

Supporting Parents and Families through the Days and Weeks Ahead



For the most up to date information on COVID-19, please visit the HSE website at <http://www.hse.ie>

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Introduction

We know that these are very unsettling and anxious times for parents and children alike.

The Tusla Prevention Partnership and Family Support (PPFS) team and Limerick Children and Young People's Services Committee (CYPSC) have collaborated with our colleagues in The Genesis Programme in Co. Louth to producing this resource. Tusla PPFS, CYPSC and The Genesis Programme are all committed to delivering better outcomes for children and families living within the areas we serve.

In these challenging times, we will continue to support parents and children as best we can and will endeavour to reach out via our online platforms and telephone contact.

With this in mind, we have put together this resource document. We hope you will find it useful in the days and weeks ahead.

The team are fully contactable during this period. Our contact details are in the parenting and family support listings at the end of this document.

Stay safe everyone.

Tusla PPFS and Limerick CYPSC team
April 2020

THIS DOCUMENT HAS SOME ONLINE LINKS TO ADDITIONAL SUPPORTS AND RESOURCES. YOU CAN ACCESS AN ELECTRONIC COPY OF THIS DOCUMENT AT www.cypsc.ie/resources/covid-19-.3097.html

Here are a few key sites that have lots of excellent information and supports for parents and families. Click on the images or use the below addresses to go to the website.



Structures and Routines



Children and teenagers crave structure. When disrupted this can have an adverse impact on behaviour and compliance with parent's demands. It is essential that during the days and weeks that parents strive to incorporate routines and schedules into the household environment. These routines and schedules do not only apply to schoolwork and instead need to be put in place in a consistent manner throughout the week.

This will help provide children with a sense of stability and security that can reduce their levels of anxiety, frustration and boredom.

Some key tips to follow when putting in place structures and routines:

- Get up and go to bed at the same time as you normally would. Children and adults alike need this routine to keep their body clocks regular.
- Get dressed and have a nutritious breakfast as a family. This may sound funny but there may be the temptation to leave children in their pyjamas. However psychologically this is not beneficial as does not help to create a focused mind-set.
- Try to limit sugary snacks and screen time in between work tasks. Again being in your home environment the temptation is there to raid the kitchen cupboard and stick on the T.V. However, it is important that you treat this as a working environment for you and your children.
- Be Consistent in your demands. You may not be a teacher but you are a parent and you must follow through on your word.

- Schedule in physical activity breaks throughout the day. This aids concentration and will make children more productive in their learning. Go Noodle has movement and mindfulness videos created by child development experts and used worldwide by teachers.

Go to: www.gonoodle.com

- Children do have the ability to work on their own for the most part. Do not feel that you have to be sitting with them for the whole duration. Teachers have assigned work that they are familiar with. However, do check in regularly and praise their efforts periodically when they are staying focused and completing work tasks. Predict their success and offer assistance when it comes to difficult subject areas.
- Have a visual schedule for each individual child. Visual schedules give children a concrete mental image in relation to what lies ahead. This gives children a sense of security and safety. Run through children's schedule with them on a daily basis. Schedules work the same for adults and should be utilised where possible.



Building Resilience and Keeping Children Mindful



Children are never too young to start practicing mindfulness. There is a body of research that indicates mindfulness can help children improve their abilities to pay attention, to calm down when they are upset and to make better decisions. In short, it helps with emotional regulation and cognitive focus.

Take time as a family to follow a guided meditation or even just listen to calming music and practice taking deep breaths. Remember to keep the process simple. Mindfulness is a big word for young kids to understand. Put simply, mindfulness is awareness. It is noticing our thoughts, feelings, bodily sensations, and anything that is around us and happening *right now*. This is an extremely effective way to bond as a family and to switch off from the stresses and strains of modern life.

More Help & Information - Building Resilience and Keeping Children Mindful

Head Space

[Headspace.com](https://www.headspace.com)

Let's Meditate App

https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_IE

Positive Psychology Keeping Children Mindful

Positivepsychology.com

Mindfulness Tips and Practices for Parents

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

10 Tips on How to be Mindful Right Now

<https://www.mindful.org/10-tips-for-being-mindful-right-now/>

Mindful Kids Ireland

www.mindfulkidsireland.com

7 Cups – Anxiety and Stress Chat

<https://www.7cups.com/>

Calm

<https://www.calm.com/>

Pzizz

<http://www.pzizz.com>

Catch It

<https://psyberguide.org/apps/catch-it/>

Stress and Anxiety Companion

<https://www.good-thinking.uk/resources/stress-anxiety-companion/>

Child Trends - Supporting Children's Emotional Wellbeing

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Keeping Active with your family

Another great way to connect with your family is by keeping active. We all have different options for exercise at the moment – some of you will have a back garden, and others may be in an apartment or have no room outside.

ACTIVE LIMERICK HUB: <https://www.limericksports.ie/index.php/covid-19>



On the ACTIVE LIMERICK HUB you will find lots of resources, ideas and information that will help you and your household stay active over the coming weeks.

- Home Workouts
- Children's Activities & Family Fun
- Minding Your Mental Health
- Local Parks/ Walks/ Trails' (if you are lucky enough to live within 2km of these)

Click here for access to the:
ACTIVE LIMERICK HUB
Resources & Ideas to #BeActive at home..



- Weather permitting avail of your garden if this is possible. Try having a picnic for lunch or get the Easter off to an early start by organising an egg hunt.
- If you have a garden, maybe you could even take advantage of the time to give it a makeover and involve the whole family in the process. Gardening and painting is very therapeutic for parents and children alike. Connecting with nature can have a positive impact on you and your family's mental wellbeing.
- Train to be Ireland's Fittest Family! Whether this be making an indoor or outdoor obstacle course or following one of the many online Fitness Expert on YouTube. Exercising together is a great way to keep the mind and body healthy. Keeping children physical can also aid their concentration levels and ability to focus on their prescribed schoolwork throughout the course of the day.

Check out the following online resources for fun physical routines that the whole family will enjoy:
Daily P.E for Children and Adults with Joe Wicks <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Super Troopers also offers a health homework programme that encourages an active lifestyle. Please visit <https://www.supertroopers.ie>

- If you have the space, try to play as many outdoor games as possible hail, rain or snow. Embrace nature and all of its elements. Frisbee, tennis, football and catch are just a few outdoor sports that the family can enjoy together.

