



# RESOURCE PACK

## FOR CHILDREN & YOUNG PEOPLE



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



A social story to explain a little about social distancing during coronavirus - [read here](#).

Other stories and resources are available to [view here](#).



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



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 are available to [view and download here](#).



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](#)

**contact** *For families with disabled children*

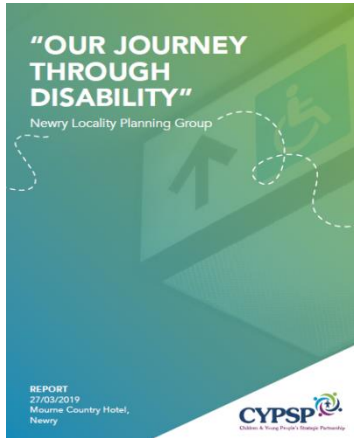
### Listening Ear Service

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/>

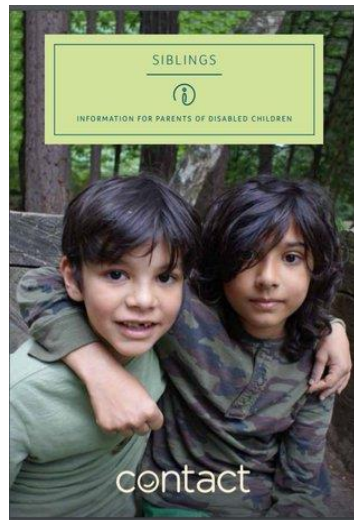
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Report on a co-production initiative by parents and families in the Newry Locality, supported and facilitated by the CYPSP Southern Outcomes Group

[Download Here](#)



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

[Download Here](#)



The ONSIDE Project offers people who are 16+ and who have a disability, the opportunity to get more digitally and socially included. Participants receive a tablet device, and get 6/7 sessions of beginners group training on things like email, using zoom, online safety and accessing books and magazines online for free and lots more.

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

**FAMILY**

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



### SERVICES:

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

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

Call us for more info 028 3083 5764

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

**BOLSTER  
COMMUNITY**

In partnership with:



Southern Health and Social Care Trust

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

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



[www.autonomie.org.uk](http://www.autonomie.org.uk)

Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421

Find out more!

Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com)

Tel: 078 7251 9900



[Further Info](#)



### **NDCS Mentorship Programme**

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

[Further Information](#)



### **Lets Talk – NDCS Tips**

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

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



### **Website for Deaf Young People**

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

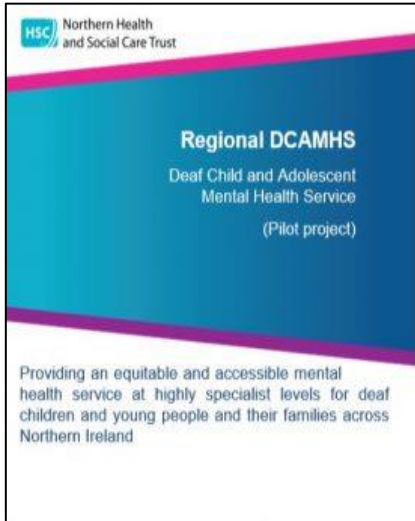
<https://buzz.org.uk>

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

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







The 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](#)

## RNIB

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>



### 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/>

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## Early Years Powered Mobility Loan Schemes

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

[Further information](#)

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



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



[Activities for people with disabilities](#)



*We build better family lives together*

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



An informational website owned by attorney Kenneth A. Stern

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

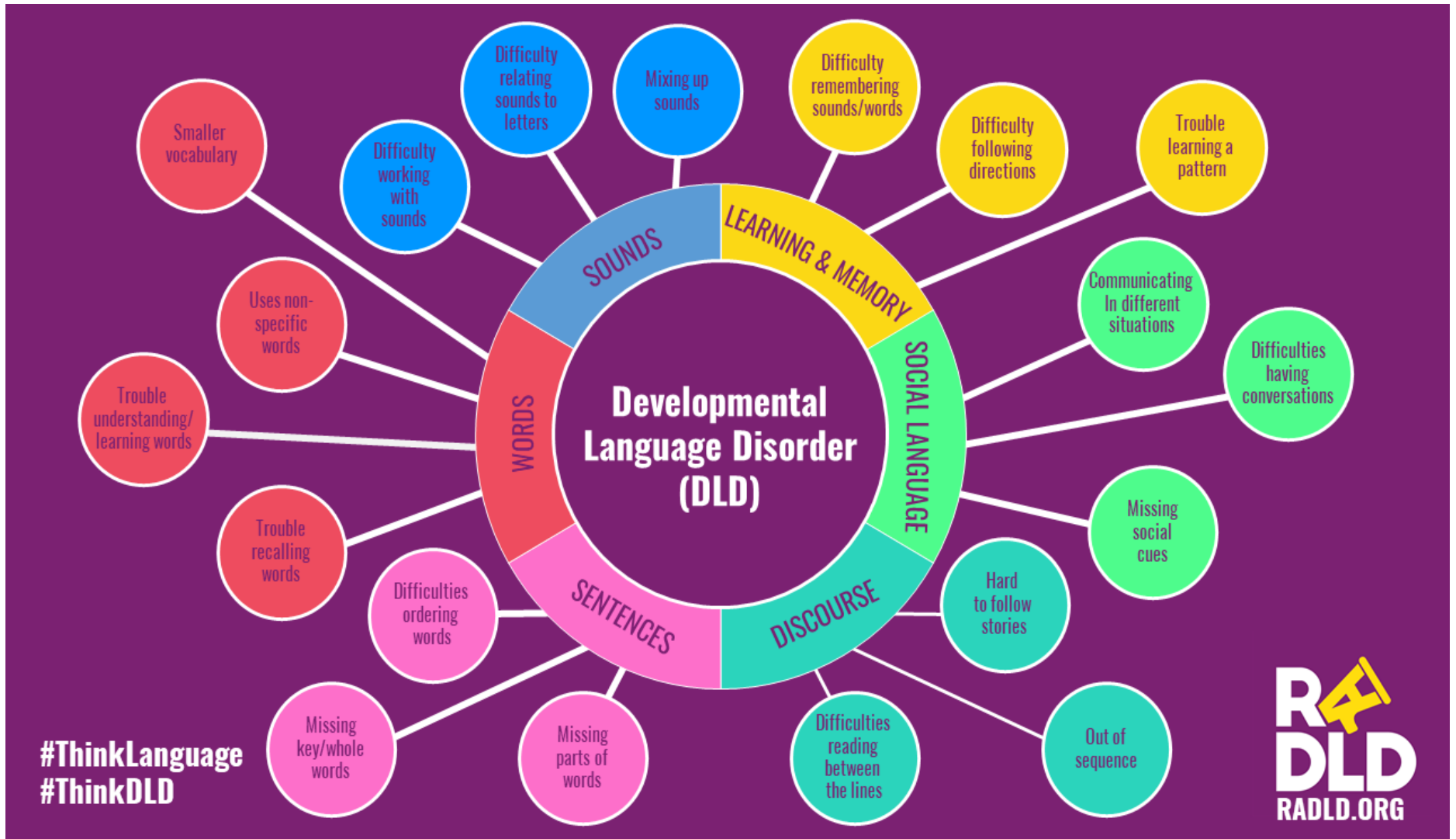
## Some Hints & Tips on Managing Behaviours

Leaflet on using visuals and strategies for managing behaviour.

