

This document was developed by the Parenting Unit, DCYA. It includes information on: child resources, wellbeing, learning, Covid-19, supports and parenting.

*Online resources for children,
young people and parents.
March 2020*

(Department of Children and Youth Affairs)

Contents

Child resources.....	2
Wellbeing	4
Learning	6
COVID 19	8
Supports.....	10
Parenting.....	12
Notes.....	13

Child resources

<http://www.belongto.org/>

Covid-19: Dr Ronan Glynn answers your coronavirus questions for RTE Junior (March 6th)

<https://www.youtube.com/watch?v=yTTgUDRgeRk&list=PLKdME9gs3do-HuP0UXGy9QxrN2YERJOr8&index=2&t=0s>

How to hand wash properly

<https://youtu.be/EfQvLT0sKNc>

Coronavirus information for children and young people <https://www.oco.ie/childrens-rights/coronavirus-information-for-children-and-young-people/> RTÉ news2day

<https://trte.rte.ie/news2day/>

Ireland's youth information website

<https://spunout.ie/>

List of support services and helplines for young people <https://spunout.ie/help>

Childline

Childline is an active listening service for young people under 18 <https://www.childline.ie/>

Jigsaw

Jigsaw is a free support service for 12-25 year olds

<https://www.jigsaw.ie/>

Youth Work Ireland

<https://www.youthworkireland.ie/>

EPIC – Empowering people in care

<https://www.epiconline.ie/>

Webwise

<https://www.webwise.ie/>

A portal for Irish education

<https://www.scoilnet.ie/>

Shine – Supporting people affected by mental ill health

https://www.shine.ie/?gclid=EAlaIqObChMlxYfc2p616AIVBLTtCh0xlQ0GEAAYASAAEglIefD_BwE

Turn2me Youth - A space for young people to find information, and explore different ways of getting through tough times.

<https://www.turn2me.ie/youth>

Teenline

<https://www.ispcc.ie/services/teenline>

Wellbeing

Play

Tip sheets for on play for young children available in 7 languages (0-18 months, 12 months to 3 years and 2.5 to 6 years)

Resources for play (0-6 years)

<http://aistearsiolta.ie/en/Play/Resources-for-Sharing/Aistear-PlayResources-Appendix1.pdf>

Recipes

<https://www.bordbia.ie/lifestyle/recipes/>

<https://www.safefood.eu/Recipes.aspx>

30 minute meals <https://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/30-minute-meals.aspx>

Easy ways to 5 a day <https://www.safefood.eu/Easy-ways-to-eat-5-a-day.aspx>

10 ways to make your dishes healthier <https://www.safefood.eu/Healthy-Eating/Food-Diet/Eating-In/Top-10-ways-to-make-your-dishes-healthier.aspx>

Nutrition

<https://www.bordbia.ie/lifestyle/information/>

<https://www.safefood.eu/Start/Welcome.aspx> <https://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Life-Stages.aspx>

https://www.healthpromotion.ie/health/healthy_eating

Minding your mental health during COVID-19

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

Mindfulness

https://www.hsa.ie/eng/news_events_media/news/news_and_articles/coronavirus.html

Bereavement

<https://www.childhoodbereavement.ie/>

Wellbeing continued.

Active and healthy at home

<https://www.safefood.eu/START/Ten-ways-to-keep-active-and-healthy-at-home.aspx>

Mychild.ie

www.mychild.ie

Learning

DES updates on COVID 19

<https://www.education.ie/covid19>

DES official portal for Irish education

<https://www.scoilnet.ie/>

Irish Language Resources

<https://www.cogg.ie/en/>

Garda Children's Corner

<https://www.garda.ie/en/Crime-Prevention/Children-s-corner/>

Kids and Families Activity Packs (printer access required)

<https://chesterbeatty.ie/learning/kids-families/>

Elizabeth Wood - Key messages for parents of young children <https://vimeo.com/151312015>

Supporting mathematics: Key messages for parents (3-6 years)

<https://vimeo.com/149621820>

Range of tips sheet for parenting

<http://aistearsiolta.ie/en/Building-Partnerships-With-Parents/>

Resources for parents of primary school children

<https://ncca.ie/en/primary/resources-for-parents>

Information on the Junior Cycle

<https://ncca.ie/en/junior-cycle>

Learning continued.