Child Directed Play



Whilst the stresses and strains on parents and children in this current climate are challenging there is a need to embrace a positive mind-set. Babies and Toddlers are like sponges. They learn through their environment and from the actions of others. As parents, we need to ensure that we model positive actions and coping strategies in these challenging times.

Try to take this time to focus some of these positive energies into spending quality time with your baby or toddler. This is a great time to focus on using some Child Directed Play strategies with children between 2 and 10 years.

Child directed play (CDP) is a special form of one-to-one play between you and your child in which your child directs and leads. CDP can be used with children who are between about 2 and 10 with slight adjustments for age or developmental level. Research shows that playing with your child in this way can:

- Build a sense of self-direction and self-confidence in your child
- Foster child language and social development
- Allow your child to receive focused attention from you without having to misbehave to get it
- Strengthen your parent-child bond
- Help you practice parenting skills

How to use Child Directed Play

Look for a good time to join your child in play. Watch him or her. Get down on the floor together and within reason move where your child moves.

- Describe your child's play, much like a radio sports announcer describes an exciting game. For example, you might say, "There goes the car over the bridge." You don't have to describe every detail, and will want to focus your attention on appropriate child behaviours.
- Imitate your child's play activities. For example, if your child were building a tower with blocks, you might say, "Great idea. I'm going to build a tower too!"
- Repeat, with more detail, what your child has just said. For instance, if your child says, "There's the bus," you could say, "Yes, there goes the long, yellow bus up the hill." This is a good way to help a young child learn more words without direct teaching. Do your best to repeat without turning what you say into a question.

- Give your child praise during play, identifying specific behaviours that you want to encourage. For example, you might say, “You’re really being careful with those blocks,” rather than, “Good job.” Try to comment on what your child does and how it’s done: “I see you’re stacking those blocks very carefully.”
- Allow your child to play with toys in any way that is not harmful. Keep in mind, there is no one right way to play with a toy.

Things to avoid

- Giving commands about play or toys, such as, “Don’t get out the blocks yet.”
- Directing your child’s play. Stop yourself from giving the child your play ideas, and allow him or her to lead.
- Quizzing your child (e.g., “What colour is that?” “Can you find a blue car?”).
- Asking questions. “Don’t you want to build a tower?” This can be a subtle way of taking control, or teaching.
- Using this time for competitive games. These can get into winning and losing, following rules, and power struggles.

Tips for success

- Try this type of play with your child several times a week for no more than 10 to 15 minutes each time. Pick a time that fits your child’s mood and doesn’t compete with other activities.
- Pick a quiet place with no TV, other children or other distractions.
- Explain that this is your child’s “special time when I will play only with you.”
- Let your child know how long you will be playing together and give a warning when only a minute or two is left. It sometimes helps to set a timer, so that your child will know when the time will end.
- If the play becomes aggressive or unsafe, stop CDP. You can say, “This isn’t safe so we are going to stop playing now. We will try again tomorrow.” Then be sure that you do try again the next day. Your child will learn from this experience.
- Ignore less serious problems (arguing, whining, or bossy play), by pausing your play and turning away. Begin again only when the unwanted behaviour stops. The basic idea is to ignore minor misbehaviour (as long as it is safe).
- Praise good behaviour as soon as it resumes. The idea is: Catch your child being good!
- If you wait out or ignore negative behaviour for two or three minutes and your child doesn’t stop, then you should stop CDP. Just try again the next day!

Activities and Home Projects

Creative Crafts

<https://loveparenting.ie/category/creative-crafts/>

Make Playdough

<https://youtu.be/oAIAm6BF0fs>

Make a Fort

<https://www.wikihow-fun.com/Build-a-Fort-in-Your-Room>

Indoor Scavenger Hunt

<https://www.scavenger-hunt-fun.com/indoor-scavenger-hunts.html>

50 Rainy Day Indoor Activities

<https://www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/>

100 Things to Do Indoors

<https://www.thebestideasforkids.com/indoor-activities-for-kids/>





Cookery Inspiration

Cake Pops

<https://www.bbcgoodfood.com/recipes/cake-pops>

For meals that will not cost the earth and will tickle all the families taste buds

<https://www.mummyspages.ie/budget-recipes/>

For easy and healthy recipes, you can follow Daniel Davey Health and Wellness at

<https://www.instagram.com/daveynutrition/>

Get Kids Cooking with Jamie Oliver

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

Baking Inspiration

<https://www.bbcgoodfood.com/recipes/collection/kids-baking>

Educational Supports and Home Schooling

FOR 6TH YEAR STUDENTS

In collaboration with Jump A Grade 6th Year students can access a [12-week revision courses focused on Exam Preparation](#) for Leaving Certificate Maths, Irish and English.

Students can sign up [here](#) and will need to use a code (**Please contact Seán for Code 087 6286441**). There will be separate programmes in both Ordinary and Higher level across all 3 subjects. **This is specifically for 6th years who are in DEIS schools and/or who are from low income families.**

FOR JUNIOR AND SENIOR CYCLE

On-line resources can be found by clicking the link below. Resources linked by level (Junior Certificate, Leaving Certificate) and subject and also come with notes. We will have tutors adding to this so if there is a subject that is not listed, that a student is having difficulty with, let me know and I can have some tutors look at it.

<https://ulsites.ul.ie/access/online-study-club>

FOR EARLY YEARS, PRIMARY SCHOOL AND SECONDARY SCHOOL

Parents and students can get access to school books at any level until the end of the school term by clicking the link below for free. Free library access, audio books and other materials are also available for free.

<https://covid19.shanehastings.eu/giveback/?fbclid=IwAR05VxPxxz9VKhY31YktVQgOjhCLIT3CaBH8FYTpe85OhqUdlg0wrhCiKxU#education>

Finally, all exam papers for Junior and Leaving Certificate students are also available to access free, at all levels and subjects. This can provide a good structure for doing study.

