been updated which offers the option of 10 languages. An advice booklet for people with a learning disability has been developed with information on symptoms, signs at home and social distancing. Top of home guidance for households with possible COVID-19 infection and advice on looking after your wellbeing while staying at home has also been made available in British and Irish Sign Language. These resources are available on our website at www.pha.ni.uk/coronavirus

Stop COVID NI
Lifeline



CYPSP Youth Wellness Web – Mental Health Resources

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)

MENTAL HEALTH RESOURCES & ACTIVITIES

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.

SOUTHERN AREA LOCALITY PLANNING GROUPS

Emotional Wellbeing and Mental Health Resource for Children and Young People



Children in Northern Ireland

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

SAFER SCHOOLS NI

Talking to Young People About Suicide

©ImageGroupLT02021

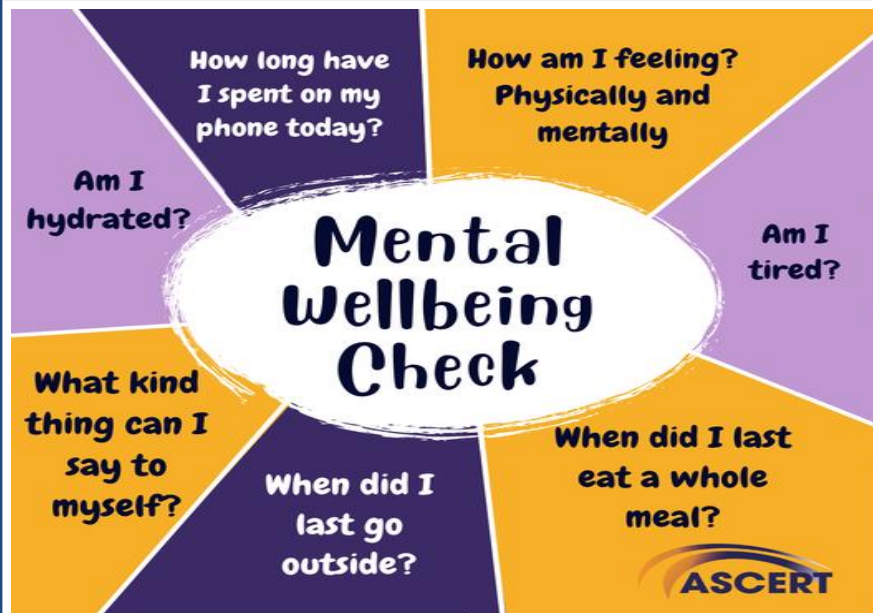


Advice from Safer Schools NI on how to talk to the young people in your care about suicide!

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

action mental health

[Resources for children and young people aged 8-25yrs and those who care for them](#)



Advice on Panic Attacks

Panic attacks can feel scary and overwhelming. But if you experience them, you are not alone and you can get through it. Here's some information and advice that can help you.

<https://www.youngminds.org.uk/young-person/my-feelings/panic-attacks/>

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

#kidsonline2021

 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://www.getsafeonline.org/kids-be-true>





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](#)



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. (Illustrated with a rainbow)
- Find social groups that help them feel like they belong. (Illustrated with a heart in a speech bubble)
- Set aside time for low-stress or solo activities. (Illustrated with a smiling sun)
- Practice self-care for yourself to set the standard. (Illustrated with a red heart)
- Focus on articulating feelings. "I am angry," "I am sad." (Illustrated with a grey cloud raining)
- Encourage journaling and diaries. (Illustrated with a yellow notepad)
- Encourage your child to focus on the moment. (Illustrated with a cloud with a face)
- Establish a self-care routine. (Illustrated with a flower)
- Recognize toxic stress events. (Illustrated with a red 'X' over a stress event)
- Cultivate interests and hobbies. (Illustrated with a flower)

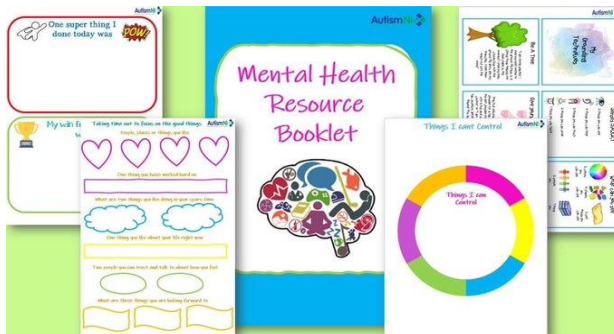
8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists

- You are safe with me (Illustrated with a rainbow)
- It's ok to feel nervous, I do too sometimes (Illustrated with a rainbow)
- Let's go for a walk (Illustrated with a rainbow)
- Let's draw the worry, how big is it? (Illustrated with a rainbow)
- Let's talk back to this worry (Illustrated with a rainbow)
- I am here for you (Illustrated with a rainbow)
- Let's sit together until the thought passes (Illustrated with a rainbow)
- Let's take a few deep breaths together (Illustrated with a rainbow)



Free Children's Apps to Help Manage Anxiety



Mental Health Resource Booklet from Autism NI



Mental Health & Wellbeing Resources

www.familyfund.org.uk

Family Fund
Helping disabled children

A selection of mental health and wellbeing resources

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Four ways to build your child's resilience

1. Help them manage and appreciate uncertainty
Explain that life can be more uncertain than they think - and that's okay! Remind them of unexpected events in their lives that turned out to be good.

2. Embrace set-backs and mistakes
Explain that mistakes are a great way to learn and part of what makes us human. Lead by example and don't beat yourself up after you make a mistake - use 'I could have', rather than 'I should have'.

3. Empower them to make their own choices
Help them to make age-appropriate decisions that affect their day-to-day life. Part of being a resilient child is learning how to be independent and trust in their own ability to make the right choice.

4. Challenge their thinking
Help them to tackle any catastrophising and over-generalisation in their thinking by talking through the flaws in that thinking style and helping them to see alternative perspectives.

For more mental health advice, head to BBC Bitesize Parents' Toolkit





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.

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>



<https://t.co/Bim8Z4WMiH>

MENTAL HEALTH RESOURCES & ACTIVITIES

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

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

1. 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.

2. 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.

3. '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.

4. 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.

5. 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.

6. 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.

7. 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.

8. 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

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?



10 signs of bullying and key advice
<https://bit.ly/2H4mrUe>



CYPSP Youth Wellness Web –
 Bullying Resources
[Age 8-10](#)
[Age 11-15](#)
[Age 16+](#)
[Parent/Teacher Zone](#)

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BEREAVEMENT RESOURCES



**NEW
Resources &
Activities**

- **PHA/USI - Protect Life Comkit: Supporting Communities Following Sudden Death**
- **Memory Box**
- **Supporting Children Bereaved by Suicide**



Supporting Communities Following Sudden Death

New online platform launched to help support communities following a sudden death.

Comkit is supported by PHA developed with Urban Scale Interventions in partnership with Families' Voices Forum and other stakeholders.

Visit <http://Comkit.info>

What to put in a memory box

Cruse Bereavement Support



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received

Memory Box
Creating a memory box can be a lovely way to remember a loved one who has died.
By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.

Supporting children bereaved by suicide

Cruse Bereavement Support



It's common for a child or young person to feel intense anger towards the person who has died. Reassure them that you'll be available if they need to talk about their feelings.

Emotions



They may ask "what if?" and "if only?" to try and understand what caused the person close to them to take their own life. Don't dismiss them, instead reassure them.

Questions



They could feel excluded from school life. Therefore, it's essential that they are not burdened with the opinions of others. Negative stigmas are unhelpful and damaging.

Stigma



Bereavement:

Tips for supporting young people living with grief

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>

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



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

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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

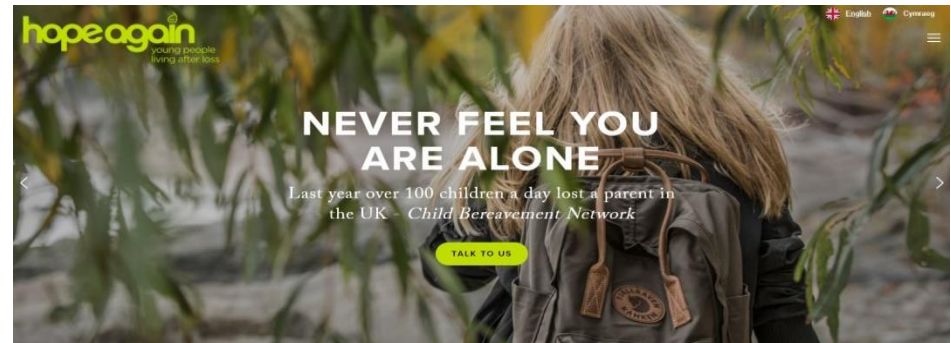
Remember that a wide range of emotions is normal with grief, so don't be surprised if the child seems to show little emotion or if they show an emotion like anger, worry, or fear. Acknowledge their emotions and let them know it is natural to experience lots of different emotions and this will encourage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



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

What are the signs of complicated grief in children?