Download Leaflet -

<https://www.autismni.org/factsheets>





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





## Become a member!

### Why?...

*So many reasons WHY!*

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












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

Autism Awareness Card

Telephone:  
028 9040 1729 (Option 1)



## I am Autistic

Important information on reverse






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

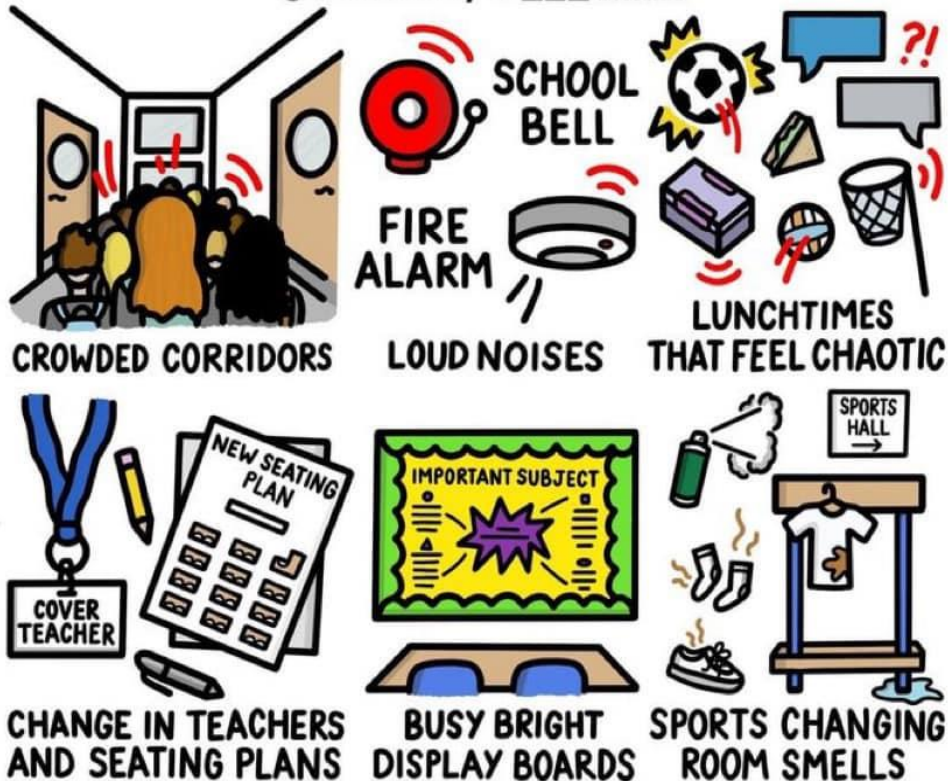
Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations.

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

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

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

@21andsensory x BBC Bitesize



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>



Thinking about Christmas yet?  
Meru are adapting toys to be switch operated - FREE of charge this Christmas

## The merU elves are busy adapting toys!



Send your child's battery operated toy to MERU to be adapted to work with your child's switches. We'll post it back to you for safekeeping until the big day!

 **QEF**  
queen elizabeth's  
foundation for  
disabled people

 **meru**  
disabilities to possibilities

## How does the merU Toy Adaptation Service work?

1. Go to [merushop.org/elves](http://merushop.org/elves)
2. Complete the checkout process to pay the £8 return postage charge
3. Send your toys\* to:  
MERU  
1 Metcalfe Avenue  
Carshalton  
SM5 4AW

Include your name & order no!

\*max. 3 toys per order

**Make sure toys reach us by 3rd December!**

MERU also have a range of pre-adapted switch accessible toys and more in our online shop.

+44 (0)1372 725203 | [info@meru.org.uk](mailto:info@meru.org.uk) | Registered Charity No: 269804 | A member of the QEF Family

## MENTAL HEALTH RESOURCES & ACTIVITIES CONTENTS

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Tips, advice, videos and podcasts all in one place



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

If you are looking information and help with:



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



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



## Services for young people: Information for Young People



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

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

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse  
07480 635982

Belfast Trust Text-A-Nurse  
07507 328290

South Eastern Trust Text-A-Nurse  
07507 327263

Western Trust Text-A-Nurse  
07480 635984

Southern Trust Text-A-Nurse  
07507 328057

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





Feelings can feel really **BIG & SCARY** & **POWERFUL**. So the more we understand them, & share them with a trusted adult, the less overwhelming they can feel.

It can be really helpful to **NAME** them & say them out loud. Dan Siegel says 'Name them to tame them.'

feelings are different to thoughts



feelings can be mixed, blended & messy like Spaghetti. We can also have more than 1 feeling at a time like a puzzle or a rainbow



feelings can change - they're not fixed



Feelings come in lots of different

**SHAPES** & **SIZES**

Feelings are really important. We all have them. We can **LEARN** lots from them & the more we **UNDERSTAND** them, the less **BIG & SCARY** they can feel.

Feelings can spread & travel to & from other people.

We are all **UNIQUE & SPECIAL**. So we all feel emotions differently. This is normal & OK!



It's **HELPFUL** to think a bit more about what our feelings look like & mean to each of us.

SOME KEY MESSAGES about **FEELINGS**



We can also feel different feelings in our body & our body can give us messages & clues.

DR KAREN TREISMAN SAFE HANDS AND THINKING HANDS



## THE ANTI-BOREDOM PROJECT

- 8-10AM: GOOD MORNING!**  


Wake up, pop your clothes on, eat breakfast and go on a walk or follow a funny exercise video
- 10AM-12NOON: ACTIVE LEARNING**  


Learning without electronics: Puzzle books, journaling, flash cards, reading books, maths games, creative story writing, lego and construction games, art projects, printed worksheets
- 12NOON-2PM: MARY POPPINS**  


Have a yummy lunch then have some Mary Poppins Chores time (wipe kitchen table / do dishes / wash car / Hoover / tidy away toys and resources)
- 2-4PM: TECHNO LEARNING**  


Learning with screens: ipad / tablet / computer based educational games, educational tv shows, internet research for a project theme
- 4-5.30PM: ACTIVE AFTERNOON**  


Play outside if possible (park / trampoline / hide and seek / kick a football / frisbee). If you can't go outside, then play active games at home (e.g. YoYo / hide and Seek / hoola hoop)
- 5.30-7.30PM: DINNER & PJ'S**  


Enjoy a nice dinner together than do the getting-ready-for-bed routine (baths, brush teeth, PJ's on)
- 7.30-9PM: STORIES & BED**  


Reading time, bedtime stories and winding down to go to sleep

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



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



[Tips for coping with social anxiety](#)



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

[View Resource](#)

# MENTAL HEALTH RESOURCES & ACTIVITIES

**A useful guide to Mental and emotional wellbeing resources**  
**Minding Your Head**  
[www.mindingyourhead.info](http://www.mindingyourhead.info)

**stresscontrol**  
[www.stresscontrol.org](http://www.stresscontrol.org)

**Psychological First Aid**  
[www.pha.ie/yourbiologicalfirstaid](http://www.pha.ie/yourbiologicalfirstaid)

**Lifeline**  
 0808 808 8000

**Helpline NI**  
[www.helpline.org.uk](http://www.helpline.org.uk)

[Download](#)

**young person's mental health a guide...**

HSC Public Health Agency

a resource for young people, their parents and carers to support mental well-being

[Download Here](#)

## Workbooks to help young people aged 11-19

**Staying Well at Home: Coping With Feelings of Frustration and Anger**  
 A FREE Workbook for Young People Aged 11-19 Years Old

NYA VR

[Download](#)

**Staying Well at Home: Coping With Anxiety and Stress**  
 A FREE Workbook for Young People Aged 11-19 Years Old

NYA VR

[Download](#)

**CAMHS Resources**

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. I hope that you find it helpful.

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

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## Helping Your Child Deal With Their Anxieties

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



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

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

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



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

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

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

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



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

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

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## POSITIVE THINGS TO SAY TO YOUR CHILD

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

# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



## ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



## TALKING

Support your child to talk about their problems and how they are feeling

## COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging



## WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



## SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



## AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

## RELATIONSHIPS

Support your child to build positive relationships with friends and family



## SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



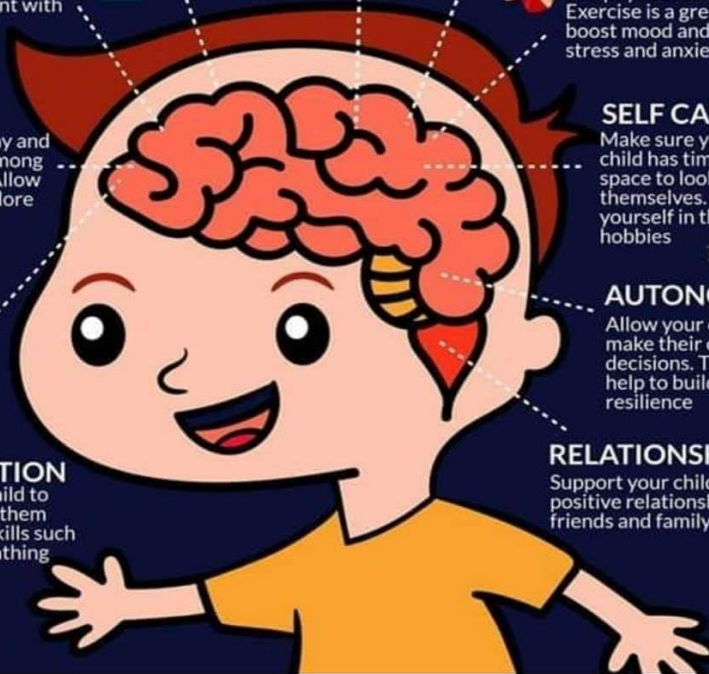
## PLAY

Promote play and creativity among your child. Allow them to explore



## RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



# YOUTH ENGAGEMENT SERVICE

START **HERE**

## A to Z of BEING KIND TO YOURSELF

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Q**uiet - Find your quiet space