<https://www.examinations.ie/exammaterialarchive/?i=114.119.110.99.100>

Home Schooling



Home Schooling is not something many parents in Ireland are familiar with. Being out of the everyday school routine and receiving lessons via online platforms takes a lot of getting used to and can be challenging. Children and teenagers alike crave structure and once this structure is disrupted, it can take time to build up and create a sense of normality.

In addition to the absence of school structure children are being confronted with isolation from peers, a frustration with being cooped up and fear of the unknown.

In the midst of this global public health crisis parents and children across the globe are struggling to get to grips with this new schooling environment.

Tips during School Closures

Jade Alexander, the Psychologist with The Changing Lives Initiative team provides parents with useful tips and advice below:

- **Do not try to replicate a full school timetable** – It will not be possible to replicate a full school timetable for a variety of reasons. Giving yourself and your children permission to accept this can be a big weight lifted.
- **Expect stress** – This is an uncertain and unpredictable situation, stress and anxiety are normal.
- **Reassure children** – Children can sometimes believe they are responsible for things that are clearly beyond their control. Reassure children that it is the adult's job to make sure things are OK and to keep them safe.
- **Help children stay connected to their friends** – Friendships are a key resiliency factor for children and young people. Most children see their friends nearly every day of the week and so not being in contact with them for some time might be upsetting. Is it possible for children to talk to their friends on the phone? Perhaps establish a group Skype or WhatsApp call? Perhaps they could write letters to each other.
- **Normalise the experience** – Normalising the experience is likely to reduce anxiety for many children. Reassure children that lots of adults and other children are in the same situation.
- **Have a routine and structure** – Having a plan and a predictable routine for the day can be very reassuring. As adults, we like to know what is going to happen, and children like this too. A consistent routine lets everyone be secure about the plans for the day. It is often useful to involve children in creating this routine, so that they feel part of the plan, rather than the plan being imposed on them. You could display the routine using a timeline, or maybe pictures and visuals. Encourage children to develop independence by referring to their own routine/plan themselves.
- **Do not worry if the routine is not perfect** – Remember this is not a normal situation. If you find that planning and sticking to the routine is causing more stress, friction or conflict, then it's OK to be more 'free-flow'. Perhaps be guided by the activities that children want to do.
- **Avoid putting too much pressure on academic work** – Most parents and carers aren't teachers and so it's OK not to be doing 'school work' for six hours a day. It might be more important to be spending time together, building relationships, enjoying shared activities and reassuring children, as opposed to replicating the school timetable.
- **Try to keep work in one place** – If children are doing schoolwork or project work at home, try to keep it all in one place so that it doesn't spread out over the house. This can help to maintain a work/home boundary. We know that people live in different circumstances that might mean this isn't always possible, so perhaps there might be other ways to 'signal' the end of working e.g. putting away the work and then enjoying a favourite song or shared dance!
- **Reduce access to rolling news** – It is important to keep up to date with new developments and announcements, but it can be hard to switch off from the constant stream of news from media outlets and social media. Reduce the time spent hearing, reading or watching news – at the moment it might be overwhelming for adults and children. Try to protect children from distressing media coverage.
- **Supervise children with screens** – It is likely that children and young people will be using screens more often over the coming weeks e.g. phones, tablets, gaming consoles and the internet. If this is the case make sure they are supervised. Ensure appropriate content filters are active – the UK Safer Internet Centre offers guidance on setting up parental control. Try to ensure all children have a balanced range of activities each day. Involve children and young people in these discussions so that they feel part of the plan.

Home Schooling with Younger Children



For many children particularly those in junior classes the workload assigned by teachers may not equate to a normal school day. Many parents might be struggling to find other ways to keep their children engaged and focused.

A new School Hub across RTÉ Television and online platforms has started. It will provide primary school children with fun daily lessons from the comfort of their own homes.

More Help & Information – Home Schooling with Younger Children

The following is a list of useful sites where you can download educational and age appropriate resources and access educational and fun games for children. Your own school may have their own website or Facebook page where they may post useful tips, advice, activities and websites, which may not be listed here.

Scoilnet

<https://scoilnet.ie>

Twinkl - Educational Resources

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

Free eBook Library

<https://www.oxfordowl.co.uk/foe-home/find-a-book/library-page/>

Collection of Tools and Resources by Cloughfin NS:

<http://padlet.com/ffarry1/jnrsnr> - Junior and Senior Infants

<http://padlet.com/ffarry1/firsec> - First and Second Class

<http://padlet.com/ffarry1/thifou> - Third and Fourth Class

Elevenes with David Williams Audio

<https://www.worldofdavidwalliams.com/elevenses>

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Into the Book

<http://www.reading.ecb.org>

Seussville

<http://www.seussville.com>

ABC YA

<http://www.abcya.com>

Fun Brain

<http://www.funbrain.com>

Star Fall

<http://www.starfall.com>

Story Online

<http://www.storyonline.net>

Highlight Kids

<http://www.highlightkids.com>

STEM (Science, Technology, Engineering & Maths) Activities

<https://thestemlaboratory.com/stem-activities-for-kids/>

<https://www.sciencebuddies.org/stem-activities>

<https://littlebinsforlittlehands.com/easy-simple-stem-activities-challenges/>

Keeping Your Child Safe Online during COVID-19



These uncertain times have led to an understandable disruption to family life, with parents and children spending more time than usual at home, and online.

Digital devices are providing many benefits, whether it's to help children to continue their education through distance learning, using social media to connect with their friends and relatives, or using technology for entertainment, such as streaming content from Netflix or YouTube.

While **all families have their own unique circumstances**, many parents have similar concerns when it comes to their child's use of technology. **How can parents strike the right balance between online and offline activities, and help their kids have a positive relationship with technology, and the internet?**

Here are a few simple steps to manage online safety in the home taken from webwise.ie designed to give parents advice during the Covid-19 restrictions. You can find more at:

www.webwise.ie/parents/covid19-online-safety-advice-for-parents/

1. Have the Chat

One of the most effective ways to ensure that your child or teenager has a positive experience online is to have an open, and ongoing conversation with them. Talk to them about what they do online, and reassure them that if anything happens that they are uncomfortable with, they should not feel embarrassed or afraid to speak to you about it. If your child feels like they can talk to you about their online activities without judgement, or fear of the consequences, it will lead to more honesty, and they will be better equipped to deal with any negative experiences.

