

# LW CYPSC Family Wellness Initiative – Parenting Webinar Series – Additional Information & Resources

## Additional Information from Tara Kelly:

### School Avoidance Webinar:

This is a resource for schools but I think it can also be useful for parents when planning with schools.

[https://www.annafreud.org/schools-and-colleges/resources/addressing-emotionally-based-school-avoidance?utm\\_source=twitter&utm\\_medium=social&utm\\_campaign=ebsa](https://www.annafreud.org/schools-and-colleges/resources/addressing-emotionally-based-school-avoidance?utm_source=twitter&utm_medium=social&utm_campaign=ebsa)

This is a lovely book for **young children struggling to separate**.

[https://www.easons.com/the-invisible-string-patrice-karst-9780316486231?gclid=Cj0KCQiAgribBhDkARIsAASA5bv\\_hEmDX10qdiFxFVAcHiscX5WfTYZ0WxK\\_Ptjt8PTMf-sllnG1y0aAphNEALw\\_wcB](https://www.easons.com/the-invisible-string-patrice-karst-9780316486231?gclid=Cj0KCQiAgribBhDkARIsAASA5bv_hEmDX10qdiFxFVAcHiscX5WfTYZ0WxK_Ptjt8PTMf-sllnG1y0aAphNEALw_wcB)

Here is a workbook.

[https://www.easons.com/the-invisible-string-workbook-dana-wyss-9780316524919?gclid=Cj0KCQiAgribBhDkARIsAASA5bt5PJONFPBvsieyMkCsnAKISVYPsYhyWtmAlq1--7YPRNGyZrPEBMcaApvGEALw\\_wcB](https://www.easons.com/the-invisible-string-workbook-dana-wyss-9780316524919?gclid=Cj0KCQiAgribBhDkARIsAASA5bt5PJONFPBvsieyMkCsnAKISVYPsYhyWtmAlq1--7YPRNGyZrPEBMcaApvGEALw_wcB)

This is a really helpful **book for 9 - 13 year olds**.

[https://www.easons.com/outsmarting-worry-dawn-huebner-9781785927829?gclid=Cj0KCQiAgribBhDkARIsAASA5bs5GLnm\\_R5GHILVMWkHjLVEFzaUBGv0rNIPL-h-niOr1YnIBc5F29gaAsvCEALw\\_wcB](https://www.easons.com/outsmarting-worry-dawn-huebner-9781785927829?gclid=Cj0KCQiAgribBhDkARIsAASA5bs5GLnm_R5GHILVMWkHjLVEFzaUBGv0rNIPL-h-niOr1YnIBc5F29gaAsvCEALw_wcB)

**Jigsaw** has a good website with good resources for young people. Take a look at their website. They also have an online support service for 12 -25 year olds across Ireland. There are some helpful videos for young people too.

<https://jigsaw.ie/>

### Responding to Child and Adolescent Anxiety:

#### Recommended Videos by Tara:

- [https://www.youtube.com/watch?v=VUayeUlc\\_Gs&t=1587s](https://www.youtube.com/watch?v=VUayeUlc_Gs&t=1587s)
- <https://www.youtube.com/watch?v=-9bTiuCNzus>
- <https://www.youtube.com/watch?v=4SLWKgbWfug>
- [https://www.youtube.com/watch?v=76RbLoNra\\_A&t=1619s](https://www.youtube.com/watch?v=76RbLoNra_A&t=1619s)
- <https://www.kidsskills.org/>

#### Recommended Books:

- <https://www.bookdepository.com/Breaking-Free-Child-Anxiety-OCD-Eli-R-Lebowitz/9780190883522?ref=grid-view&qid=1647349847980&sr=1-1>
- <https://www.bookdepository.com/Outsmarting-Worry-Dawn-Huebner/9781785927829?ref=grid-view&qid=1647349866248&sr=1-1>

## LW CYPSC Family Wellness Initiative – Parenting Webinar Series – Additional Information & Resources

### Additional Information from Professor John Sharry:

Professor John Sharry's Website containing details of his multiple publications - <https://www.solutiontalk.ie/>

Wellbeing and Mental Health Articles by Prof. John Sharry - [Mental Health – Welcome to SolutionTalk, John Sharry's Website | www.solutiontalk.ie](https://www.solutiontalk.ie/)

Parents Plus Website – co-founded by Prof John Sharry - <https://www.parentsplus.ie/>



**solutiontalk.ie**

### Additional Information from Dr Malie Coyne:

Here is a lovely **meditation for children** by Louise Shanagher:

<https://www.youtube.com/watch?v=9CLMCraXBpk>

You can find more of her meditations online.

Here is a Loving Kindness **meditation for YOU**:

<https://www.youtube.com/watch?v=mILRWPdQPKs>

Link for a **Worry / Anxiety article from Psychology Tools** with tips daily self-care:

[https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-gb.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf)

Links to my contributions on '**good enough**' parenting:

Irish Independent piece ~ <https://www.independent.ie/life/family/parenting/why-you-shouldnt-try-to-be-the-perfect-parent-you-are-already-good-enough-38850688.html>

Elaine show ~ <https://www.facebook.com/watch/?v=657264725017649>

Podcast ~ 'Mom and Dad, you don't have to be perfect' Podcast with Dr. Malie Coyne:

[https://open.spotify.com/episode/0l2zu5Mmdp04UzetUzanxv?si=6qwJitlTS\\_W9lorcBcRtgA&utm\\_source=copy-link](https://open.spotify.com/episode/0l2zu5Mmdp04UzetUzanxv?si=6qwJitlTS_W9lorcBcRtgA&utm_source=copy-link)

Finally you may be interested in this course I created for the Work Well Institute on "Compassionate Self-Care for Working Parents", which is jam-packed with my ideas on balancing home and work-life, with added videos, lots of personal experience and practical exercises. Here is the link to the course:

<https://www.workwellinstitute.org/courses/self-care-for-working-parents>

# LW CYPSC Family Wellness Initiative – Parenting Webinar Series – Additional Information & Resources

## Additional Supports/ Books/Resources as mentioned during the Webinar Series:

As mentioned on the webinar series there are many additional supports available in the local community, please see links below regarding some of the supports available.

[Tusla Family Community Support – Prevention Partnership and Family Support](#)

[Tusla Child and Family Support Networks – Contact Details of CFSN Coordinators – 121 Networks in Ireland](#)

[Info regarding Meitheal - Early Intervention Model](#)

[Over 120 Family Resource Centres in Ireland – Interactive Map/ Contact details for each centre](#)

[Parentline](#) - Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Phone 01 873 3500

[Barnardos](#) - Barnardos Family Support Services are provided throughout Ireland in communities

Barnardos Parent Supportline – 1800 910 123 (Open to all parents)

Find your local Barnardos Service - <https://www.barnardos.ie/our-services/service-by-location>

## Book Recommendations as referenced during the webinar series–

[The Whole-Brain Child : 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#) by Daniel J. Siegel and Tina Payne Bryson

[Love In, Love Out: A Compassionate Approach to Parenting Your Anxious Child](#) by Dr Malie Coyne

[New Authority Parenting Website](#) – Co-founded by Tara Kelly

.....

*This resource list has been collated based on discussions and recommendations made during the LW CYPSC Parenting Webinar Series November 2022 and is not exhaustive of all resources currently available. This list has been collated as a tool to assist parents. LW CYPSC are not affiliated with any of the resources being promoted in this document however our member organisations have found the resources contained within to be of value in their work with children and families*