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

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

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

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

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

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

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

**Y**ou are amazing! Dont forget it!

**Z**ero - dont let things reduce you to zero - you are a hero.

Change starts here Every Person Stronger



# MENTAL HEALTH RESOURCES & ACTIVITIES

**50 Coping Skills for kids**

**Ride a Bike OR SKATEBOARD**

**ASK FOR HELP**

**Color Paint Draw CREATE ART!**

**Listen to MUSIC**

**PLAY a BOARD GAME**

**MAKE & PLAY WITH SLIME**

**WEAVE, KNIT OR CROCHET**

**Use Kind & Compassionate Self-Talk**

**Make a Scrapbook or Collage**

**PRACTICE YOGA**

**GRATITUDE LIST**  
 #1 THINGS  
 #2 THINGS  
 #3 THINGS  
 #4 THINGS

**Practice Gratitude**

**JOURNAL OR WRITE A LETTER**

**Take Slow, Mindful Breaths**

**Hug Of Climb a Tree**

**KICK BOUNCE OR THROW a BALL**

**Cuddle or Play with Your Pet**

**Drink Water**

**smile & Laugh**

**Forgive Let Go Move On**

**Cook or Bake**

**EAT Healthy**

**Use Aromatherapy (Smell Something Good)**

**I am strong. I was made for this challenge.**

**SAY Positive Affirmations**

**Get plenty of Sleep**

**TAKE A SHOWER OR BATH**

**Go on a Walk, Run or Hike**

**SING Dance**

**Take GOOD CARE of the Earth**

**Look At or Take PHOTOGRAPHS**

**Garden or Do Yardwork**

**Visualize a Peaceful Place**

**Try or Learn Something New**

**READ a Book or Magazine**

**DRINK A WARM CUP OF TEA**

**Use a STRESS BALL (or other fidget tool)**

**DO a PUZZLE**

**EXPLORE & DISCOVER Nature's Treasures**

**Cry**

**Clean, Declutter or Organize**

**Create ORIGAMI**

**Get a HUG**

**EXERCISE**

**BUILD Something**

**JUMP on a Trampoline**

**Rest, Take a Break, OR Nap**

**Do Something Kind**

**Play Outside**

**TALK to Someone You Trust**

# THE EMOTIONAL CUP

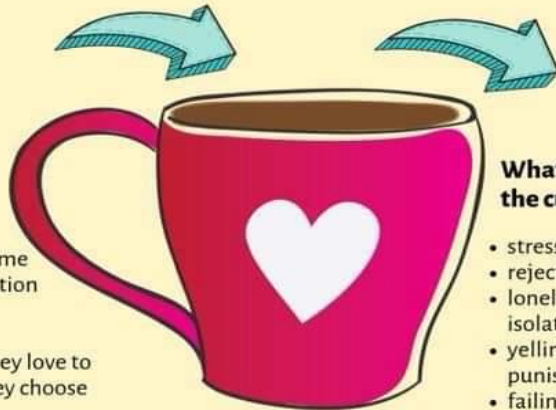
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

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

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

### What fills a child's cup:

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



### What empties the cup:

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



Publisher of Therapy Resources



# Stress Bucket

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

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





**Talking to your child about mental health**



We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



**Start small**

You don't need to set hours aside to chat, just opening up conversation can make a difference

Let them know



Let your children know you are happy to talk and listen to them about any worries they may have



**Keep it informal**

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic

**Use appropriate language**



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health



**Use face flash cards**

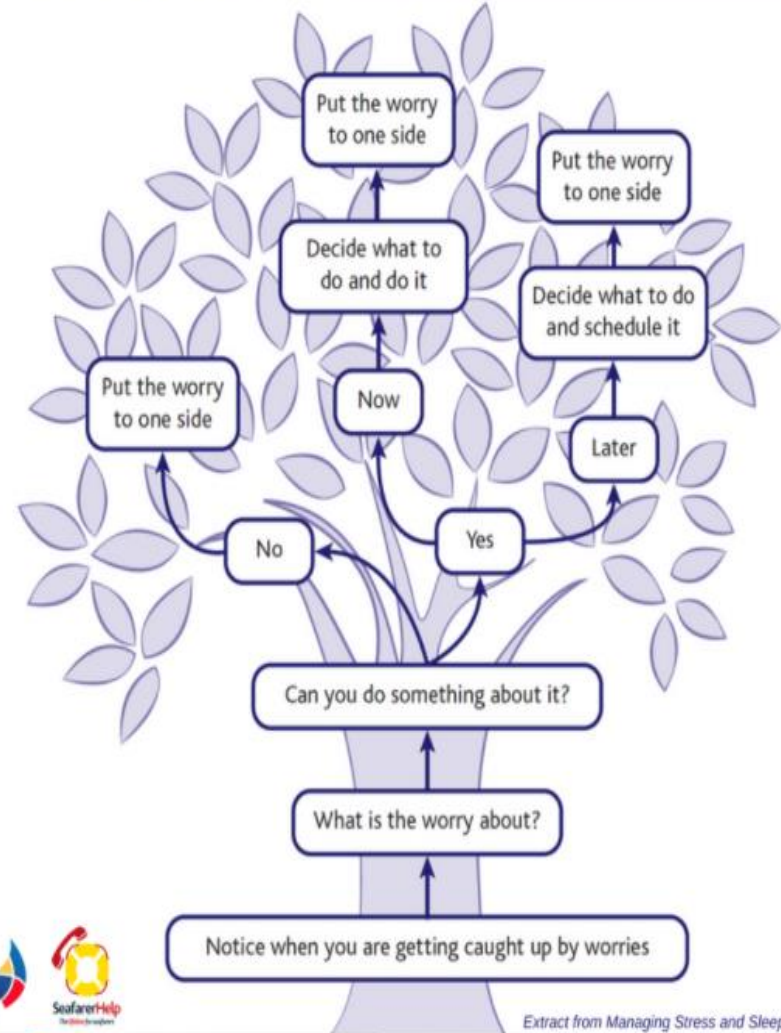
Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

**Keep an open mind**



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.

# Worry Tree



Extract from *Managing Stress and Sleeping Well at Sea*



# Mental health top tips

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

## Make yourself available

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

## Talk about your day

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

## Notice how your child communicates in other ways

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



# Mental health top tips



## Use appropriate language

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

## Ask for help

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



## Keep an open mind

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

parentingni.org



Proudly sponsored by





## Self-Care & Mental Health for Kids

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

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

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

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

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

Encourage **journaling** and diaries. 

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

Establish a **self-care** routine. 

Recognize **toxic stress** events. 

Cultivate interests and **hobbies**. 

BlessingManifesting



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](#)



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](#)

<p><b>Wash your hands often.</b></p> 	<p><b>Drink more warm water.</b></p> 	<p><b>Ample exercise and sunlight.</b></p> 
<p><b>Be happy and positive.</b></p> 	<p>PREVENTIVE MEASURES FOR HEALTH AND WELL-BEING</p> <p><b>5 Do's &amp; 3 Don'ts</b></p> <p>ICDAY <a href="http://www.iceday.org">www.iceday.org</a> FOWPAL <a href="http://www.fowpal.org">www.fowpal.org</a></p>	<p><b>Be carefull and stay well-informed.</b></p> 
<p><b>Don't lose your temper.</b></p> 	<p><b>Don't worry and be well-prepared.</b></p> 	<p><b>Don't be anxious.</b></p> 



**FAMILYWELLNESSPROJECT**

## RELAXATION TIPS

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

### TAKE A BATH

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



### HOBBIES

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



### PRACTICE MINDFULNESS

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



### TRY YOGA

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



*breathe*

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






## Ways we can give to others

- Give words of gratitude and thanks - one small word of kindness can change someone's day.
- Give your special skills to help others - whether it's being creative, handy at DIY or good at budgeting, we all have strengths that could help others.
- Give your time to a cause that matters to you - protecting the environment or supporting a local charity.

#MindfulMonday




Small acts of kindness towards other people can give a sense of purpose & make you feel happier & more satisfied about life. Recent research shows us that helping others & working together activates & strengthens certain parts of the brain, enhancing well-being.