Information on the Senior Cycle

<https://ncca.ie/en/junior-cycle>

Resources and online tools during the current school closure period

<https://ncca.ie/en/updates-and-events/links-to-resources-and-online-tools-during-the-current-school-closure-period>

List of higher education websites

<https://www.education.ie/en/Learners/Information/Providers-of-Higher-Education/List.html>

Natural History Museum virtual tour

<https://www.museum.ie/Natural-History/Exhibitions/Current-Exhibitions/3D-Virtual-Visit-Natural-History>

World virtual museum and art tours

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

Curriculum online

<https://www.curriculumonline.ie/Home/>

Council for Special Education

<https://ncse.ie/>

Online parent resources - <https://ncse.ie/online-resources-for-parents>

Education and entertainment resources for children

<https://sites.google.com/cybersafeireland.org/csi-stuck-at-home/home>

COVID 19

Latest updates on COVID-19

<https://www.gov.ie/en/news/7e0924-latest-updates-on-covid-19-coronavirus/>

Ireland's response to COVID-19

<https://www.gov.ie/en/publication/a02c5a-what-is-happening/>

HSE/DOH

www.hse.ie

COVID-19 overview

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

HSE (@HSELive) and Department of Health (@roinnsainte) twitter feeds

HSE COVID-19 translated resources

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/>

WHO information

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

WHO WhatsApp Health Alert

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

Centre for Disease Control and Prevention

<https://www.cdc.gov/>

Talking to children and young people about COVID-19

<https://www.education.ie/en/The-Department/Announcements/talking-to-children-and-young-people-about-covid-19-coronavirus-advice-for-parents-and-schools.pdf>

COVID- 19

Covid-19: Dr Ronan Glynn answers your coronavirus questions for RTE Junior (March 6th)

<https://www.youtube.com/watch?v=yTTgUDRgeRk&list=PLKdME9gs3do-HuP0UXGy9QxrN2YERJOr8&index=2&t=0s>

Teaching children how to hand wash properly

<https://youtu.be/EfQvLT0sKNc>

Citizens information service COVID-19 updates

<https://www.citizensinformation.ie/en/health/covid19/>

COVID-19 pandemic unemployment payment

<https://services.mywelfare.ie/en/other-info-pages/covid-19/>

European Centre for disease Prevention and Control

<https://www.ecdc.europa.eu/en/coronavirus>

Sources of updated information on COVID-19 in the EU/EEA and the UK

https://ec.europa.eu/info/live-work-travel-eu/health/coronavirus-response/eu-eea-and-uk_en

Coronavirus information for children and young people <https://www.oco.ie/childrens-rights/coronavirus-information-for-children-and-young-people/>

Pavee Point COVID-19 information resources

<https://www.paveepoint.ie/covid-19-information-resources/>

Supports

Supporting your child's social and emotional wellbeing (Cork CYPSC)

Visit the Cork CYPSC page and go to local resources section

<http://www.cypsc.ie/your-county-cypsc/cork.228.html>

Positive Parenting

www.positiveparenting.ie (CYPSC Roscommon)

Contact a social worker

<https://www.tusla.ie/services/child-protection-welfare/contact-a-social-worker/>

Emergency Foster Support Service

https://www.tusla.ie/uploads/content/Fostering_Support.pdf

Domestic, Sexual & Gender Based Violence Services [https://www.tusla.ie/services/domestic-](https://www.tusla.ie/services/domestic-sexual-gender-based-violence/local-services-for-woment/)

[sexual-gender-based-violence/local-services-for-woment/](https://www.tusla.ie/services/domestic-sexual-gender-based-violence/local-services-for-woment/) <https://www.mensaid.ie/>

Find your nearest Family Resource Centre

<https://www.tusla.ie/services/family-community-support/family-resource-centres/find-family-resource-centre/>

List of county council websites

<https://www.housing.gov.ie/local-government/administration/local-authorities/local-authorities>

Mental health services

<https://www2.hse.ie/services/mental-health/services-search/>

One family

<https://onefamily.ie/>

Parentline

<https://www.parentline.ie/>

Bereavement service

<https://www.rainbowsireland.ie/>

Children and Young People Service Committees

Children and Young People's Services Committees follow local authority (city and county council) boundaries and plan and co-ordinate services for children and young people aged between 0 – 24 years in their geographic area.

<https://www.cypsc.ie/your-county-cypsc.169.html>

Parenting

Parenting 24/7 - Key messages on what works best for children and families at different ages and stages.

<https://www.tusla.ie/services/family-community-support/parenting-24-seven/>

Parent Action Leaflets – to support children’s social and emotional wellbeing (multi lingual leaflets also available). Cork CYPSC

<http://www.cypsc.ie/your-county-cypsc/cork.228.html>

Mychild.ie – Parenting advice

<https://www2.hse.ie/parents/>

Notes

COVID 19 posters

https://www.hsa.ie/eng/news_events_media/news/news_and_articles/coronavirus.html