For parents of young children, it is never too early to think about their online safety. Even if you are only beginning to discover the internet together, have a conversation with them about the important things to look out for, such as who they talk to online, and about sharing personal information.

- Helpful talking points: <https://www.webwise.ie/category/talking-points/>

2. Set Up Parental Controls

Parental controls help to reduce the risk that your child will encounter inappropriate content online, and they can be set up on most internet enabled devices such as computers, smartphones, tablets and games consoles. They can also be set up through your internet service provider, and in online services such as Netflix and YouTube.

Parental controls can be used in a number of ways, for example to only allow your child to access age-appropriate content, or to monitor and block their usage. We recommend that parents use, and regularly review and update, parental controls across all devices in the home.

For parents of young children it's important that there is very close supervision of their online activity, and that they are only online when you are with them. Parents can also set up 'safe search' options on browsers, for example if your child is using the internet for homework, and this setting will filter out adult content in search results. Most search engines have free controls in place to help parents.

While parental controls are great support, there is no guarantee that they will be 100% percent effective, so is it important to talk to your child about the potential risks and maintain an open conversation about using the internet safely.

- How to Google Safe Search for Parents and Teachers: <https://www.webwise.ie/parents/how-to-google-safesearch-for-parents-and-teachers/>
- How to set up parental controls on all devices: <https://www.webwise.ie/parents/parental-controls-2/>

3. Time Online - Strike a Healthy Balance

Unfortunately, there is no magic number for screen time, and it is worth bearing in mind that children use their devices for lots of different reasons – to learn, create, play, and interact with their friends. Under the current circumstances households are using technology for a variety of purposes, every family is different and may face different demands, however setting clear boundaries and rules can be an effective way of managing screen time, and also making sure that you set a good example, and follow those rules too.

- Screen time – Advice for Parents: <https://www.webwise.ie/parents/screen-time-advice-for-parents/>

4. Encourage Respectful Communication

Discuss the importance of being respectful to others online, and the impact that their behaviour may have on people. Encourage them to consider the other person's perspective, and how hurtful remarks or actions could make someone feel.

By fostering empathy, and helping them to understand their own boundaries and level of comfort, it will encourage them to become more responsible and considerate users of the internet.

5. Talk About the Use of Privacy Settings

Children and teenagers are documenting and sharing lots of information about their lives online, and may not be fully aware of the potential risks or the impact it may have on their online reputation.

Talk to them about checking their privacy settings regularly. Many social network accounts are 'public' by default, meaning that anyone can potentially see your child's posts or pictures. However, it is a good idea to remind them that even with the tightest privacy controls, content that is posted online can very easily be copied and shared to a wider audience that they cannot control.

Encourage your child to be familiar with the blocking and reporting features on platforms they use. Most websites and social networks provide tools for users to report inappropriate and offensive content.

- Privacy information on 9 popular social media websites: <https://www.webwise.ie/teachers/protecting-your-privacy-on-9-popular-social-networks/>

6. Join In - Play HTML Heroes together!

The internet is a great resource for children – join in with them and discover the online world together! Why not explore HTML Heroes, and help your child learn about online safety in fun and interactive way?

HTML Heroes is An Introduction to the Internet has 8 lessons that can be easily accessed online from home. Children will learn about internet safety with the help of two animated USB characters called Archie and Ruby, who perform catchy and fun raps about online advertising, screen time, cyberbullying and how the internet works.

More Help & Information – Keeping Your Child Safe Online during COVID-19

Spun Out

<https://spunout.ie/life/article/cyber-and-text-bullying>

KiVa Anti-Bullying Programme

<http://www.kivaprogram.net/parents/>

Limerick COVID-19 Community Response

Limerick City and County Council, in association with An Garda Síochána, Limerick GAA, HSE, Munster Rugby, FAI, Liveable Limerick, various religious orders and multiple sporting and volunteer groups, have launched a coordinated response to provide assistance to the vulnerable and elderly across Limerick City and County in this time of need. This includes families who may need additional support.

Limerick COVID-19 Community Response

A helpdesk will respond to the needs of vulnerable members of our community

Call: 1800 832 005

Email: covidsupport@limerick.ie



Comhairle Cathrach
& Contae **Luimnigh**
Limerick City
& County Council



Rialtas na hÉireann
Government of Ireland

Domestic Abuse

This is an important time for everyone to pull together to support those most in need while also limiting any opportunity for the virus to spread. However, we know that for women living with abusive partners that this may become an even more difficult time

Domestic violence services are still providing services across Ireland. Each service is putting in place its own contingency plan based on its capacity and local circumstances. In Limerick **Adapt Domestic Abuse Services** are still operating.

If you have any concerns for your immediate safety, please contact the Gardaí on 999 or if you need support please contact Adapt on **1800 200 504**. The national helpline operated by Women's Aid is also available 24hours support on **1800 341900**.

If you have concern for a family member or friend who is at risk of abuse and violence please contact a domestic violence service for guidance or if there is immediate risk, please contact the Gardaí on 999.

ADAPT DOMESTIC ABUSE
SERVICES

1 800 200 504

24/7 • FREE • CONFIDENTIAL • HELPLINE

**WOMEN'S AID NATIONAL FREEPHONE
HELPLINE AND CORONAVIRUS/COVID19**

National Freephone Helpline **1800 341 900**
is fully available **24 hours, 7 days a week**
thanks to our staff and volunteers.

Text Service for Deaf and Hard of Hearing
Women available daily on **087 959 7980**.

Online Chat service available **Monday,
Wednesday and Friday 7pm – 10pm at
womensaid.ie** if you feel you are in
immediate danger call 112/999.



WOMEN'S AID
Listening. Believing. Supporting.

womensaid.ie

Support for families with additional needs or disability



Mid West Disability Service Early Intervention and School-Age Teams have created a resource document for parents. The document contains a list of resources for parents and their children, sourced from a number of local, national and international sources. If you are linked in with families where there is a child with a disability, this might be helpful.

You can access the document here: <https://www.mwcds.ie/resources-for-parents/>

It is planned that as new resources become available then this document will be updated so please check in frequently for any updates.