Cruse
Bereavement
Support

Difficulty accepting the death happened

Uneasiness about moving on with life

Not wanting to spend time with loved ones

Negative views of the future

Feeling hopeless

Difficulty trusting others



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

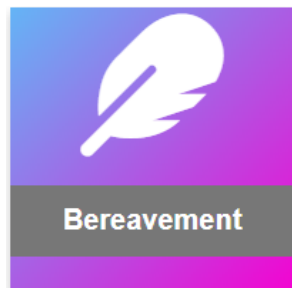


Let them ask questions and talk about the person who has died

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/...>



**CYPSP Youth Wellness Web
– Bereavement Resources**

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)



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](#)



**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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EDUCATIONAL RESOURCES & ACTIVITIES



**NEW
Resources &
Activities**

- NI Direct – Deferral of Pre-School/Primary School Places
- Department for the Economy – Careers Service / Career Discovery Tool
- EA – Little Book of Exam Stress Help/Self Care
- CEA – Student Guide for Summer 2022 Exams
- NI Direct – Revision Tips
- Altram – Resource Sheets

NEW
Resources & Activities

Deferral of Pre-School or Primary School Places

nirect.gov.uk



EDUCATIONAL RESOURCES & ACTIVITIES

Parents or guardians of some children can now choose to defer school places by one year. This means that children born between 1st April and 1st July (including both dates), or any premature child who was born before 1st April but was due to be born on or after 1st April, are eligible to defer pre-school or primary school this year if they choose - [Further Information](#)

GCSE SUBJECTS

WHERE WILL YOUR SKILLS TAKE YOU?

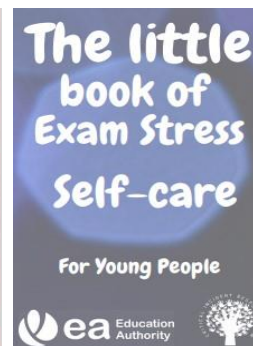
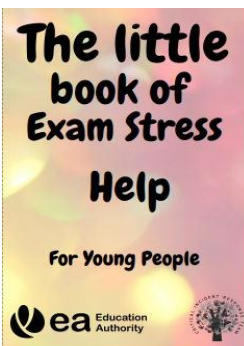
CAREERS SERVICE



Are you aged 11-19 and wonder about your future Career?

If so why not use the Career Discovery Tool (Xello) to help match your interests, skills and values to the subjects to study.

Help find the professions suited to you here:
<http://nirect.gov.uk/services/career-discovery-xello-11-19-year-olds>



This little book from EA is aimed to help you through your exam stress with revision tips, self care tips, useful links to support and lots more - [Download](#)



CEA's NEW guide to assessment arrangements, optional omissions and contingencies for Summer 22 exams.

Download -
<https://bit.ly/34HKKCY>

Preparing for exams

nirect.gov.uk



[Revision Tips from NI Direct](#)

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The Spring
An t-Earrach
Ann char-ah



Lamb
Nest
Chick
Egg
Snail
Worm
Caterpillar
Butterfly

Uan
Nead
Sicín
Ubh
Seilide
Péist talún
Cruimh chabáiste
Féileacán

Oo-in
Nyad
Shic-een
Ivv
Shell-idge-ah
Pesht tal-un
Criv hab-ash-cha
Fell-a-can

The chicks have hatched
Tá na sicíní tagtha amach
Taa na shic-een-ee tag-ha a-mah



There's a lamb in the field
Tá uan sa pháirc
Taa oo-in sa fark



The Spring
An t-Earrach
Ann char-ah



Flowers
Seed/ seeds
Bud
Tree/ trees
Leaf/ Leaves
Plant

Bláthanna
Síol/síolta
Bachlóg
Crann/Crainn
Duilleog/ duilleoga
Planda

Bla-hanna
Sheel/sheel-ta
Bah-logue
Kran/ Krin
Dill-yog/ dill-yoga
Plan-da

There are buds on the trees
Tá bachlóga ar na crainn
Taa bah-logue-a air na krin



Plants are growing
Tá plandaí ag fás
Taa plan-dee ag fwass



Planting

Ag cur planda
Ig kur planda



We need...

Tá.....de dhíth

Ta.....deh yee

seed(s)
a spade
water
a pot
soil

síol(ta)
spád
uisce
pota
cré

sheel(ta)
spwad
ishka
pota
kray



Planting

Ag cur planda
Ig kur planda



We have to...

Caithfidh muid...

Kai-hee mwidge...

dig
push the seed
into the soil

tochailt
an síol a bhrú
isteach sa chré

taw-hiltch
an sheel a vroo
ischa sa kray

water it

uisce a chur air

ishka a kur ayr

Look, the plant is growing!
Amharc, tá an planda ag fás!
Ark, taa an planda ig fwass!





19 May 2022

A global movement to inspire and celebrate outdoor play and learning.

[Further Information](#)

BBC Bitesize

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](#)



[Download Issue 6](#)

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[Home Learning Ideas & Resources](#)

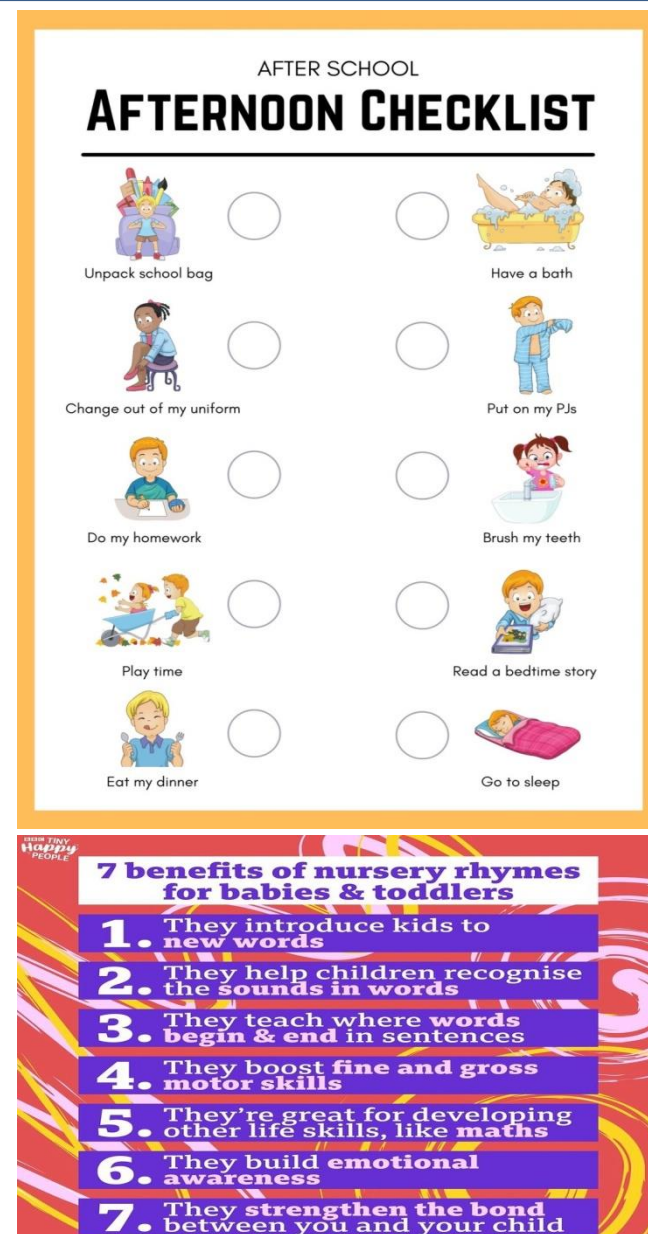


After School Restraint Collapse

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>





Regional support organisation for Irish medium early years settings.

[Parental Support Materials](#)



Study Support

Study self-care and revision tips from BBC Bitesize to alleviate stress and to help motivate you to stay focused while studying!

<https://bbc.in/3chwc3V>



Home Learning Hub

To access our range of resources visit oursaferschools.co.uk/home-learning-hub

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

Help Your Child with Maths



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

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



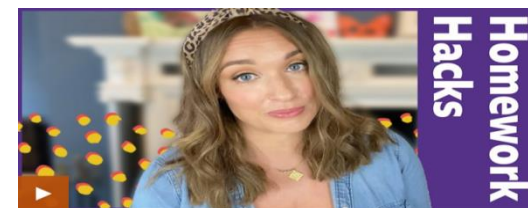
Home learning resources for children in primary, post-primary, Irish medium schools and for learners with SEN.