**SOUTHERN AREA LOCALITY PLANNING GROUPS**

Emotional Wellbeing and Mental Health Resource for Children and Young People

**CYPSP**  
Children & Young People's Strategic Partnership

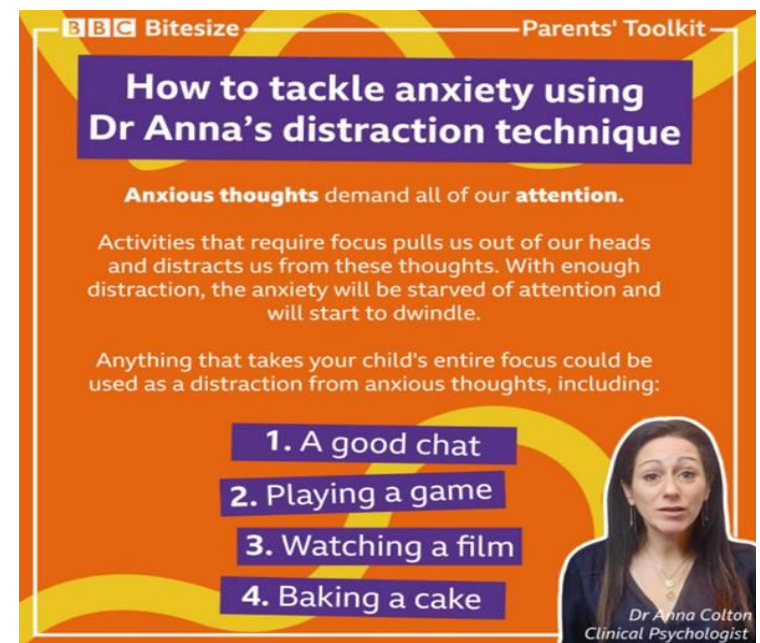
Children in Northern Ireland

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](mailto:Darren@ci-ni.org.uk)



**BBC Bitesize** — **Parents' Toolkit**

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

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

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

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

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

*Dr Anna Colton  
Clinical Psychologist*

[Detailed explanation of how it works](#)



NURTURE YOUR CHILD'S MENTAL HEALTH  
THROUGH PLAY

[Download Resource](#)



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

# 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

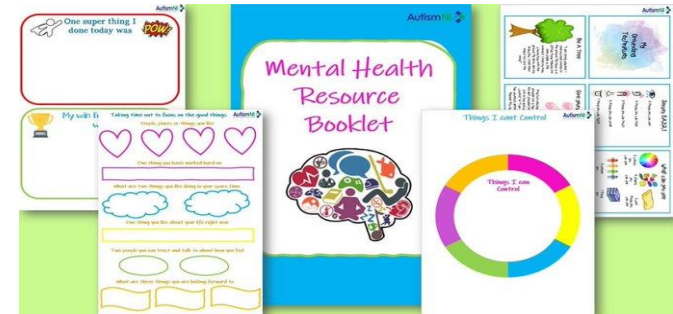
Expressing feelings is hard enough at the best of time for teens, when they are depressed it's even more difficult.

## Seek professional help

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



[www.familyfund.org.uk](http://www.familyfund.org.uk)  
A selection of mental health and wellbeing resources

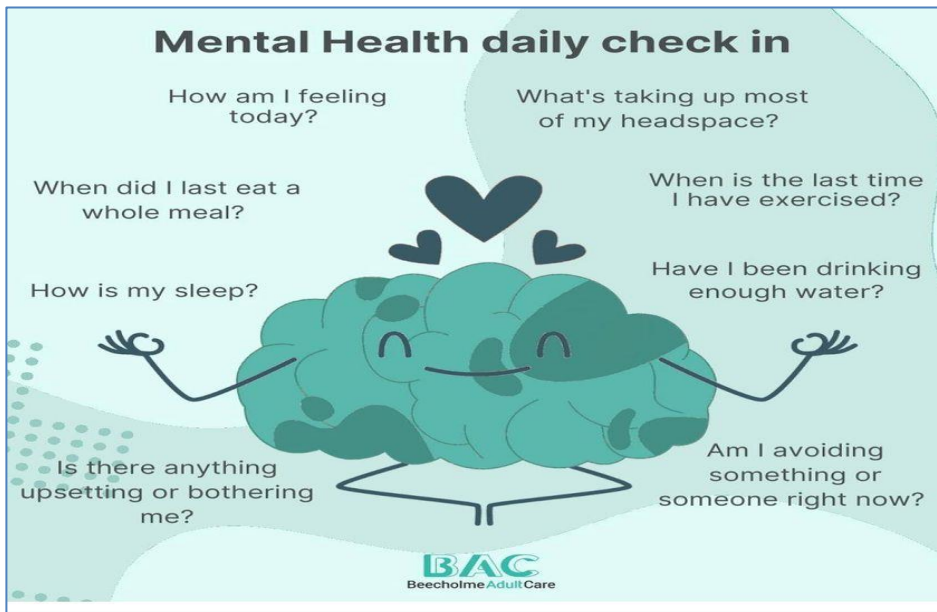


Mental Health Resource Booklet from Autism NI

*'I feel good after talking and it did help a lot'*

- Young Person





## YOUNGMINDS

### Self- Soothe Box

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

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



New Youth Mental Health podcast series launched, covering:

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

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

Available now on your usual podcast service.





**HOW TO BE MINDFUL ON SOCIAL MEDIA**  
*The 3 minute rule*

1. Create a draft of your post or comment and wait 3 minutes.
2. Before you post it, do a gut check – Is it helpful? Is it kind? Is there any chance someone might be hurt or offended by it?
3. If you're unsure about how your post or comment might affect others, delete it and try again later.

**#MindfulMonday**

action mental health | amh everyBODY  
taking action on eating disorders

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

**#kidsonline2021**



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

NSPCC

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

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

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

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

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



Finding ways to relax and de-stress is important for maintaining good mental health throughout life. Check out these tips from Action for Children to help you support the young people in your life – and they're great for adults too! - **Take a look [HERE](#)**



# YOUR MOOD IS MADE IN THE KITCHEN

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

## How does food affect our mental health

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

## Eating for a healthy mind



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

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



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

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



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

## Top tips for healthy eating

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



## Other factors can affect your mood



Sleep



Exercise



Stress



Weather



lack of communication



medication

If you feel you need help please contact helpline at

0808 808 8000







### 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/>

### Five Finger Breathing

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

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

here

### 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, you can help them with some tools to feel calmer & more in control. We like the breathe in 3's activity. Why not try this breathe in 3's activity with your child, it might help you too.

More tips from Action for Children at:

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

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Tips on How to Support a Bereaved Person	<a href="#">34</a>
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## BEREAVEMENT RESOURCES



covidwellbeing  
ni.info

Cruse  
Bereavement  
Care  
*Somewhere to turn when someone dies*

Information on how to deal with and talk about bereavement.

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

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## BEREAVEMENT RESOURCES



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

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

For more info visit:

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

## Talking to children about Grief & Loss



### Assess your child's understanding

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

### Try not to use euphemisms

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

### Validate their emotions

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

### Be honest and straightforward

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

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



## How to Support a Bereaved Person



#GriefAwarenessDay

1

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

2

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

3

Remember important dates.  
Anniversaries and birthdays can be particularly painful

4

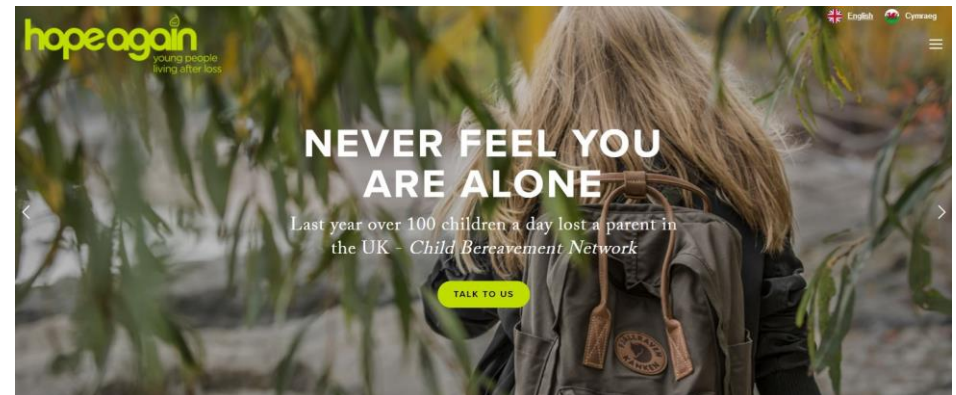
Offer practical help.  
Try to make specific suggestions

5

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

6

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



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



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## Best Virtual Museum Tours for Kids:

### The Louvre

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

### The British Museum

Via their website:  
<https://britishmuseum.withgoogle.com/>

### The Metropolitan Museum of Art

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

### Van Gogh Museum

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

### Roald Dahl Museum and Story Centre

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

### NASA Glenn Research Center

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

**10 FREE LEARNING WEBSITES for kids**

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

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



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

[Go to Website](#)



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

[Visit Website](#)

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



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

[Further Information](#)



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

[View Website](#)

**TEACHING**  
2 AND 3 YEAR OLDS

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

[View Here](#)





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

[Go to Website](#)



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



[Home Learning Ideas & Resources](#)



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

[View Here](#)



[Free video lessons and resources](#)

## Dyslexia Awareness Week

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



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

Click on the links and logos to find out more.