- This is a very thorough document with sections on:
Information
- Universal Strategies
- Understanding Coronavirus
- Health, Exercise and How To
- Books and Technology
- Education / School Support

An Early Intervention Approach to ADHD - Free APP

- It provides **clear information** about Attention Deficit Hyperactivity Disorder
- It gives users **proven strategies** to try at home with their children
- These strategies are **based on over 30 years of research** and are effective in helping to manage inattentive, hyperactive and impulsive behaviours

We will not contact you or share your information with anyone

**DOWNLOAD
THE APP
AT...**

THE CHANGING LIVES INITIATIVE
PROJECT APP

changinglivesinitiative.com

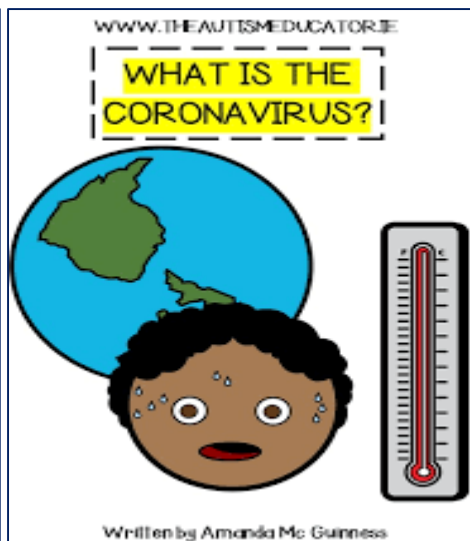
The Changing Lives Initiative have developed an Innovative App on ADHD to support families.

The App helps families understand what ADHD is and provides practical strategies and tools for parents to use with their children.

The App is particularly relevant for parents who have concerns about their child's behaviour but are not yet sure if their child has ADHD.

The App is also extremely useful for those working with children in helping them understand ADHD and how they might support children who have issues with inattention, hyperactivity or impulsivity.

To access the App go to this link: <https://changinglivesinitiative.com/>



Social Stories – Explaining to Children the Current Situation

Social Stories are a learning tool that supports the safe and meaningful exchange of information between parents, professionals and people with autism of all ages.

Social Stories are a great way to explain to children what is happening now in relation to COVID 19. Social Stories are particularly effective for younger children and children with communication difficulties. Similarly, to Visual Schedules the Social Stories provide children with a clear mental image of what is happening or what is going to happen. They can relate to the pictures.

Some parents may even want to make their own Social Stories and include photos of their child and their home environment in order to make it more relatable for their child.

Nickelodeon has also launched a site to help children understand COVID-19. It has videos, tips and ideas all free of charge. Some of the networks characters can be seen doing relevant activities, such as SpongeBob practicing social distancing, the PAW Patrol puppies doing dance moves to promote exercise, or the Bubble Guppies showing children how to wash their hands properly.

More Help and Information on Social Stories:

Audiobook of Social Story “Coronavirus: A Book for Children”

<https://soundcloud.com/nosycrow/coronavirus-a-book-for-children/s-JBDfoxHp3D2>

<https://childdevcenter.org/news/social-stories-for-kids-about-covid-19/>

Keeping Travellers Well

West Limerick Primary Healthcare Project for Travellers: <https://www.facebook.com/West-Limerick-Primary-Health-Care-Project-for-Travellers-1000764226662656/>

Limerick City Traveller Health Advocacy Programme: <https://www.facebook.com/Limerick-City-Traveller-Health-Advocacy-Programme-677783465698836/>

Coronavirus COVID-19

Keeping Travellers Well

MINDING OUR NUCKS

It's normal to feel worried about what is happening with COVID-19 (Coronavirus) at the moment.

HERE ARE **5** SIMPLE STEPS THAT MIGHT HELP:

1 FOCUS ON WHAT YOU CAN CONTROL

- Keep washing your hands
- Practice social/physical distancing - stay away from older Travellers, those with ongoing illnesses and pregnant Traveller women
- Remember most people with the virus **will get better**
- Remember this will pass and **we'll get through this together**

2 AVOID CHECKING NEWS AND SOCIAL MEDIA A LOT

- Don't check social media or the news all the time - it can make you more worried or stressed
- Get information from the HSE, evening news and Pavee Point
- Double check information shared through WhatsApp or Social Media

3 SCHEDULE ACTIVITY

- Keep busy while practising social/physical distancing
- Try to get out in the fresh air once a day
- Do the 'minding your mental and physical health exercises' shared by Pavee Point to help keep your mood up

4 SEEK SUPPORT

- Travellers are used to always being together but if we want to protect our grandparents and our community, we need to keep our distance during this crisis
- Keep in contact through video calls and texts instead

5 TAKE CARE AND BE KIND

- Be kind to yourself and others during this time
- If you're well, help your family and other Travellers - you can pick up groceries or medicine for them
- Prayer and listening to mass on the radio or television might be helpful





Coronavirus COVID-19

Minding Your Nuck

Pavee Pathways to
Mental Health Services



WORRIED ABOUT MENTAL HEALTH DURING COVID-19?

If you, or another Traveller you are worried about, are already using a mental health service, you can:

- Contact your local community mental health team. If it is outside their normal hours, leave a message and they will contact you as soon as possible
- There may be a delay in the response at the moment because staff are very busy
- In an **EMERGENCY**:
 - Your GP or your GP out of hours service
 - Go to your local A&E
 - Call **999** or **112** for an ambulance

If you or another Traveller you are worried about is not currently using a mental health service:

- Contact the GP or out of hours GP service and ask for a referral
- If you do not know the number of your local service, contact the Your Mental Health information line freephone on **1800 111 888**
- You can also contact the mental health team in Pavee Point Traveller and Roma Centre for information on **mentalhealth@pavee.ie** or on **01 878 0255**



Exchange House Ireland National Traveller Mental Health Service

- Telephone and online services and supports are available while face to face and group services have stopped
- Call 01 8721094 (then press 1) for support, help or advice (from 9am to 5pm every day)
- Visit www.exchangehouse.ie for more information