[Go to Website](#)



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

[View Here](#)



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>

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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

Facebook: /parentingNI Twitter: @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.

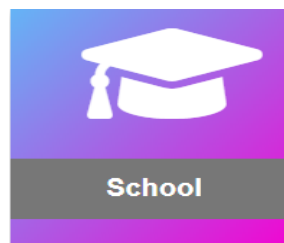


Further Info: <https://bbc.in/2WGHwRa>



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](#)

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CYPSP Youth Wellness Web – School Resources

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)



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.



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
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!

PLAY

RESOURCES & ACTIVITIES



NEW
Resources &
Activities

- BBC Tiny Happy People – Multilingual Games for Children
- Autism NI – Off Screen Activity Ideas
- Place2Be – Fun Family Project Ideas
- Play Scotland – Loose Parts Play
- PlayBoard – Play Matters (0-18): Parents Guide
- Article - Did You Know Play Helps Fears?
- PlayBoard – Play for Busy Parents Resource Sheet
- Indoor Activities - New Activity Sheets
- Outdoor Activities – Nature on your Doorstep

For 3 years+

10 multilingual games for children

play with puppets

make a puppet that only speaks one language, so kids have to translate for them

play catch with a twist

as you throw say a word in one language when they throw it back they say the same word in another language

i-spy

a great way to introduce a second alphabet or colours in a second language

rhyming games

start by saying a word in your chosen language and ask your child to say another word that sounds the same

photo fun

using photos of family and other objects, like food or modes of transport, ask your child to create a story around Grandma or Grandpa and what they've done

BBC TINY
Happy
PEOPLE

For 3 years+

10 multilingual games for children

the whispering game

whisper something in one language into their ear and they pass it on in a different one

phone call game

stand at different corners of the room and have kids copy what you say to a teddy bear, who is learning a language

matching pairs game

make your own cards with words on in two languages, which kids then have to match

hide and seek with words

hide a word in one language around the house, then hold up the word in another language and your child must search for it

the corner game

put flags in the corners of a room and play music, when the music stops your child chooses a corner then must only speak in language of the "country" they're in



Activities Board from
Autism NI which
includes fun off-
screen activity ideas -
[Download](#)



Improving children's
mental health

Free projects for families covering many themes, including: 🚀 Space, 🌿 Nature, 🦸 Superheroes, 🍂 Seasons
<https://www.place2be.org.uk/artroomathome>

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LoOSE pARts Play

Ribbons & FEaTHeRS *EGG cartons and ACorns*

SHELLS and leaVES *wool & string* *MILK CRATES AND BASINS*

POTS & PaNs *Baking trays & MUD* *Sand & STones*

Kitchen utensils – spOOons, potatO masher, SIEVes

Hammer and nails **Sticks and stones** *twigs & felt*

Silk and tin foil **Tarpaulin & DRiftWOOD**

Velcro ROLLERS and Sponges *Brushes AND PAINT*

Dried pasta and PULSES *Guttering and TYRES* **Cardboard**

PLasTIC bottles and TOPs **DOLLY pegs and CURTAIN rings**

FuNNels and WAtER **Plant POTS** and wood Pallets

Rope, Wool and RiBBon **STRAW** bales and wood

KeYs and cove moulding **Bamboo and baskets**

Sheets and ChALK *Hessian and buckets*

PrOmote cUrlosly aNd
IMagiNaTions ThRough pLaY

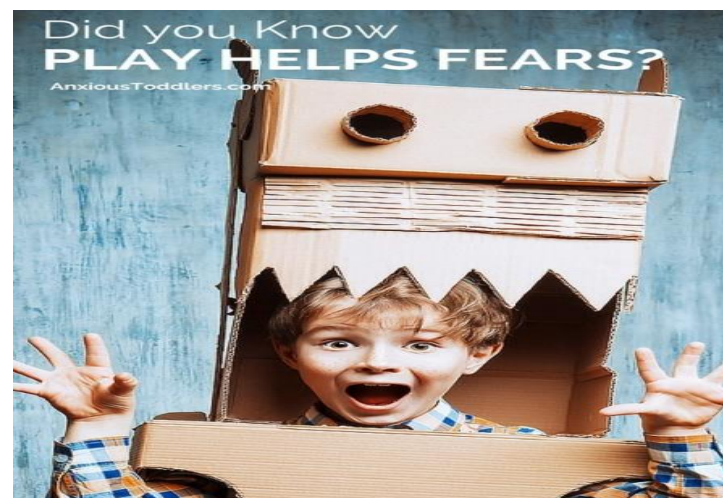


www.playscotland.org

Committed to PLAY



[Read Guide](#)



[Read Here](#)

Play for busy parents



As a parent or carer, it can sometimes be difficult to make time to play with your children, or to find the energy! When it comes to playing with your child, think **quality over quantity**. Just five minutes of uninterrupted, quality play together can mean the world to your child and contribute positively to their development and self-esteem.

QUICK AND EASY PLAY IDEAS

- **Hidden in plain sight** - ask your child to leave the room while you 'hide' a distinctive object in plain sight. Encourage some healthy competitiveness amongst siblings by seeing who can find the object first! 
- **Scavenger hunts** - this game is great as it can be an indoor or outdoor activity and can be tailored to suit all ages and abilities. Look for:
 1. Different coloured items
 2. Different textures e.g. soft, fluffy, hard, bumpy, shiny
 3. Outdoor resources e.g. leaves, flowers, acorns, pine cones, feathers
 4. Indoor resources e.g. a sock, a spoon, something you can eat
- **Decorate some cupcakes or buns** - we aren't all Mary Berry in the kitchen so keep it simple and buy some pre-made madeira buns, icing and sprinkles and enjoy decorating the buns together. 
- **Teddy bears' picnic** - an oldie but a goodie! Round up your child's favourite teddy bears, make a comfy spot on the floor and enjoy some biscuits and juice together. 
- **Make a den** - what's more exciting than making a den under the table or using other house hold props?! Grab all your cushions, blankets, duvets and those all-important close pegs and create a cosy den together for reading, eating or playing board games together. 
- **Play hide and seek** - another oldie but a goodie and great for children of all ages. 
- **Shop keepers** - children love to play with 'real' objects. Set up a simple shop area, complete with bags for life or baskets and enjoy some role play together.
- **Restaurants** - it's all about the resources! Take each other's orders with some pen and paper, set up a dining area, 'cook' and serve! Take it up a notch and introduce some real food like dried pasta or rice.
- **Get creative with some wallpaper** - when it comes to children's play, the bigger the better! And drawing is no exception. Take some old wallpaper and roll it across the floor or take it outside and hang it from your washing line. Next, provide lots of different mark-making materials such as crayons, felt tips, paint etc. and let your child's creativity run wild! For added outdoor messy fun, mix paint and water and pour into water pistols so your children can enjoy a new and exciting way of painting.
- **Dress up and put on a show** - whether it is dressing up costumes, dressing up in your clothes or making costumes from blankets etc. children will love having your full attention as they dress to impress and show off their latest dance moves or singing skills.
- **Santa's workshop/birthday party wrapping** - use up unwanted wrapping paper or newspaper and allow your child to wrap 'presents' such as their toys or empty boxes. Simple, yet it will keep your child entertained, stimulate their imagination and promote their fine motor development!

TIPS AND TRICKS FOR QUALITY PLAY TIME

Reflect on your own play memories

Introduce your child to games you played when you were younger. If you loved it, chances are they will too!

Declutter, donate, rotate

Too many toys can actually leave a child feeling overwhelmed, reducing their levels of concentration, creativity and imagination. Try rotating toys weekly for better quality play experiences.

Child-led play is the best type of play

Give your children the **time, space and permission** to play in whatever way they want to, allowing them to make mess, make noise and have **FUN!**

Allow your children to be bored

Try to avoid pre-planning extra-curricular activities through fear of your child being 'bored'. Boredom stimulates creativity, imagination and allows opportunities for children to discover their own interests.