### Free Assistive Technology provided through C2K



#### Read&Write

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

#### Office 365

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

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

#### Clicker 8

A tool for the primary classroom, providing writing support.

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

### EA Literacy Service Homepage



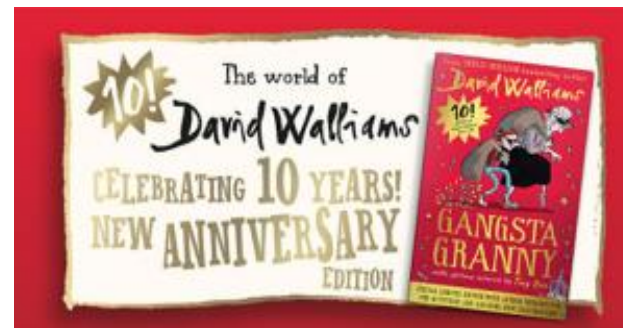
#### What can you do?

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

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

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

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



It's the 10th Anniversary of Gangsta Granny, bring the book to life at home and download these FREE resources - <https://twinkl.co.uk/l/mb412>



Homework woes getting you down?

Don't despair! Homework Hacks with Sophie a.k.a Tired 'N' Tested are here to help! - <https://bbc.in/3ADsLb0>



# 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

/parentingNI @parentingNI





**BBC Bitesize** **Parents' Toolkit**

## Tips for supporting your child with SEND at school

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



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

**BBC Bitesize**

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

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

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

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



**New Issue Out Now!**

This week **Tonagh P.S.** share their **Take 5** ideas



Primary Behaviour Support & Providers

**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.

The newsletter is available in English, Irish and accessible versions – [Download Here](#)

**Parentline**

Episode #25  
Approaching Challenges at School  
**NOW AVAILABLE!**



## Parentline Podcast

For some children and their parents school life can bring with it a whole set of challenges. In this Podcast Kerry chats with one of Parentline's Parent Support Workers about back to school and all that brings. [www.buzzsprout.com/861409/9209561](http://www.buzzsprout.com/861409/9209561)

AFTER SCHOOL

# AFTERNOON CHECKLIST




Unpack school bag



Have a bath




Change out of my uniform



Put on my PJs




Do my homework



Brush my teeth




Play time



Read a bedtime story




Eat my dinner



Go to sleep

BBC

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

- mother.ly

## After School Restraint Collapse

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

Do your kids get after-school restraint collapse?

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

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## BookTrust HomeTime

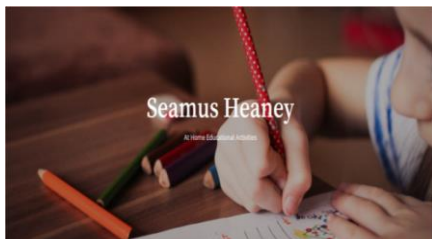
Looking for something fun as a family? Enjoy storytime with BookTrust’s free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes. You can even learn how to draw some of your favourite characters.

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



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

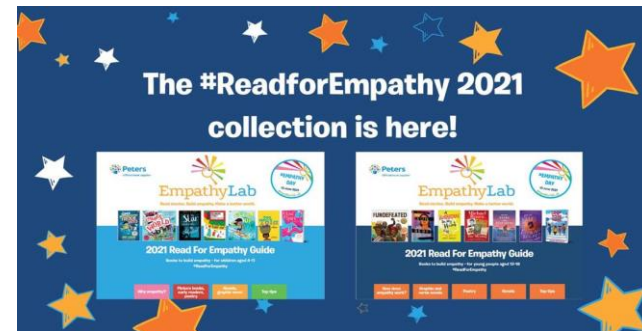
[Go to Website](#)



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



[Kids Hub](#)



[Read for Empathy Collection 2021](#)



## CHARADES

### HOW TO PLAY

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

### VARIATION

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

Believe in  
children  
Barnardo's



## Bookworm Craft

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



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



Playful  
Childhoods

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

[View Here](#)

## PAINT A STONE ANIMAL



### Indoor Play Ideas and Activities

Family Days Tried And Tested

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

### Simple craft activities using milk cartons, jars and bottles



### Activity ideas to help keep everyone upbeat and happy



### Colouring in and make & do activities



### Printable colouring in sheets



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



[Download Here](#)



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

[Download Here](#)

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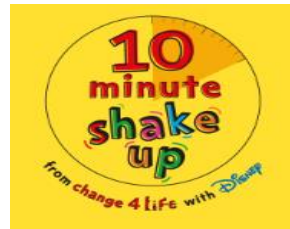
## SIMON SAYS FITNESS DISGUISED AS FUN

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

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



WWW.THEYSMELL.COM



## 10 Minute Shake Up Games

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

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

## Beans!

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

**Runner beans** - run on the spot

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

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

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

**Chilli Beans** - shiver

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

**Jumping beans** - jump up and down

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



Fun drawalongs on Book Trust Home Time.

Top illustrators show you how to doodle their brilliant characters:

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

## How to Grow a Rainbow

You will need:

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



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



### THE SCIENCE

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

@MrsBpriSTEM

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Simplicity in difficult times



SureStart

'It takes a whole village to raise a child'

### No cook playdough recipe

Use the same cup to measure:  
 4 cups of plain flour  
 1/3 cup of cooking oil  
 1 cup of salt  
 7 teaspoons of cream of tartar  
 3 to 4 cups of boiling water



Put all ingredients into a large bowl.

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

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

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

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

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

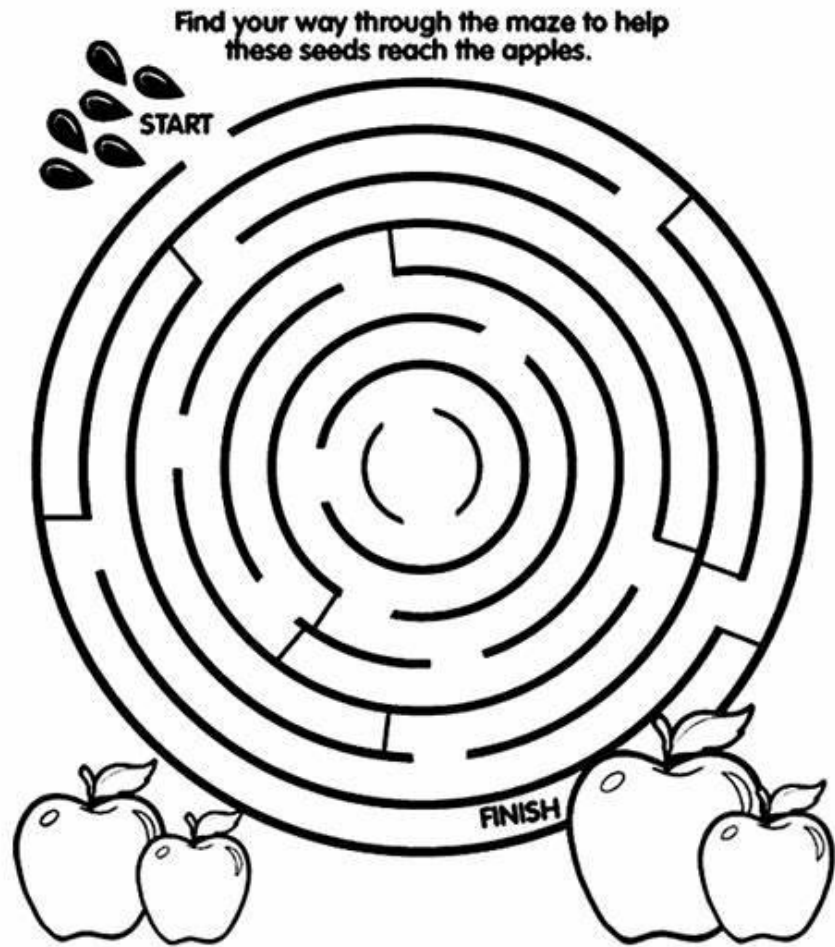
[www.dryarchcentre.org](http://www.dryarchcentre.org)