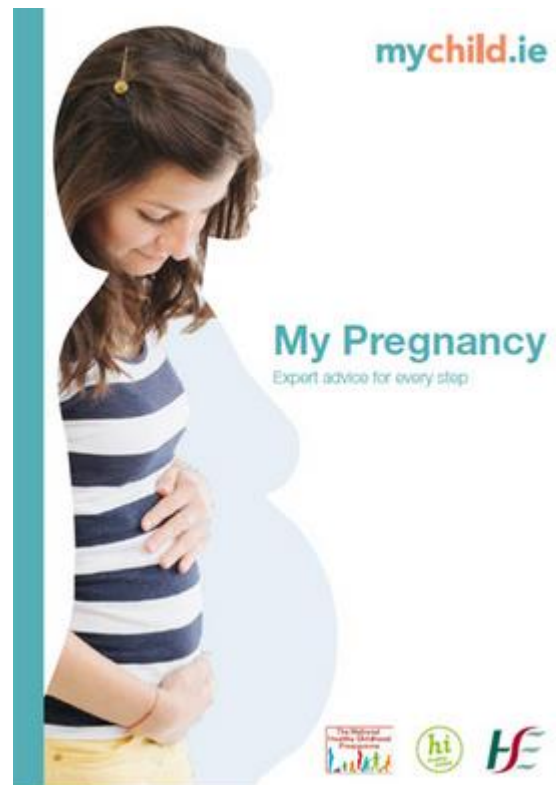
Support and Advice for Expectant Parents

Pregnancy can be a daunting time for expectant mums. Many parents may experience anxieties about delivery, whether or not their growing baby is developing as they should be and all the practicalities around getting their home and their existing family prepared for their new arrival.

All these anxieties alongside the current public health crisis can be overwhelming for expectant parents. Taking care of your mental wellbeing as well as your physical health is essential during these challenging times.

www.mychild.ie was developed by professionals and parents to address many of these issues.

This site is a guide to pregnancy, baby and toddler health, including an updated section on the Coronavirus and pregnancy: www2.hse.ie/conditions/coronavirus-and-pregnancy.html



More Help & Information – Support & Advice for Expectant Parents

- **LoveParenting.ie** - You can find high-quality information on positive parenting, based on the latest research and evidence. Go to <https://loveparenting.ie/category/pregnancy/> for the section on pregnancy.
- **FlyingStart.ie** - For advice and strategies to keep you and your growing baby healthy you can visit The Flying Start website by following the link at www.flyingstart.ie

This site is designed specifically with parents in mind and provides information to parents from the stages of pre-birth and beyond. Flying Start focuses on all the major transitions in a child's life 0-12 years and has useful up to date information, tips and advice for parents in the light of the COVID 19 health crisis.

Helpful Telephone and Online Supports for Parents

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/Social Media
Barnardos Parents Support Service	<p>Barnardos have set up a national Parent Support Phone/Email Service which is available to any parent who has a concern about the impact of Covid -19 on family life. Parents will be able to talk directly to one of our staff about the following types of issues and to get advice and support</p> <ul style="list-style-type: none"> - How to talk to your children about the corona virus - Setting a good routine - Managing children's behaviours and sibling dynamics - Managing aggression and family discord - Home schooling - Fostering natural learning opportunities at home - Healthy Eating - Accessing fun and educational activities for families and individual children - Self-care for parents - Managing children's online activity 	<p>1800 910 123 between 10.00am and 2.00pm Monday to Friday</p> <p>parentsupport@barnardos.ie.</p>	<p>www.barnardos.ie</p>
ISPCC Support Line	<p>This service is aimed at individuals who have family relationships or parenting needs, as well as those who may have concerns in relation to children. The ISPCC support line provides:</p> <ul style="list-style-type: none"> - Information on services available/signposting - Advice of family relationships issues, parenting and coping strategies - Advice of child development and the impact of certain situations on children - Guidance and referral to statutory services to assist with child welfare and protection issues - Support and guidance on issues such as bullying, cyber safety, mental health, child abuse, parenting and social support 	<p>Contact number for this number changes daily.</p> <p>Go to www.ispcc.ie/ispcc-support-line for up to date number.</p>	<p>www.ispcc.ie/ispcc-support-line</p>
Parentline Ireland	<p>Parentline offers support, information and guidance on all aspects of being a parent.</p>	<p>1890-927-277 or 01-87333-500</p> <p>Monday – Thursday, 10am – 9pm</p>	

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/Social Media
		Friday 10am – 4pm info@parentline.ie	
Jigsaw Limerick	For Parents and guardians 1. Live webinars 2. Peer to peer videos 3. Online Mental Health Courses	www.jigsawonline.ie Any new referrals have been informed of the suspended service and are currently not being offered sessions but being told they will be called back when sessions are up and running again.	All of the details are available on www.jigsawonline.ie Google “jigsaw online sitemap” for a list of the whole site content
One Family Helpline	Ask One Family is the helpline for people parenting alone, sharing parenting and for those separating. We provide information on: social welfare entitlements and finances, family law, housing, education, childcare, parenting, and mediation. We also offer a listening service for people who need support parenting alone, co-parenting or separating.	Lo-call helpline: 1890 662 212 or 01 662 9212 e: info@onefamily.ie DM on Facebook or Twitter	W: https://onefamily.ie/ Twitter: @1familyireland Facebook: One Family Ireland

Parenting and Family Support Services in Limerick

Public Health Nursing

The Public Health Nurse service to mothers and babies remains at the set notification visits, including blood spot screening. The service will also continue to those families requiring support. Child Protection visits continues. For a full list of Health Centres in Limerick go to www.hse.ie/eng/services/list/2/healthcentres

With Breastfeeding Support Groups currently not meeting, the following link on MyChild.ie offers direct advice from lactation consultants:
<https://www2.hse.ie/services/ask-our-breastfeeding-expert/>

Child Protection and Welfare

All Tusla services in Limerick are currently operating. Anyone with a concern about a child's safety or protection should contact our Limerick Duty Intake Team on 061-588688. Go to www.tusla.ie/services/child-protection-welfare/ for more information on reporting concerns or contacting a social worker.

Any query for concern in relation to children out of normal working hours should be reported immediately to An Garda Síochána.