Open-ended resources

Children don't just play with manufactured toys, they love random household objects too. Provide your child with a range of natural, open-ended resources and they are sure not to be bored for long. Have a look at our *Play Matters - Playing with stuff around the home (loose parts)* information sheet for further ideas on open-ended resources at <https://bit.ly/3BDL5TH>



For more ideas go to www.playboard.org/play-ideas

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

	Develops hand-eye co-ordination	Physical Development	Builds fine-motor skills	
Teaches about sequencing and patterns		Improves body control, poise, balance and co-ordination	Explores colour, shape and texture in two and three dimensions	
Mathematical Development	Offers opportunities for counting, measuring and sorting		Use of different media and material fosters imagination	Creative Development
Develops the concepts of size and shape	The Many Benefits of Messy Play			Focus on process over product enables individual interpretations
Encourages representational play and story-telling				Informal context encourages confidence in communicating
Knowledge and Understanding of The World	Enables risk-taking and experimenting in a safe environment		Provides exposure to a rich and varied vocabulary	Communication, Language and Literacy
Teaches cause and effect		Fosters children's natural curiosities		Provides opportunities for mark-making
	Encourages a positive attitude to new experiences	Personal, Social and Emotional Development	Builds independence through choice	



PLAYBOARD NI
LEADING THE PLAY AGENDA



[Play Matters Resource Sheets](#)

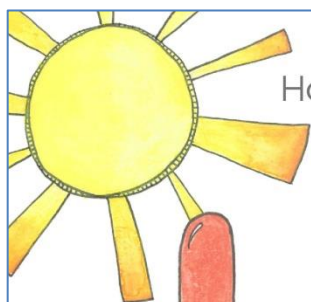
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PLAYbenefits



express feelings train immune system
 cognitive agility growth appreciate nature
 self-confidence strength and dexterity sense of adventure
 manage risk creativity adapt resilience conflict resolution
 make sense of the world fun cooperation
 let off imagination skills negotiating
 steam relax connecting discover reduce stress
 social skills emotional regulation learn
 problem solving language skills reconciliation
 perseverance physically fit time out healthy brain development
 life skills exhilaration manage differences flexibility
 happiness freedom joy community
 self-esteem identity coordination stamina
 engage curiosity buzz independence

www.playboard.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

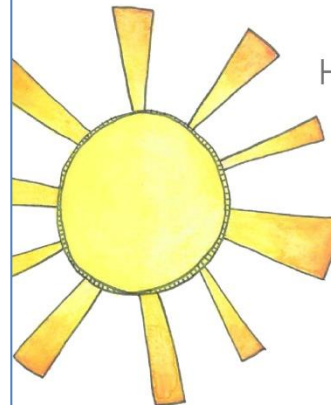


www.getoutsideandplay.ca



be fit for life
moving alberta

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

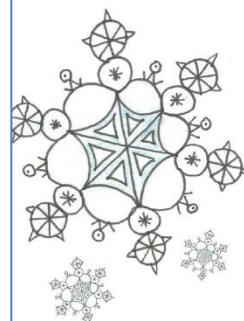


- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes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



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SPRING!

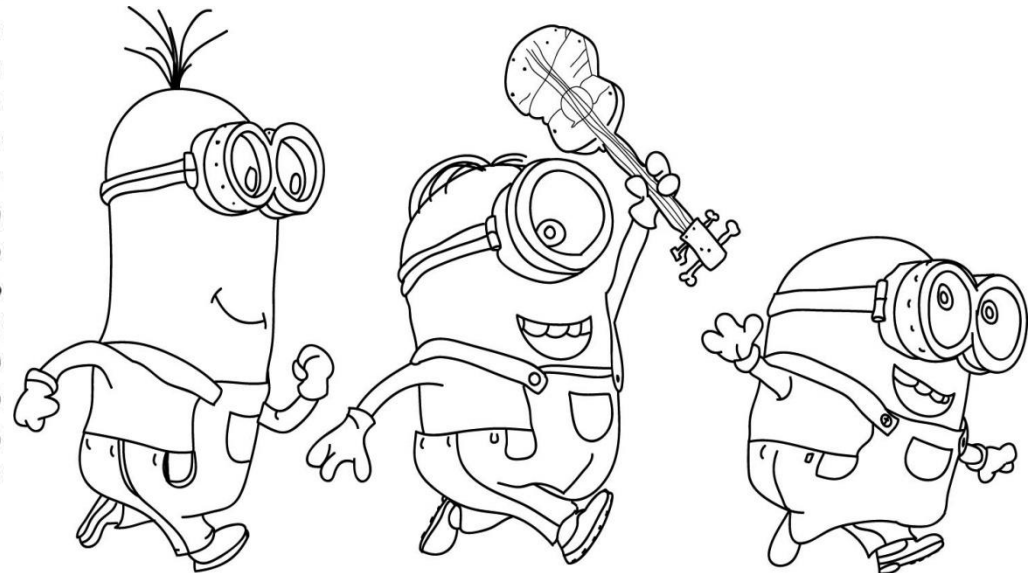
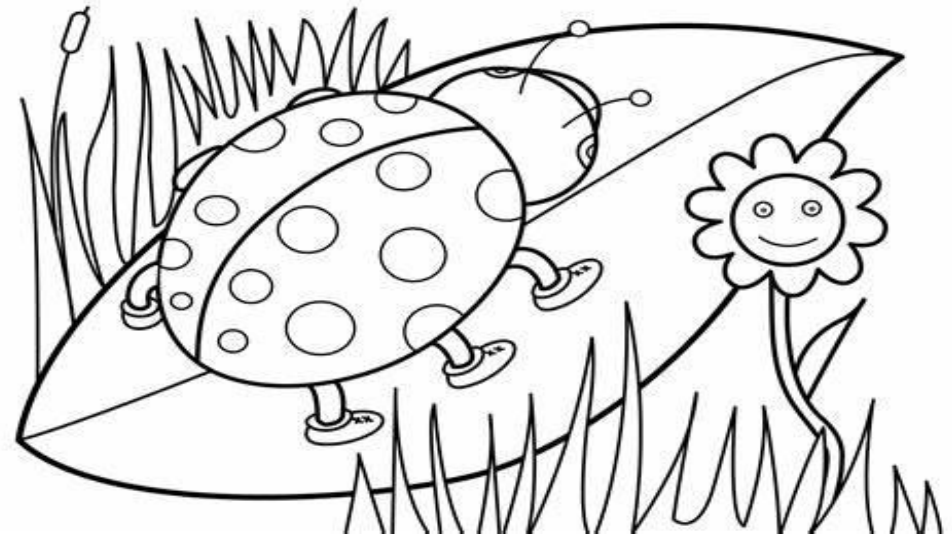
Spring makes me feel...

Draw what you like to
do in spring...

In spring I see...

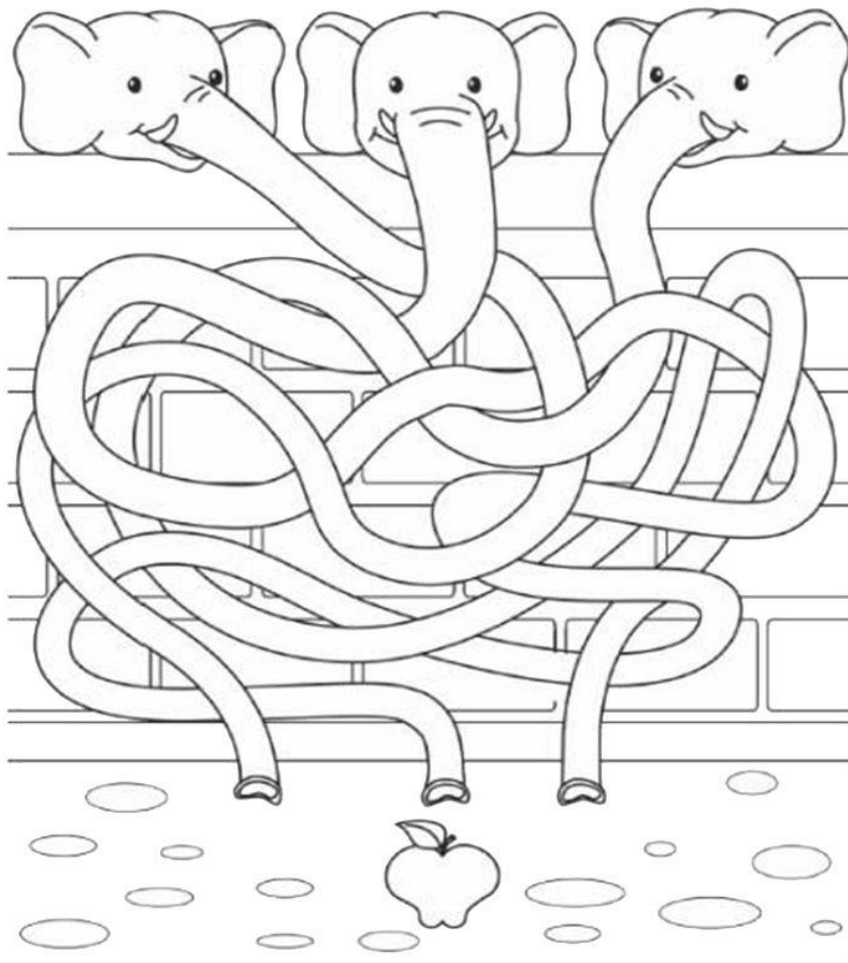
What's your favorite spring
activity?

Name: _____



Elephant Scramble

Guess which elephant gets the apple - then trace their trunks to see if you were correct!