'simple acts of kindness will get us all through'



[Simple, fun activities for kids, from newborn to five](#)





**SPOT THE DIFFERENCE**  
CAN YOU SPOT THE 6 DIFFERENCES BETWEEN THE TWO FOREST SCENES?







Doodle Art Alley ©

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## Autumn Word Search



Can you find the Autumn words in the puzzle below?

h	t	b	x	t	n	y	e	l	l	o	w
b	r	o	w	n	s	e	j	j	s	l	s
g	b	h	v	t	t	p	y	u	q	i	c
c	q	q	z	f	x	a	e	j	u	c	a
m	l	e	a	v	e	s	c	a	i	w	r
c	j	s	y	i	l	g	b	o	r	k	e
h	a	r	v	e	s	t	o	d	r	i	c
f	s	e	u	o	r	a	n	g	e	n	r
w	a	d	k	l	a	p	f	q	l	r	o
s	s	l	d	q	f	x	i	g	x	a	w
k	b	m	l	y	l	h	r	c	x	k	p
a	p	p	l	e	b	h	e	y	c	e	h

- rake
- scarecrow
- brown
- yellow
- squirrel
- leaves
- apple
- red
- bonfire
- harvest
- fall
- pear
- orange
- acom



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## OUTDOOR ACTIVITIES



## OUTDOOR ACTIVITIES

NO TIME FOR  
**FLASH CARDS**

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

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STRANMILLIS UNIVERSITY COLLEGE  
A College of Queen's University Belfast

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

[View Here](#)

**CYPSP**  
Children & Young People's Strategic Partnership

Mummy  
PAGES

[Fun outdoor autumn activities for kids](#)

## Den building

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

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

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

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

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

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



## Bug Hotel

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

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

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

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



## Singing in the rain

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

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

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



# Looking for leaves

For ages  
3-6 yrs



Leaves come in all sorts of colours, shapes and sizes. Some have hidden scents, some make wonderful sounds and there are many different textures to explore.

Watch leaves dance as they fall to the floor.

**Look for leaf shapes**

- Star-shaped
- Wobbly edges
- Pointed
- Long and thin
- Short and round

**Interesting textures**

Find leaves that feel tickly or prickly, waxy or hairy, rough or smooth.

**Can you find?**

**Tree smells**

**Can you find?** Find a Douglas fir, rub the leaves and smell the hidden citrus scent.

The leaves of Douglas fir trees are flat needles

Make a leaf pile, put your feet into it and rustle, or stomp to create leaf music!

**Tree sounds**

Stand really still and listen to the wind in the tree tops.

**Leaf snake**

Lay some leaves in a line on the floor to create a leaf-snake winding through the trees!

For more help finding trees, download our free app: [forestry.gov.uk/mobileapp](http://forestry.gov.uk/mobileapp)



# 30 THINGS TO DO WITH YOUR KIDS OUTSIDE

HIKE IT BABY 30

Look at a cloud and say what you think it looks like. <input type="checkbox"/>	Make a wish on a dandelion. <input type="checkbox"/>	Explore a cobweb and make spiders cool. <input type="checkbox"/>	Hug a tree. <input type="checkbox"/>	Build a house for fairies. <input type="checkbox"/>
Read a book in the woods. <input type="checkbox"/>	Fill a basket with nuts, leaves, and sticks that have fallen from trees. <input type="checkbox"/>	Pick up 3 pieces of trash from outside. <input type="checkbox"/>	Identify 3 birds. <input type="checkbox"/>	Throw rocks in a river, pond, or puddle. <input type="checkbox"/>
Plant wildflowers. <input type="checkbox"/>	Build a rock cairn. <input type="checkbox"/>	Slide down a sand or grassy hill. <input type="checkbox"/>	Explore a trail you have never been down. <input type="checkbox"/>	Draw pictures in the dirt. <input type="checkbox"/>
Paint rocks with water and see what colors arise. <input type="checkbox"/>	Splash in a big puddle. <input type="checkbox"/>	Put bugs in a bowl and observe them. <input type="checkbox"/>	Work in a garden or explore a public garden. <input type="checkbox"/>	Pick out how many shades of green you see on a trail. <input type="checkbox"/>
Look for something prickly. <input type="checkbox"/>	Sing in the rain. <input type="checkbox"/> no rain?? stick your head in a fountain or waterfall and sing!	Plant a seed that you find on the trail. <input type="checkbox"/> ie. acorn, pine cone, willow fuzz	Have a picnic. <input type="checkbox"/>	Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/>
My Trail <input type="checkbox"/> Name a trail with your own special name.	Make binoculars out of toilet paper rolls and spy something through them. <input type="checkbox"/>	Make a new friend. <input type="checkbox"/>	Walk like a duck, a deer, or a bear. <input type="checkbox"/>	Find different items that are your child's favorite color. <input type="checkbox"/>

www.hikeitbaby.com

# Autumn Scavenger Hunt

-  Red leaf
-  Fern
-  Pine Needles
-  Acorn
-  Rock
-  Pine Cone
-  Squirrel
-  Yellow Leaf
-  Birds Nest
-  Scarecrow
-  Winged Seed
-  Bark
-  Brown Leaf
-  Feather
-  Mushroom
-  Red Berry
-  Orange Leaf
-  Animal tracks
-  Spider Web
-  Worm
-  Wild Flower
-  Conker
-  Green Leaf

How many different colours can you see?

<http://3dancingdandelions.blogspot.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



### Recipe Card Mars Bar Buns



#### Ingredients

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

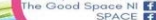
#### Method

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

Help us raise the vital funds we need by buying our luxury hand-poured soy wax candles at <https://space-ni.com/buy-candles/> Or to Donate visit [justgiving.com/space-ni](http://justgiving.com/space-ni)

Space is registered with the Charity Commission of Northern Ireland 105005

@SpaceNI15  
www.space-ni.com  
The Good Space NI  
SPACE



### Slow Cooker Crunchie Fudge

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



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

Put slow cooker on high setting.

Stir every 15 minutes for 45 minutes.

Add 3 bars of chopped crunchie and stir.

Pour mix into lined tin.

Sprinkle remaining crunchie on top.

Put in fridge to set - approx 5 hours.

Remove from tin and cut into chunks.

Enjoy and forget about the thousands of calories 😊



Back to school focus!



# Brilliant Breakfast!

Did you know 1/3 people skip breakfast?

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

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



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



Breakfast keeps you going until lunchtime & improves concentration at school



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



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



Did you know?

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



## It only takes 5 minutes!

HSC Northern Health and Social Care Trust

HSC Public Health Agency  
Project supported by the PHA

### Snack hack!

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



ParentingNI

## Healthy Snacks

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

### Healthy snack options:

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

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

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

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

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

### Simple snacks

#### A sandwich/roll

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

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

#### Sweet potato fries (for one)

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

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

#### Banana oat cookies

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

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



parentingni.org  
Support Line: 0808 8010 722



## Lunch box ideas

### Cheesy coleslaw with wholemeal pitta bread recipe

#### Ingredients

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

#### what to do

In a bowl, mix the mayonnaise and yoghurt.

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

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

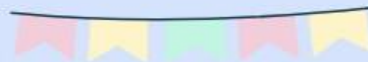
Carefully split open the pitta bread and fill with the coleslaw.

#### Complete your lunchbox with:

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

#### Tips

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





## Quick and easy healthy lunchbox recipes



[Download Here](#)



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

1. Cut up some peppers, tomatoes and cooked chicken
2. Spread some tomato puree on to the pitta with 2tsp of mixed herbs
3. Place everything on top with cheese and grill on medium heat
4. Leave to cool and cut into small strips
5. Add some tinned peaches into a pot and some natural yoghurt into another pot. Remember to chill!



## 15 Foods You Can Regrow from Scraps

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

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

HSC Public Health Agency

## Healthy recipes

WWW.CHOOSE2LIVEBETTER.COM

[Download](#)



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



**TOP TIPS! All about sleep**  
From your Parent Café.

**SureStart**  
BALLYMENA & LITTLE STEPS

Stick to your normal wake and sleep times as much as possible.