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
Parenting and Family Support Services			
Ballyhoura Development	<p>Ballyhoura Development continues to support Communities that we work with (Including vulnerable children, families and communities) through:</p> <ul style="list-style-type: none"> • Phone call support • Video Calling • Ballyhoura online platforms (www.ballyhouradevelopment.com Facebook & Twitter) • Provision of information (proactively through online platforms, email, text, phone calls and on request) • Sign posting and referral to supports and services • Supporting Families with ideas and activities to support their parenting. • Continuing to deliver Youth Supports remotely using video calling, phone and text. • We continue to work with all community groups, many of whom have established local delivery services within their communities 	Contact Eileen 087-6216200	www.ballyhouradevelopment.com
Barnardos - Limerick North, Limerick South and Homemaker Family Support Service	<p>Individual family work/case work: Staff are continuing to provide support directly to the families open to the service. The focus of work is practical support to adapt to the changes due to the Covid-19 Pandemic and includes food hampers delivered to families' homes, compiling and distributing activity packs for children etc. Staff are providing ongoing phone-based support, helping parents to: establish and maintain routines, manage crises at home and difficult family dynamics, manage school work at home, manage their own self-care and stress levels etc. Staff are continuing to work with parents in relation to underlying parenting challenges and any worries they have for their children's welfare. Staff are also continuing to work with children that had been receiving individual support through phone-contact, face-time and skype.</p> <p>Early Bird Service/Afterschool Service: While group work has been paused, Family Support Workers will offer practical support to families whose children attend Barnardos Early Bird and Afterschool</p>	<p><u>By phone or email</u></p> <p>Barnardos Limerick North 061-329298 info@moyross.barnardos.ie</p> <p>Barnardos Limerick South 061-319290 info.southill@barnardos.ie</p> <p>Barnardos Homemaker Service 061- 493587 Homemaker.limerick@barnardos.ie</p> <p>Paula Kett, 0879108360.</p>	www.barnardos.ie

Any queries relating to a specific listing should contact the service identified on the listing.

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
	<p>services. Staff will provide weekly support to families in relation to assisting home learning around reading and literacy support. This individual support will include contact with the children and families. Further support will be offered by the way of practical food and budgeting support as required.</p> <p>Information/Advice Service: Barnardos continue to offer a phone-based information and advice service Monday -Friday in each of our Centres for parents/professionals to seek guidance in relation to issues relating to child development/family well-being.</p> <p>Making a Referral Barnardos continue to accept Referrals for Family Support from families themselves as well as from other services in contact with the family. To enquire about a referral please contact the Project Managers.</p> <p>Bereavement Helpline Service This helpline is open from 10am – 12pm Monday to Thursday to members of the public seeking information and support in relation to bereavement</p>	<p>Call: 1800 910 123 10.00am-2.00pm, Monday to Friday Email: parentsupport@barnardos.ie</p> <p>Call: 01 4732110 10am – 12pm Monday to Thursday</p>	
Tusla Prevention, Partnership and Family Support	If you require support or advice please do not hesitate to get in touch with one of the TUSLA PPFS Team. We will endeavour to work with you to ensure that children and families identified as vulnerable receive support.	Sinead (086 7801547) Alice (087 9879119) Kirsten(086 8121375) Damian (087 7176105) Colette (061 483592)	
Bedford Row Family Project	Bedford Row Family Support continues to work with families affected by imprisonment (e.g. emotional support) through phone support.	Phone: 061 315332 Email: info@bedfordrow.ie	www.bedfordrow.ie Facebook: Bedford Row Family Project

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
ISPCC	<p><u>Child & Family Support Service</u></p> <ul style="list-style-type: none"> • The ISPCC is continuing to provide one to one support to young people and to parents. This is currently being offered over the phone or via a video link session such as Skype or Zoom. • The ISPCC family support service aims to build on individual coping strategies and enhance their resilience to help them deal with the challenges they are facing. • For those families already linked in with this service, their support plans will continue with the ISPCC Worker. • We are also offering top up support to families that have worked with us in the past, who feel they need additional support at this time. • Families on the waiting list, are being reviewed regularly and telephone / video link sessions are being offered if applicable. • This service can continue to receive new referrals from other services, which will be assessed on a case by case basis, if support can be offered now through phone / video link or at a later date, when face to face sessions resume. 	<p>Shellie Murnane 087-153-0001</p>	<p>www.ispcc.ie</p>
Limerick Social Service Centre	<p>LSSC continues to provide support to all clients of the Child and Family Service, Counselling and Psychotherapy Service and Older Person's Service. Support is being offered by phone or video chat. Practical support, such as grocery shopping, collecting medication, sending out activity packs for children and printing and sending out forms, is also being carried out.</p> <p>All cases on the waiting list across services have been contacted and offered phone support.</p> <p>In addition, members of the public who would like to speak to qualified and experienced counsellors, family support workers or support workers for older people can ring 061-314111 and a member of staff from the relevant service will phone back and provide support.</p> <p>We are also offering parent support groups via Zoom. Our first virtual parent and toddler group will be carried out on Friday 03.04.20 with plans for additional groups in the coming weeks.</p>	<p>LSSC is open to referrals.</p> <p>Contact: Margaret Mastriani</p> <p>LSSC can be contacted on 061-314111 or 083-3626042 Referrals can be sent to cfsreferral@lssc.ie or margaret.mastriani@lssc.ie</p>	<p>www.lssc.ie</p> <p>Updates on LSSC's services can be found on our facebook page https://www.facebook.com/limericksocialservicecentre/ or on twitter @lmksocservices</p>

Any queries relating to a specific listing should contact the service identified on the listing.