Spring Word Search



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

SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS



www.thriftymommastips.com



STRETCHY SLIME RECIPE

INGREDIENTS

1/4 cup White Washable PVA School Glue
 1/4 cup Water
 1/4 tsp Baking Soda
 1 tbsp eye drop solution
 Food Coloring and Glitter (optional)

MAKE

Combine glue and water in a bowl and mix well.
 Add food coloring and glitter as desired.
 Stir in baking soda.
 Pour in eye drop solution
 Mix until slime forms and stirring is difficult.
 Knead and stretch for desired consistency.



FLUFFY SLIME RECIPE

INGREDIENTS

2 heaping cups Foam Shaving Cream
 1/4 cup White Washable PVA School Glue
 1/4 tsp Baking Soda
 1 tbsp eye drop solution
 Food Coloring (optional)

MAKE

Add shaving cream to bowl.
 Add food coloring as desired.
 Stir in 1/4 cup of glue and then baking soda.
 Pour in eye drop solution
 Mix until slime forms and stirring is difficult.
 Knead and stretch for desired consistency.



No Cook Orange Play Dough

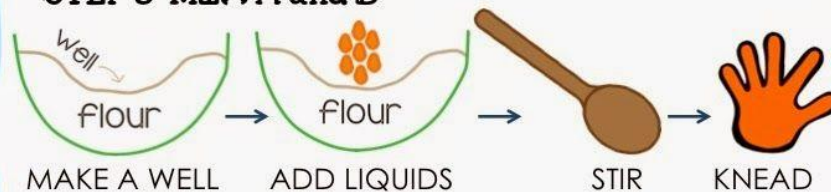
STEP 1: MIX



STEP 2: MIX



STEP 3: MIX A and B

STEP 4: TIME FOR
FUN AND LEARNING!

Liza Early Learning Spot © 2014



Nature on your doorstep!

*Kid's (close to home)
outdoor fun for April!*

OUTDOOR ACTIVITIES



1
Hapa Zome

2
Make Flower
Keyrings

3
Clay Flower
decorations

4
Make a leaf
raft

5
Easter Egg
Hunt

6
Garden
planting

7
Daffodil
Painting

8
Chalk Drawing

9
Flower
Cardboard
pattern

10
Make Orange
Candles

11
Flowerpot
Windchime

12
Nature
Crowns

13
Bug Hunt

14
Natural Egg
Dying

15
Start a Nature
Journal

16
Make a
Rain
Gauge

17
Leaf Rubbing

18
Spring
Playdough

19
Photo
Scavenger
Hunt

20
Make Seed
Bombs

21
Rock Painting

22
Press Flowers

23
Rain
Painting

24
Study Clouds

25
Cut the Grass
with scissors

26
Mud Painting

27
Build a Bird's
Nest

28
Egg Cress
Heads

29
Frog Life
Cycle

30
Spring Sensory
Play

For more info
Wildling Explorers
on FB



[Instructions for Activities](#)



London for Kidz Guide to Geocaching

Beginners Guide to Geocaching – Free outdoor Fun for Families



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



Outdoor family activity ideas from the National Trust

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



NO TIME FOR FLASH CARDS

50 simple outdoor activities for kids to get them outside without breaking the bank.

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SCAVENGER HUNT IDEAS FOR KIDS

Scavenger Hunt

Find something smaller than you.

Find something alive.

Find something no longer living.

Find something older than you.

Find something that feels soft.

Find something that is rough.

Find something smaller than your thumb.

Find something that smells good.

Find something green.

Find something yellow.

Find a piece of trash.

Find something that is beautiful.

familyeducation®
Kids Birthday Outdoors + Outdoors Scavenger

WORLD CONFLICT RESOURCES



**NEW
Resources**

- **Mental Health Foundation – Talking to Your Children About Scary World News**
- **Save the Children – How to Talk to Children About the Conflict in Ukraine**
- **Safer Schools NI – Talking to Your Child About the War in Ukraine**
- **Barnardo's – Talking to Your Children About War**

With access kids have to social media, their phones news & hearing family talk they are being exposed to lots of very worrying and scary things with questions about WW3 and if we are going to end up in the war. Here are some resources for parents on how to talk to your child to alleviate anxiety.



[Talking to your children about scary world news](#)



[How to Talk with Children About the Conflict in Ukraine](#)



[Talking to Your Child About the War in Ukraine](#)

Talking to Children About War

With news of the war in Ukraine dominating headlines, social media platforms and conversations across the country, many children in early learning and care and school age childcare settings will have been exposed to information about the conflict.

Children do not always talk about what is worrying them but they may be trying to make sense of this information by themselves and, in the absence of factual information, imagining situations to be far worse than they are. Every child is different, however, and while some might be feeling scared, others may not be worried at all.

Below are some strategies for talking to children about the current situation that will help to ease their concerns.

Keep calm. Check in with yourself and how are you currently feeling. When you are feeling anxious, children can notice this and begin to feel stressed too. If needed, take some time to calm.

Talk to children. We instinctively want to protect children from things that might frighten them; however not talking about something can make children more scared. If children are already talking about the war, encourage them to tell you what they have heard and ask them how they are feeling. If children are showing no interest, leave them be.

Answer questions. Answer children's questions in language they will understand with a level of information appropriate to their age. Avoid sharing too much information as this can be overwhelming. If you do not have all the answers, that is ok. Tell the child you will let them know when you know.

Create a safe environment. Children need to feel safe and secure. Limit children's exposure to news reports and discuss your own worries outside of children's earshot.

Reassure them. Young children often personalise situations and may perceive the danger to be closer to home. Let them know that although war is very serious, they do not need to worry about it happening in their neighbourhood. Tell them you understand how they are feeling and reassure them that they are safe and that you are there to take care of them. It is important, however, to be realistic and not to promise that no one will get hurt.

Help children find ways to express themselves. Some children may not be able to talk about their thoughts or feelings but can be supported to make sense of the world through play.

Do something positive. Encourage children to engage in activities where they can feel helpful such as drawing pictures to send to children who are living in affected areas.

Avoid stereotyping groups of people by nationality and challenge hateful talk.

Partner with parents. Share information on the discussions children are having at home and in the setting or any fears or concerns the child may have.

Children who have experienced trauma or loss may be particularly vulnerable to news of war and conflict and may need extra support. Children with relatives in the regions impacted by conflict will also need special attention.



An Buidéal Leanaí, Comhionannas,
Mac léinn, Léargas agus Idirghabháil
Department of Education, Northern
Ireland, Equality, Diversity, Inclusion and Skills



pobal
government supporting communities



Barnardos
Supporting children and young people

OTHER RESOURCES & ACTIVITIES



**NEW
Resources &
Activities**

- Advice on Keeping Children Safe From Burns & Scalds
- Button Battery Advice
- Choking Warning – Mini Eggs
- Children & Choking Video
- ‘Lets Talk The Talk’ – Tips for Parents Struggling to Talk to their Child About Relationships & Sex
- New Relationship/Sex/Internet Website for 11-18 Yr Olds
- PSNI – The Truth About Child Sexual Exploitation
- Smile Baby Programme
- 3 Ways to Grow With Your Child
- Belfast Trust Carer Information List
- BBC Bitesize – Tips for Boredom
- The Importance of Sleep
- 7 Types of Rest your Need
- Routines if You Want to: Build Confidence, Stay Focussed, Feel Connected, Sharpen Your Mind, BE Healthier, Take a Break
- Parenting NI – eSafety Top Tip
- Social Media Reminders
- Snapat Safety Card
- My Child First Device
- Parentline – Dealing With Difficult Issues With Social Media

NEW Resources & Activities



Advice on keeping children safe from burns and scalds

It can take just seconds for an accident to happen.

<http://nidirect.gov.uk/.../keeping-children-safe-burns...>

OTHER RESOURCES & ACTIVITIES

Signs that your child has swallowed a Button Battery:

1. Vomiting fresh, bright red blood. If your child does that, you absolutely have to get them immediate medical help.
2. Suddenly developing a cough, gag or drooling a lot
3. Appearing to have a stomach upset or a virus
4. Being sick
5. Pointing to their throat or stomach
6. Having a pain in their tummy, chest or throat
7. Being tired or lethargic
8. Being quieter or more clingy than usual or otherwise "not themselves"
9. Losing their appetite or have a reduced appetite
10. Not wanting to eat solid food/be unable to eat solid food.

Great Ormond Street Hospital

Get rid of 'dead' button batteries

They can still badly hurt your child
Store securely until you can recycle them



What should you do if you think your child has swallowed a button battery?

These batteries can cause **serious internal damage**. When combined with saliva, the electrical current from the battery produces caustic soda that can burn through the throat or stomach and can cause further damage to other internal organs.

If you suspect your child has swallowed a button battery, you should take them to your nearest **Accident and Emergency department immediately**.