**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

Get as much daylight as possible

Get some exercise every day

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

Sleep times vary during children's early years.

You can find out how much sleep your child needs by looking on **NHS Choices: How much sleep do kids need?**

## ParentingNI

### Tips for play with your baby

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

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

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



parentingni.org  
Support Line: 0808 8010 722



# Help Kids Talk



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

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

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

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

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



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



[Back to Section Contents](#)

## 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.

Use simple, repetitive language

Let your child lead play. This can build self-confidence and does not put pressure on them to talk and respond to the adult all the time.

Sing songs & nursery rhymes

Be a good model

Turn off the TV and take out the dummy – children do not learn language and social skills by watching TV.

Research suggests too much TV watching prior to starting school can affect listening and attention skills.

Read to them – books can be used in many ways to develop language and early literacy skills.

Make time to sit down with your child to chat during play or look at book and talk about the pictures



Get ready to have an awesome autumn with Ni4Kids Autumn Newsletter.

[Download Here](#)



# 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



SCAN ME



**CYPSP**  
Children & Young People's Strategic Partnership



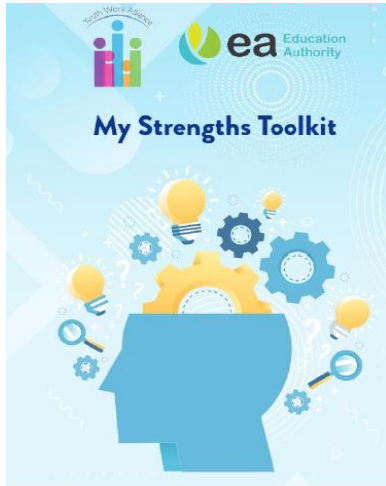
The Dads Project supports dads in Northern Ireland who are separating, separated or currently involved within the courts service – [Further info](#)



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



# OTHER RESOURCES & ACTIVITIES



[Download Toolkit](#)



[Download Booklet](#)



[A range of resources help parents](#)



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

filter by:

All Audits BAME/Translations Bereavement Careers Child Protection Community Disability Domestic Violence Drought/Heat Early Years Education Food Funding Help/Inclusion Humour/History

Y16C In Care Kids/Young People LGBT+ Mental Health Newsletters Parenting Volunteers

<p>5 Nature play ideas for the outdoors 2020-04-20</p> <p>Children who get to know nature are more likely to grow up wanting to protect it. Help your students connect...</p> <p><a href="#">Read More</a></p>	<p>Bedtime Stories Every Weekday 7.00pm 2020-04-20</p> <p>We have more Bedtime Stories this week for the children. Simply click the link from 7.00pm - https://bit.ly/bedtimestories</p> <p><a href="#">Read More</a></p>	<p>Robo-Babies 2020-04-20</p> <p>'Instantly appealing to young children... clear, thoughtful and sensitive'</p> <p><a href="#">Read More</a></p>
<p>When Life Gives you Mangoes 2020-04-20</p> <p>Do not miss our #BookOfTheDay! #WhenLifeGivesYouMangoes by @henriettegerard is a wonderful, warm story that already feels like a classic. https://books.cypsp.org.uk/book-of-the-day/ gives you more info...</p> <p><a href="#">Read More</a></p>	<p>BookTrust Time to Read Week 2020-04-20</p> <p>We are so excited that #TimeToRead week is here! Join us at 5.30pm every day from 19-25 October for a...</p> <p><a href="#">Read More</a></p>	<p>Book Trust Home Time Activity Sheets 2020-04-20</p> <p>The Book Trust have heaps of activity sheets for you to download and print over on #BookTrustHomeTime! Whether you fancy...</p> <p><a href="#">Read More</a></p>

For lots more information and activities for Children and Young People updated daily visit <http://www.cypsp.hscni.net/covid-19-daily-updates/> and filter to kids/young people



[Back to Section Contents](#)



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

[Download Here](#)

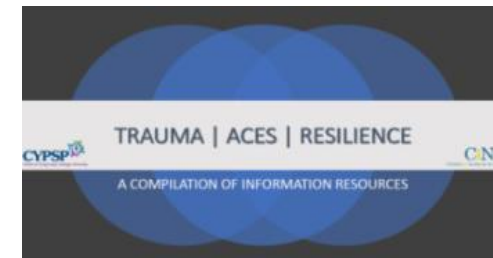


### Young Witness Service

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



Resource which includes research, multi-media information and links to work carried out with regards to screen time – [Read Here](#)



### Trauma | ACES | Resilience – Resources

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

[Download Here](#)



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

Play Matters leaflets and resources available to download:

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



### 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.





## How to Set up PARENTAL CONTROLS for APPS iPhone

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

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

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

### How to Restrict Game Centre

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

### How to Restrict iTunes & App Store Purchases

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

**National Online Safety**  
www.nationalonlinesafety.com



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

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

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

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

## Information for parents and carers



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

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

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

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

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

### My child has COVID-19 symptoms

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

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

### Someone in our household is positive

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



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

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

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

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

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

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

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

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



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



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

10/21



## Talking to your child about Coronavirus

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

NSPCC

### COVID-19 Vaccination

A guide for children and young people



Guidance for young people and parents on school age Covid vaccination

[Download Here](#)



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

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

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

[Watch video](#)



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

[Watch Video Here](#)

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



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Stick sparklers into a carrot so the kids can hold them safely



It's great for little hands that need something chunky to hold & easier for them to grip.

Family Days Tried & Tested

Halloween safety advice

[nidirect.gov.uk](http://nidirect.gov.uk)



Have a safe Halloween.

[Info and advice about fireworks, sparklers, fancy dress costumes and fire safety](#)



Happy Halloween





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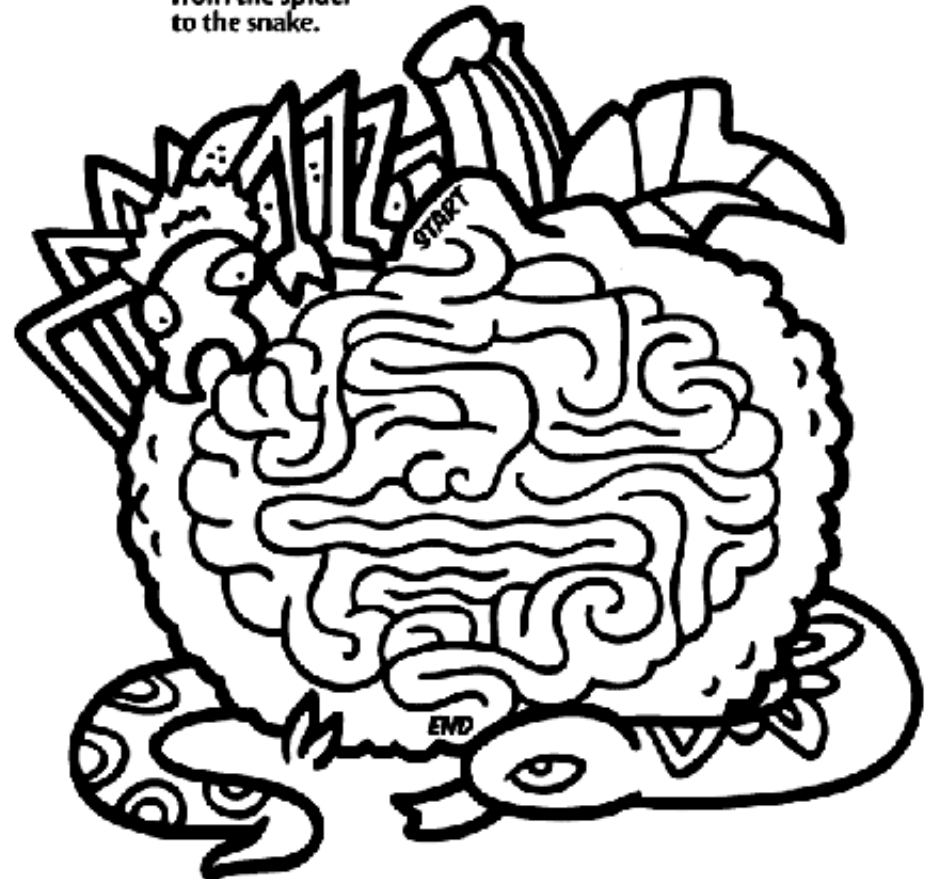
# Coloring Pages

Find more coloring pages at [crayola.com](http://crayola.com)



# WARTY GOURD MAZE

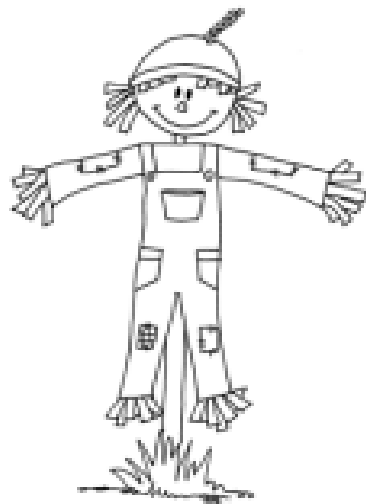
Find your way from the spider to the snake.