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
West Limerick Resources	<p>West Limerick Resources continue to support families by phone and email providing:</p> <ul style="list-style-type: none"> • Advice and guidance • Parental supports • Ideas for activities for children • Promoting positive mental health & wellbeing • Signposting and referral to other services • Counselling via phone, Skype & Zoom 	<p>We are providing support by phone, email, and skype.</p> <p>Stefanie Jaeger Liston Phone: 087 3982925 Email: SJaeger@wlr.ie</p>	<p>www.wlr.ie</p> <p>Check out the West Limerick Resources Facebook page for more up to date information.</p>
Family Resource Centres	<p>Croom FRC</p> <ul style="list-style-type: none"> • Phone, FaceTime and skype support to individuals, families and community groups • Continuation of existing Parents Plus Programme via Skype & Facetime if parents agree • Delivery of medication, groceries and essential items • Ongoing communication with local services such as GP's, PHN to assist them with their onward referrals where possible • Referral to other support services that are operating via phone and digital platforms such as Jobs Club, Mabs, Citizens Information • Online Parenting tips via Facebook with online videos being regularly posted • Counselling via phone • Mental Health referrals and check up via frequent phone calls to vulnerable members of our community • Consistent engagement with Parent and Toddler group members, Pre and After School Parents via phone calls 	<p>Phone, FaceTime, skype and email. 083-8646093 famiysupport@croomfrc.com Skype: Lorraine Bennett</p> <p>Social distancing guidelines adhered to if necessary to meet a client.</p>	

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
	Hospital FRC <ul style="list-style-type: none"> • Providing phone support to parents, including tips to parent and toddler groups, primary school aged children as well as linking through social media. • Counselling for adults and young people from the ages of 11 upwards over the phone/ Whats App. Some new referrals are being taken. • Easter craft kits for families. • Limited number of food packages available through food bank. Distribution to homes. 	<p>Phone 0872473762. hospitalfrc@gmail.com Mary McGrath</p> <p>We continue to take referrals into our next Rainbows programme which we hope to run in September</p>	www.hospitalfrc.com
	Southill FRC We are keeping in touch with members of our Peer support groups and families during this time.	<ul style="list-style-type: none"> • Centre: 061-440250 • Family Support Workers: 086-785-7663 • Jimmy Prior, Coordinator: 085-125-0790 	Southill FRC on facebook
	Northside FRC Northside Family Resource Centre's Family Support Workers are available to talk to any parents about issue that may be concerning them at this time: including setting routines, talking to my child about coronavirus and social distancing, managing conflict, remaining calm, and self-care for parents. Our childcare staff are producing videos of them reading stories, singing songs and using puppets to entertain our younger children on our Facebook page Northside Family Resource Centre Counselling over the telephone being offered to Adults and Young people. Some new referrals are being taken.	Over the phone: Contact Mary Mulcahy, 061-326623	Get in touch with any enquiries on www.northsidefrc.ie or Facebook: Northside Family Resource Centre

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
Southill Hub	<p>We are offering the following:</p> <ul style="list-style-type: none"> • Assistance & printing of form filling for social welfare etc. • Transport in an 8 seater van for social distancing for vulnerable community members for medical appointments, trips to post office etc. • Online youth work groups • One to one support for young people in the community • Working with local school to provide school meals • Online advice, tips etc. 	<p>Over the phone & by post 061 603710</p> <p>Seniors Club Coordinator Mary Hehir 0834066273</p> <p>Digital media platforms</p> <ul style="list-style-type: none"> • Facebook: Southill Hub • Snapchat: southillhub.4 	<p>Our website is static and functions as a general information source and sign post to our social media platforms etc. Our Facebook page currently operates as a source for up to date information</p>
ADAPT Domestic Abuse Services	<ul style="list-style-type: none"> • Refuge (restrictions are in place, so please contact helpline number before presenting) • 24 hour confidential helpline - 1800 200 504 • Telephone support provided by key workers – Monday to Friday (8.00am – 5.30pm) 	<p>24 hour confidential helpline: 1800 200 504</p>	
PAUL Partnership Limerick	<ul style="list-style-type: none"> • One-to-one advice and guidance – via email and telephone – in relation to parenting supports, employment supports, welfare rights and entitlements, education and lifelong learning options • Promoting positive parenting messages on www.loveparenting.ie • Sharing/posting of information and advice for parents and families via Facebook and Twitter: PAUL Partnership, ABC Startright, Incredible Years, Little Voices, Love Parenting • Play and activity packs to families - in collaboration with ABC Start Right, Incredible Years Limerick, Tusla and other organisations – currently in development. 	<p>All queries should be sent to info@paulpartnership.ie in the first instance.</p> <p>Queries will be directed to relevant department and responded to by email or telephone.</p>	<p>www.paulpartnership.ie</p> <p>www.paulpartnership.ie/covid-19 (for links to resources and information)</p> <p>www.loveparenting.ie</p>

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/Social Media
Drug and Alcohol Services			
Community Substance Misuse Team	<p>CSMT will be providing phone support and online support over the coming weeks.</p> <p>CSMT are still assessing referrals over the phone and providing care planning and key working support.</p>	<p>Phone: Main line has all staff numbers available- 061318904 and Website also has numbers-</p> <p>Concerned family members or young people can phone staff directly.</p>	www.csmt.ie
HSE Mid West Drug & Alcohol Service	<p>Telephone support by a counsellor to young person aged 14 – 25 in relation to alcohol and/or illicit drug use.</p> <p>Telephone support to concerned person / parent guardian in relation to young persons drug / alcohol use</p>	<p>Service can be contacted by phone 061 318 633 or</p> <p>Call our confidential freephone helpline on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm. Email us at any time on helpline@hse.ie</p>	
Northstar Family Support Project	<p>NFSP provide support to families effected by a loved ones drug/alcohol abuse throughout limerick city and surrounding areas.</p> <p>We are currently offering phone support to families effected by another's drug/alcohol abuse</p>	<p>Please contact 061 459260 during normal office hours and you will be directed to a key worker.</p> <p>You can also message us on our Facebook page.</p>	<p>www.northstarproject.ie</p> <p>Facebook: Northstar Family Support Project</p>

Name of Organisation	What services are currently being provided?	How is this service accessible	Website/social media
Disability Services			
Blackberry Park Childrens Services East Limerick Children Services St Gabriel's Children Services West Limerick Children's Services	<ul style="list-style-type: none"> • Phone Support • Resources to families • General Advice, Support and Guidance to families <u>Resources Available</u> <ul style="list-style-type: none"> -Social Stories -Visual Schedules - Behaviour Programmes - Teletherapy -Sensory Advice - Handwashing -Activity Ideas/Homebased activities -Psychological Well being -Website Resources 	Monday to Friday 9.00am - 5.00pm Blackberry Park Children's Services 087-644-4498. East Limerick Children's Services 087-647-0224. St. Gabriel's Children's Services 083-079-0025 West Limerick Children's Services 069-61919 (ext 200) These services are available to existing service users only. Priority 1 and Priority 2 service users being offered support.	www.mwcds.ie