Do not give your child anything to eat or drink or try to make them sick. If possible, try to find out what kind of battery your child swallowed but do not delay taking them to hospital if you cannot immediately see what they have swallowed.

Swallowing button batteries can hurt or kill your child



Always keep batteries out of reach

WARNING! Cadbury mini eggs pose a choking risk to children. They are very similar in shape and size to grapes. They are not suitable for children under 4 y.o.



Children & Choking Video

Kids, particularly those under 5, often put objects in their mouth. This is a normal part of how they explore the world. However some small objects or food items can be just the right size to get stuck in a child's airway and cause choking - [Watch Video](#)

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Let's talk... 'The Talk'

Struggling to talk to your child about all things relationships and sex?

Check out these tips:

- **Make sure it's a conversation** – ensure that you take time to listen to what they are saying and their point of view.
- **Take advantage of opportunities** – everyday things such as their favourite show, celebrity or music can provide openings for discussion – make yourself aware of what's going on in their life.
- **Show respect for their opinions** – you might not agree but it important to help them think things through rather than tell them what to do.
- **Don't make judgements** – conversations starting with 'that was stupid' are unlikely to go well.
- **Be there to help** – ask them what you can do to help.



#LetsTalkSEX



New CEOP Website

New 11-18s website, giving information on sex, relationships and the internet.

Check it out now:

https://www.thinkuknow.co.uk/11_18/

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Do you know the truth about child sexual exploitation?

Myth:

Child sexual exploitation only happens to girls and young women.

Fact:

Child sexual exploitation can and does happen to boys and young men as well.

psni.police.uk ☎️📞📞📞
Report online. Call 101. In an emergency call 999

we care
we listen
we act



Police Service
of Northern Ireland

Do you know the truth about child sexual exploitation?

Myth:

Child sexual exploitation only happens to children in care homes.

Fact:

Child sexual exploitation can happen to any young person in the community.

psni.police.uk ☎️📞📞📞
Report online. Call 101. In an emergency call 999

we care
we listen
we act



Police Service
of Northern Ireland

Do you know the truth about child sexual exploitation?

Myth:

Perpetrators of child sexual exploitation are all older men.

Fact:

Perpetrators of child sexual exploitation can be males and females of all ages.

psni.police.uk ☎️📞📞📞
Report online. Call 101. In an emergency call 999

we care
we listen
we act



Police Service
of Northern Ireland

If you believe a young person is at risk from child sexual exploitation report it now.

Report online at www.psni.police.uk
Or contact police by phoning 101 or 999 in an emergency.

psni.police.uk ☎️📞📞📞
Report online. Call 101. In an emergency call 999

we care
we listen
we act



Police Service
of Northern Ireland



The Smile Baby Programme is for parents/carers of young children born in the year before or during the covid health crisis. It provides parents/carers with information and support to help them promote their child's social and emotional development during covid conditions and the opportunity to discuss any anxieties or concerns.

If you would like to take part in a Smile Baby Programme or if your organisation would like to run a Smile Baby Programme contact:
Dr Pauline McClenaghan
T: 07912517109
E: pauline@lifestartfoundation.org

Lifestart Foundation
Head Office, Office 2, Springrowth House,
Balliniska Road, Derry-Londonderry, BT48 0GG
t: 028 7136 9363
w: www.lifestartfoundation.org

Smile Baby Programme
The Smile Baby Programme is funded by the RTE Toy Show managed in NI by the Community Foundation

RTE Toy Show Appeal
The Community Foundation

[Further Info on the Smile Baby Programme](#)

3 ways to grow with your child

Be flexible and adapt

For example, your child might be looking for more independence as they get older – you could help them do this by adapting your relationship, and gradually giving them more responsibility when they are ready for it.

Be open to all convos

If our children know that they can talk to us about anything and that we are always there to listen, they are more likely to come to us when they need support or advice.

Take time to reflect

When things don't go well, reflect and consider other ways you could approach the situation if it happened again. If you can, have a conversation with your child about this too, so they know it's okay to make and discuss wrong decisions.

@pipscharity



Belfast Trust Carer Information List

By joining the Information List, unpaid and family carers will receive a quarterly newsletter, regular information to help you in your caring role and opportunities to join carer events and activities.

Sign up to join the Information List here:

<https://bit.ly/3vfJ0fk>

BBC

Three tips for boredom

- 1) Let them get bored
- 2) Limit screen time and computers
- 3) Give them resources

Tips from BBC Bitesize on how to help your child embrace boredom

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

THE IMPORTANCE OF SLEEP

SLEEP IS IMPORTANT FOR RECOVERY THE NIGHT AFTER YOU EXERCISE, OTHERWISE YOUR BODY WON'T HAVE TIME TO HEAL!

THE MORE SLEEP YOU GET THE EASIER IT IS TO FOCUS DURING THE DAY, AND GET IMPORTANT THINGS DONE!

SLEEP IS VERY ESSENTIAL TO HAVING A HEALTHY IMMUNE SYSTEM. A LACK OF SLEEP CAN CAUSE SICKNESS IN MANY DIFFERENT FORMS.

STUDIES SHOW THAT PEOPLE WHO GET MORE SLEEP, GET BETTER GRADES IN SCHOOL, IN FACT STUDENTS WHO DIDN'T STUDY, BUT RECEIVED A FULL NIGHT SLEEP, ACTUALLY GOT BETTER SCORES THAN STUDENTS WHO STUDIED, BUT GET A LACK OF SLEEP!



7 TYPES OF REST YOU NEED

1 PHYSICAL

Passive rest (ex: sleeping) or active rest (ex: stretching).

2 SENSORY

Unplug from computer screens and social media.

3 EMOTIONAL

Time and space to freely express your feelings.

4 SPIRITUAL

Engage in something greater than yourself (ex: meditation or community involvement).

5 MENTAL

Schedule short breaks and keep a journal.

6 CREATIVE

Allow yourself to take in the beauty of the outdoors or nature.

7 SOCIAL

Surround yourself with positive and supportive people.



www.calmsage.com

TRY THIS ROUTINE IF YOU WANT TO...

BUILD CONFIDENCE

- make the bed
- wear something you love
- recite self-affirmations

FEEL CONNECTED

- meditate
- call a loved one
- journal your thoughts

STAY FOCUSED

- drink water
- write your to-do list
- no screens for 2 hours

SHARPEN YOUR MIND

- brain dump
- read a chapter
- take a walk

BE HEALTHIER

- stretch
- get some sun
- move your body

TAKE A BREAK

- spend time outside
- listen to music
- drink coffee or tea

@thefabstory

ESAFETY TOP TIPS



EXPLORE TOGETHER

Ask your child about what they like to do online and encourage them to show you how it works. This will give you a better understanding of how they use it and how you can support them.



Safety Card: Snapchat



Snapchat is a social media platform used to share photos, messages and short videos. Users can configure how long their friends can see the images and videos they share. Content can be customised with filters, text and stickers. If the content is sent directly, it will disappear after it is viewed. Alternatively, if a user uploads content to their Story it will remain visible for 24 hours.

Stay safe on Snapchat using the instructions on **Privacy, Blocking & Reporting** below:



Privacy

Activate Ghost Mode on your Snapchat account:

- Open the app and tap on in the bottom navigation bar.
- Tap on in the top right corner.
- Swipe right on **Ghost Mode**.
- This is **Ghost Mode** now activated.

Block

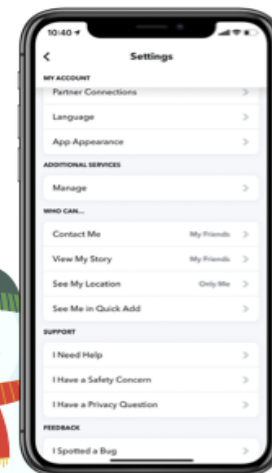
Block a user using these simple instructions:

- Swipe left once you open the app.
- Select the contact you want to block.
- Tap on ******* and then **Manage Friendship**.
- Tap on **Block**.

Report

Report a user using these simple instructions:

- Swipe left once you open the app.
- Select on the contact you want to report.
- Tap on ******* and then **Manage Friendship**.
- Tap on **Report**.



My Child's First Device

5 Steps to Make Phones, Tablets, and Laptops Safer

You might be deciding to give your child their first phone, tablet, or laptop (or third, fourth, fifth – even a new model). This is a big decision! The responsibility and freedom that comes with owning a device is a big step for children – and you! It might even be their first “grown up” responsibility.

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. We know this can be daunting with various device brands, apps, and settings to choose from. Our online safety experts have created 5 steps to help you make that first device (or brand-new model) safer for the child or young person in your care.

Remember!

This is an exciting time in your child's life! You want to be a part of that in a positive way that encourages them to share with you and trust you. If you take the time to teach them, they will be empowered in their online actions and behaviours for the better.