### Scarecrow Word Search

s	a	c	o	r	n	s	t	i	c	s	a	r	s	p
e	p	o	t	e	i	n	i	k	i	r	e	d	u	r
p	s	w	o	r	t	s	p	i	d	b	n	m	l	i
a	e	o	d	m	c	g	n	a	u	o	p	a	f	c
r	j	r	r	a	t	n	d	c	s	k	y	m	r	s
a	h	c	s	r	r	i	k	e	i	e	p	e	n	
k	u	e	o	a	v	e	q	n	i	n	l	i	t	a
e	o	r	d	t	t	m	a	r	a	g	l	n	n	d
l	e	a	i	c	n	i	c	s	e	c	o	g	u	p
m	l	c	u	o	r	j	t	t	u	b	w	a	c	l
y	p	s	r	n	g	s	n	f	l	e	a	v	e	s
c	p	a	s	w	i	m	e	g	n	a	r	o	u	g
f	a	l	l	a	t	i	o	n	o	m	k	o	y	s



fall	red
pumpkin	orange
leaves	yellow
scarecrow	apple
rake	acorn

[www.kidspuzzlesandgames.co.uk](http://www.kidspuzzlesandgames.co.uk)

### Autumn / Fall Word Scramble

LAFI	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
KERA	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
NCAOR	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
VAHRETS	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
PKPIUMN	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
VLAEEŞ	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
CSRARECOW	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
PPLAE	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
WEYLOL	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
GNORAE	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>



[www.kidspuzzlesandgames.co.uk](http://www.kidspuzzlesandgames.co.uk)

## Pumpkin ideas

There's much more to pumpkins than just carving scary faces. Here are some ideas for this Halloween favourite!

bowling

cover with paint or stickers

decorate with leaves and display

bake treats

wrap it up to make a mummy

flower planter

mini pumpkin hunt

cover in paint and roll on a large piece of paper



www.playboard.org

## MAKE SLIME

You will need:

- 100ml PVA glue
- ½ tsp of bicarbonate of soda
- gel food colouring
- 1 tsp of contact lens solution

Add the 100ml of PVA glue and ½ tsp of bicarbonate of soda into a bowl and mix well.

Add a couple of drops of food colouring, 1 tsp of contact lens solution and mix.

Once the slime has formed, take it out and knead it until you have a smooth and pliable ball.

To keep your slime to use again store in an airtight container.

## Haunted House

You will need:

- cardboard box or shoeboxes
- paint, markers, crayons
- glue
- scissors
- toy figures
- scraps of paper, fabric, wallpaper, carpet
- old magazines
- spooky accessories



Create a mini haunted house using clean cardboard boxes which can be combined to create a bigger mansion with lots of different rooms.

Decorate your box using colouring materials and old scraps of wallpaper, carpet, and fabric for curtains.

Flick through old magazines and cut out photos for furniture such as a fireplace, a kitchen, and a bathroom.

Add your spooky final touches - is there a ghost hiding in the attic, a witch brewing potions in the kitchen, a monster under the bed or creepy crawlies in your living room? Make it as scary as you dare!



www.playboard.org

## Halloween Party

HALLOWEEN AT HOME ~ 31 OCTOBER

**DRESS**

up your house and family. Pick a theme or get creative making your own costumes.

**PLAY**

Halloween games such as a spooky scavenger hunt or glow-in-the-dark bowling.

**EAT**

yummy snacks like chocolate covered apples and marshmallow ghosts.

**DANCE**

along to your party playlist with Halloween favourites including Monster Mash, Ghostbusters and The Adams Family.

**WATCH**

your favourite family movies such as Hocus Pocus, Casper or Coco, all snuggled up in a cozy blanket.



www.playboard.org



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

# HALLOWEEN ACTIVITIES

2:00 **HALLOWEEN HANDPRINTS**



THEBESTIDEASFORKIDS.COM

[Instructions](#)



Super Simple Mummy Jar Lanterns

BlissfulDomestication.com

[Instructions](#)

**Halloween Paper Lanterns**



WWW.THECRAFTINGCHICKS.COM

[Instructions](#)



SPoon BATS

[Instructions](#)



## What you need:

- Toilet roll / kitchen roll tubes
- Black pipe cleaners
- Black paint
- Googly eyes

## Steps:

1. Cut toilet roll tube in half, or quarters if using kitchen roll tube.
2. On opposite sides, poke four holes per side.
3. Paint outside of each tube, making sure to paint over the holes .
4. Once paint is dry, thread 4 pipe cleaners through one hole, through the middle and out through the hole directly across from the first hole – 4 pipe cleaners will make 8 legs.
5. Bend and pipe cleaners to look like spider legs and add googly eyes.





## Caramel Apples

### Ingredients

- 7 small granny smith apples (about 2 1/4 lbs)
- 15 oz. caramels, such as Werther's Chewy\*
- 3 Tbsp heavy cream
- Various toppings, optional (see notes(\*\*))

### Instructions

1. Rinse and thoroughly dry apples with a paper towel. Insert a caramel apple stick\*\*\*. Having toppings ready if you'll be adding some to apples.
2. Line a 13 by 9-inch baking sheet or baking dish with a sheet of parchment paper, spray parchment paper with non-stick cooking spray, set in the fridge.
3. Place caramels and heavy cream in a microwave safe bowl (about 5 cup size bowl)\*\*\*\*.
4. Heat in microwave in 30 second increments, stirring well between intervals, until melted and smooth. This will take about 2 - 3 minutes. If caramel is extra runny let it cool just briefly so it doesn't run right off the apples.
5. Dip apples one at a time into caramel on an angle so it covers nearly to the top center. Rotate and turn to coat apple. Lift apple and let excess run off, then run bottom of apple along inside edge of bowl to remove excess caramel. Lift apple and turn apple upside down to let caramel run up the apple a little then immediately roll in toppings (or sprinkle with toppings) before caramel sets.
6. Turn apples upright and place on prepared baking sheet in fridge, repeat process with remaining apples. As needed reheat caramel in microwave in 15 second increments for a runny, dip-able consistency.
7. Allow caramel to set completely, about 30 minutes in the fridge (you can eat them before this but if you want caramel to firm back up the wait the 30 minutes). Cut apples into slices just when ready to enjoy so they don't brown.

## Orange filled Jack O'Lanterns Recipe

### Ingredients

- 4 large oranges
- 2 cups of mixed fresh berries
- about 4 kiwis, peeled and diced
- 2 Tbsp raw honey

### Instructions

1. In a medium bowl mix the berries, kiwi and honey.
2. Cut a hole around the orange stem.
3. Using a spoon, scoop out the insides and place it in a bowl.
4. Keep in the fridge and use it for smoothies later on.
5. Sketch the desired face of your Jack-o-lantern.
6. Using a small knife, cut along chosen design.
7. Remove loose pieces of orange skin and discard them.
8. Fill them up with fruit and put the stem back on.



## Mummy Toast

With few clever placements of sliced cheese and olives, turn a plain piece of toast or pizza into a creepy little mummy snack!



## Apple Smiles

Use peanut butter as your glue to hold the mini marshmallows in place. You can make quite a few of these from just one apple.



## Boo-Nana Pops

### Ingredients/Method:

- Bananas – cut in half length wise and the half again to make four quarters
- Insert lollypop sticks into bananas, place on greaseproof paper and freeze
- White chocolate – melt chocolate in mug and dip bananas one at a time into the chocolate, scraping off any excess chocolate from the back of the banana and place on greaseproof.
- Chocolate chips – add quickly for eyes before chocolate hardens
- Return to freezer until frozen and ready to eat. Eat frozen

## Hot Dog Mummies

### Ingredients/Method:

- Hot dogs
- Ready rolled puff pastry cut into strips - wrap around hot dogs, don't be too orderly
- One egg yolk, lightly beaten – brushed over pastry
- 108C/Gas Mark 4. Bake in lower third of oven for about 25mins or until golden brown
- Add tomato sauce for eyes