1 Do your homework

Make sure your home environment is secure and ready for your child to be online. Many major broadband providers offer age restriction settings so check with your provider to ensure these restrictions are put in place.

Many retailers offer free Parental Controls to their customers. You can find Parental Control walkthroughs on most popular provider websites.

Check the device's brand website for simple walkthroughs of where to find privacy settings on your child's specific device.



3 Discuss and agree on healthy phone and device habits

Once the device has been set up, take the time to agree on some healthy rules and boundaries for how they will use the device. This can include rules like when and where they can use their device, screen time allowance and which apps are allowed to be used.

Be realistic on what will work in your household. If your child has friends with different rules, remind them that what works for one family might not work for another! As the parent or carer, you are responsible for the way your child uses their device and they will need guidance, especially if this is your child's first independent responsibility.



5 Keep Yourself Informed

We live in a digital world that changes daily. The most responsible thing you can do in keeping your child's device safe is to keep yourself informed.

Stay alert to trends and threats that they may be exposed to. With many companies beginning to offer “kid” versions of their platforms, knowing what is safe and what is suspect will help you make the best decision for your child. Luckily, we have some excellent resources to assist you that are reliable and relevant. Visit our website and social media pages.

2 Set up the device with your child

Taking the time to sit down with your child and set up the device together will help you both get to know how the device works, allow you to implement SafeSearch filters on search engines, and set up in-app purchase restrictions. You can use the device settings to set up agreed upon restrictions, like Screen Time and App Limits.

Explain why these settings are important to protect children and young people from online risks and that these restrictions will be lifted when they are old enough. Ensure your personal account is set as the Parent account and make sure your parental control PIN number is secure and random.



4 Check-in with your child

Check-in with your child about their device use. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car or while watching television as a family can have the biggest impact. Ask questions like, “Tell me about your favourite app! Why do you like to use it?” or, “How has your device helped you today?”

Online safety is never a one-off conversation – it's a continuing dialogue. Show your child that you're interested in their responses and thoughts to foster an environment of openness and trust between you and the child in your care.



SAFER SCHOOLS NI
saferschoolsni.co.uk



oursafetycentre.co.uk
How to stay safer on popular platforms

©ImageGroup Ltd 2022

Dealing with Difficult issues with Social media

Many parents find it difficult to talk about teenagers use of the internet and social media. It's not realistic to think that we control every aspect of their digital life, but nor is it helpful to bury our head in the sand.

Like other aspects of parenting it is good to understand the part social media plays in their lives, talking about the risks and opportunities it presents.

Talk to them about being safe

Talk to your teen about staying safe online and when posting pictures and messages. There are some excellent sites you can look at together. See our list below.



Show an interest

Show an interest in what they are doing, playing, listening, posting or creating online. Their digital world is an important part of their lives and they will want you to be interested in it.



Allow Privacy

Allow privacy, once safety rules are established, messages and conversations with friends should be private. Your teen will appreciate some trust.



Passwords

Talk about passwords and if possible agree a safe place where they can be stored and found in case of an emergency.



Parent tip

Ask your teen how things work and to teach you new skills.



Easy 3 Ingredient Nutella Brownies

Nutella, 2 Eggs, Flour

completely cool on a wire rack

whisk nutella & eggs until smooth

Bake for 20-25mins until baked inside

Pour mixture into a square baking tin lined with baking paper

Add in flour until mixture is combined



Frozen Fruity Yoghurt Bites



Ingredients

- 200g natural yoghurt
- Handful blueberries
- Handful raspberries

Method

Put 12 cupcake cases onto a small baking tray.

Use a spoon to drop some yoghurt into each case.

Put a few pieces of fruit into each cup and press them into the yoghurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the cases and serve.

Eats Amazing
www.eatsamazing.co.uk

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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



Kid Friendly Juice Recipes

Spinach-celery-orange:

- 1 small handful of spinach
- 2 sticks of celery
- 2 oranges

Apple-carrot:

- 2 red apples
- 1 carrot

Broccoli-apple-parsley:

- 8 broccoli spears
- Few sprigs of parsley
- 3 apples

Cucumber-watermelon:

- 1 cucumber (with skin)
- 1 thick slice watermelon

Pineapple-carrot:

- 2 carrots
- 2 spears of pineapple

Cucumber-pear:

- 1 cucumber (with skin)
- 2 pears

Juice therapy

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Quick and easy
healthy lunchbox recipes



[Download Here](#)



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

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



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...>

 Is your child a fussy eater? Swipe for tips to encourage healthy eating habits → A	1 Repeat new foods If your child doesn't want to try a new food, try again the next day. Make them familiar with how it looks and feels. Show your child it's OK by eating the food yourself.  → A	2 It's all about the Environment • Sit together as a family. • Avoid distractions like TV. • Think about how long you keep your child sitting still. • Ensure your child is comfortable and included in mealtimes.  → A
3 Give praise not bribes Avoid pressuring your child to eat as this can make them want to avoid it in the future. Offer new foods in a relaxed way and praise your child for being brave in trying new things.  → A	4 Add some fun! Arrange portions into smiley faces or unusual shapes. Get your child(ren) involved in arranging the shapes. Offer them a plate full of colour!  → A	Find more information and support from qualified parent coaches on our Parent Talk hub: parents.actionforchildren.org.uk A

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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

"How can I improve my quality of sleep?"

Cruse
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

TOP TIPS! All about sleep

From your Parent Café.

Get as much daylight as possible

Get some exercise every day

Create a calming bedtime routine

- Give your child a warm bath
- Get dressed into cosy pyjamas
- Read a story with your child & snuggle up
- Sing a lullaby and kiss your child goodnight

Remember it is normal for children to wake often through the night, it is a time of separation which is often soothed with reassurance through a hug or reassuring words

HSC Health and Social Care

RISE
Regional Integrated
Support for Education

What can help to get my child to bed?



PRACTICAL STRATEGIES TO HELP WITH BEDTIME

[Download Resource](#)

Parentline Podcast

#30 - The Changing Face of Family:
Raising Kids in the 2020's.

PART 1: George



Parentline's latest series of podcasts aim to celebrate the diversity of families in NI. First is George who raises his teenagers with his husband. Join Kerry & George as they chat about his experience of dads raising teens, representing a modern family in 2022.

<https://tinyurl.com/57rsykva>

Dads project

Supporting separated dads in Northern Ireland



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](#)

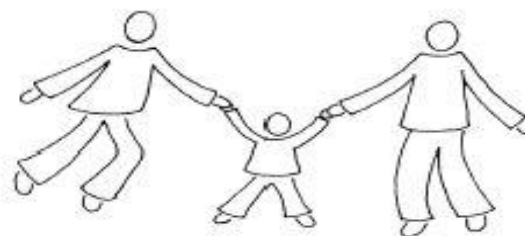
Parent Support

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



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OTHER RESOURCES & ACTIVITIES



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.



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



Parents' Toolkit





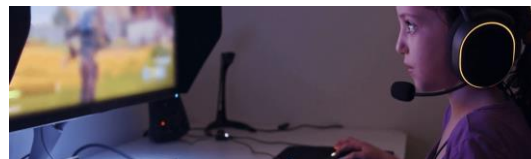
6 Apps & Services That Every Parent Should Know

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>

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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/30ICMxz>.
 Simply follow the steps below to access.



Roblox Gaming Platform:
Parents Guide to Protecting Children from Harmful Content
<https://bit.ly/3B5ASzf>



Interactive infographic which links to useful websites and resources focusing on keeping children & young people safe online.

<https://tinyurl.com/4tv6vdrc>



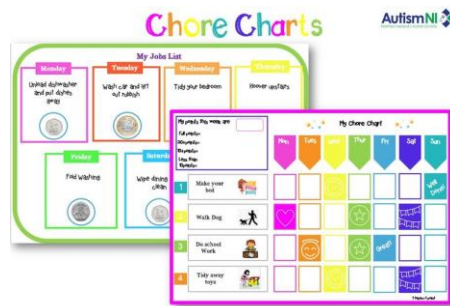
Short videos from @LINCwomen aimed at teachers and adults who wish to create safe and inclusive spaces for LGBTI+ young people.

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



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

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



To establish a routine and help with household chores, Autism NI have designed a ‘chore chart’ and a ‘screen time’ chore chart.

[Download Household Chore Chart](#)
[Download Screen Time Chore Chart](#)



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/...](https://ascert.biz/project/daisy-belfast/)



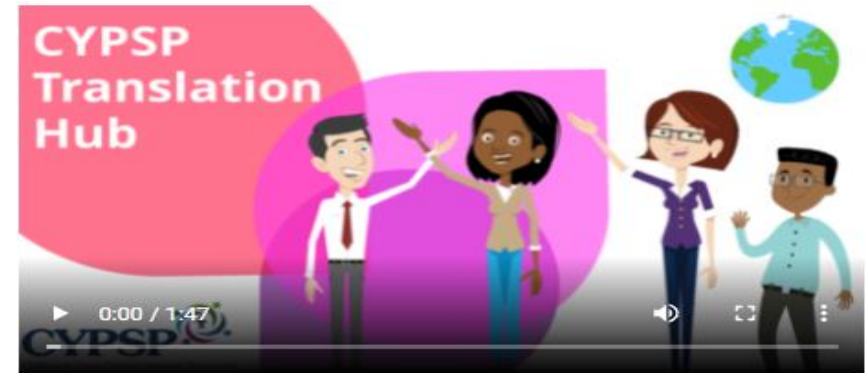
English



The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....



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

Contact the helpline on 0800 1512605



Do you have a child aged 5 to 11 years in a clinical risk group?

They can now be vaccinated against COVID-19. Children aged 5-11 living with someone who is immunosuppressed are also eligible.

Children at special schools may be vaccinated there. For all other eligible children see the link below or the QR code to make an appointment at a children's vaccination clinic in your Trust:
<https://covid-19.hscni.net/get-vaccinated/>



If you have any concerns speak to your child's GP or paediatrician.



Please bring to the appointment written evidence that your child is in a clinical risk group, eg GP letter, hospital letter, prescription.

For clinical risk groups see the parents' guide at:
www.pha.site/5-11



Produced by the Public Health Agency | www.publichealth.hscni.net

Do I need to keep my child off school?

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



Symptom Search

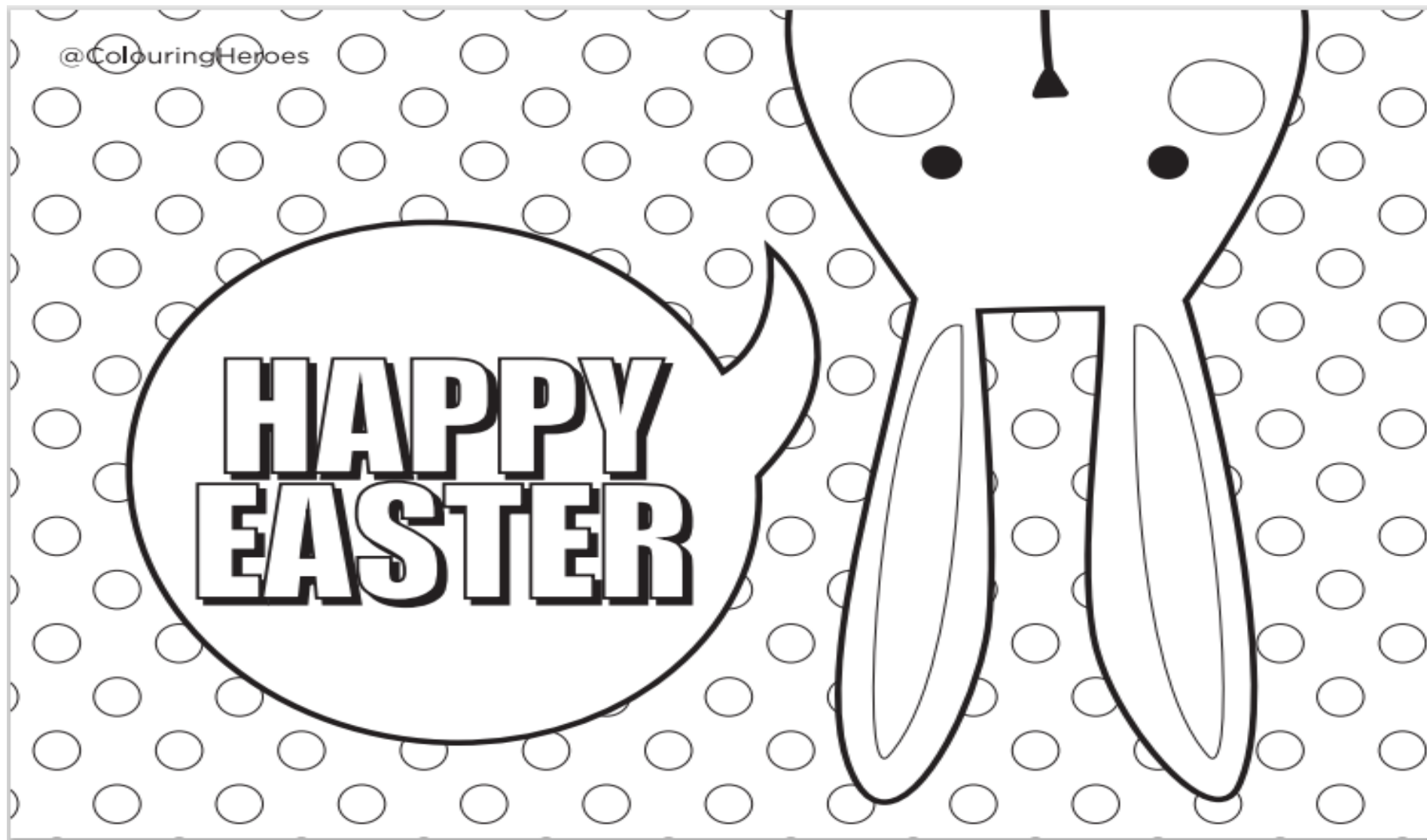
EASTER ACTIVITIES



**NEW
Activities**

- Colour Heroes - Easter Colouring Sheet
- BBC Children in Need – Easter Activity Sheet
- Easter Craft Ideas
 - Make Your Own Easter Chick – Video Instructions
 - Paper Handprint Bunnies
 - Sock Bunnies
- Easter Recipe Ideas
 - Lemony Easter Chicks
 - Easy Easter Nests
 - Crackin' Cress Heads

[Download More Easter Colouring Sheets From Colour Heroes](#)



NEW
Activities

EASTER ACTIVITIES

EASTER ACTIVITY SHEET

DOT-TO-DOT



WORDSEARCH

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

BUNNY
EGGS
BASKET
SPRING

EASTER
CHOCOLATE
CHICK
LAMB

SUNDAY
HUNT

COLOUR IN



EASTER EGG HUNT

How many eggs
can you find on this
page?



We're supporting

BBC
Children in Need

MARSTON'S



Make your own:
Easter Chick

[Instruction Video](#)

Paper Handprint Bunnies



[Instructions](#)

Sock Bunnies



[Instruction
Video](#)

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Ingredients

2 medium egg whites

100g golden caster sugar

½ tsp cornflour

grated zest 1/2 lemon , plus 1 tsp juice

yellow food colouring paste

orange, black and yellow icing pen , to decorate

Lemony Easter Chicks

Method

STEP 1

Heat oven to 140C/120C fan/gas 1. Line a baking sheet with baking parchment and put a medium-sized plain nozzle on a piping bag.

STEP 2

In a clean bowl, whisk the egg whites until they are very stiff. Add half the sugar and continue to whisk until the mixture is becoming firm and shiny.

STEP 3

Stir the cornflour into the remaining sugar and add to the meringue, along with the lemon zest and juice, and a smidge of yellow food colouring paste. Whisk again until you have a very thick, firm and glossy pale yellow meringue.

STEP 4

Carefully spoon the meringue into the piping bag. Push any air out of the top and tightly twist the opening to seal. Pipe about 25 thumb-sized dollops onto your baking sheet – if possible, try to make them wider at the base than the top, resembling a chick's body and head. Leave a gap between each chick to allow for expanding when cooking.

STEP 5

Cook in the oven for 30 mins until they are crisp, firm and come off the baking parchment easily. Leave to cool on a wire rack.

STEP 6

To decorate, use the orange icing pen to make a V-shaped beak, and a black icing pen for eyes and feet. The yellow icing pen can be used to decorate fluffy hair on the chick's head and/or wings. Will keep for up to 1 week in an airtight container.



Easy Easter Nests

Ingredients

200g milk chocolate , broken into pieces

85g shredded wheat , crushed

2 x 100g bags mini chocolate eggs

You'll also need

cupcake cases

Method

STEP 1

Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.

STEP 2

Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.

Crackin' Cress Heads

Ingredients

2 eggs

You'll also need

2 tsp cress seeds, 2 cotton wool balls, felt-tip pens or acrylic paints



Method

STEP 1

Carefully remove the tops from the eggs, leaving the bottom two-thirds of the shells intact. Empty the shells (save the eggs for another time), then carefully wash them out. Decorate the shells with pens or paint, then leave them to dry.

STEP 2

Dip the cotton wool balls in a little water, squeezing off any excess. Place 1 ball inside each shell, then sprinkle 1 tsp cress seeds onto each one. Sit the filled shells in eggcups and leave in a dry, well-lit place for a week – a windowsill is perfect. Your cress will start to grow within a few days, perfect for making egg & cress sarnies!