

## General Information/Updates:



**A Message from Santa Claus:** With Christmas fast approaching, Santa Claus has a special message to all children in Longford, Westmeath, Laois and Offaly and indeed to all children, young people and families across Ireland.

Santa is very much looking forward to visiting you all this Christmas, don't forget early to bed on Christmas Eve and be kind to everyone during this festive season. Please do check out the following Christmas colouring and activity resources over the holiday period for all the family to enjoy.

Family Fun.ie – FREE Downloadable [Colouring Pages](#)

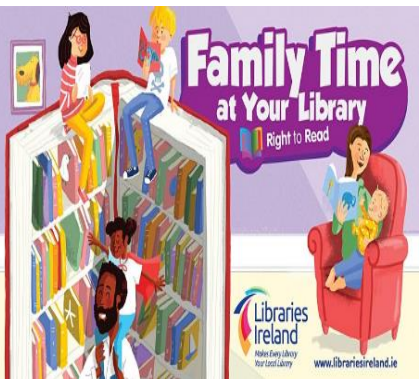
Paper Hearts - 40 Free [Activity Ideas](#)

Twinkl .ie - [Christmas Resource Pack](#)

Finally, Santa would like to wish everyone a very Happy Christmas and New Year.



**Library Initiatives:** As well as the recently launched First 5 **Little Book at Bedtime initiative**, in collaboration with public libraries and the Local Government Management Agency, [Libraries Ireland](#) have also launched the Family Time at your Library initiative. The Little Library at Bedtime initiative aims to engage all parents of young children to read stories with them at bedtime. Free bedtime story books and library card wallets are now available at the library for all children of 4 years and under, to pick up and keep. Parents and children can pop into their local library to pick up their free bedtime story book and join the library. Bedtime story books are available in both English and Irish. For more information [CLICK HERE](#).



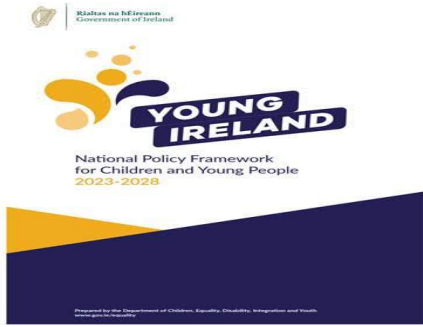
The **Family Time at your Library initiative** brings family events and activities to all libraries during the month of December to support the involvement of the whole family in children's reading. The Family Time at your Library events aim to support a family-focused approach to reading with children as part of the national Right to Read programme and to increase awareness of the benefits of reading and promote reading as a fun, recreational activity for children. Contact your local library service for details of family events and activities this December. You can also check out your local library webpages at the following links [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)



**Setting up Parental Controls on Devices with WEBWISE:** With Christmas fast approaching, and with the possibility of new devices being gifted to children and young people. It is important that parents are aware of how to set up parental controls on their child's device.

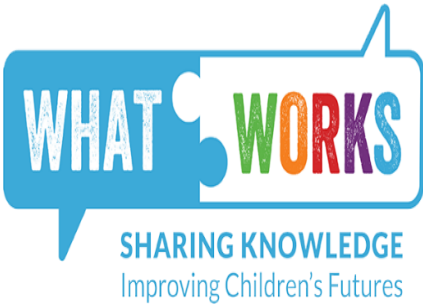
**Parental controls can help reduce the risk of your child encountering inappropriate content when they are online.** When enabling parental controls, use age-appropriate settings to filter, monitor and block your child's activities. Webwise recommend using parental controls especially for younger children on all available devices, computers, and tablets in the home.

To learn how to set up parental controls [CLICK HERE](#).



**National Policy Framework for Children and Young People:** Young Ireland is the new policy framework for children and young people aged 0-24. It covers the period from 2023-2028, and envisages an Ireland in which all children and young people can fully access their rights. It is focused on tackling the biggest challenges that affect children and young people in Ireland today, and setting up robust structures so children's rights are foremost whenever we make decisions affecting the lives of children and young people.

A new [Children and Young People's Indicator Set](#) has been released to compliment the Young Ireland National Policy Framework for Children and Young People. For further details regarding the framework [CLICK HERE](#).



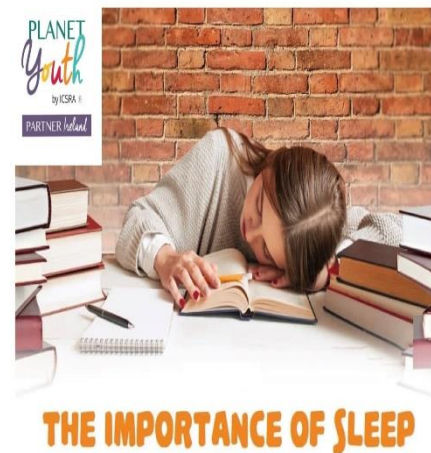
**What Works Ireland Evidence Hub:** The What Works Ireland Evidence hub provides information about prevention and early intervention programmes that have been evaluated and shown to improve outcomes for children and young people. The Evidence Hub is the first tool of its kind in Ireland, developed by the Department of Children, Equality, Disability, Integration and Youth in conjunction with What Works for Early Intervention and Children's Social Care (WWEICSC).

If you are interested in watching the recent webinar regarding the hub, you may do so [here](#). For more information visit the website [Click here](#)



**Wellbeing In The Home – A young persons guide to mental health:** The [Wellbeing in The Home \(WITH\)](#) is a collaborative project between Mayo Child and Adolescent Mental Health Services (CAMHS), Community Healthcare West, Mindspace Mayo and Comhairle na nOg. The WITH project is a young person's guide to parental mental health. All resources developed by the WITH project were under the guidance of people who share the experience of living in families where mental illness is a part of family life, young people and service providers in the mental health field.

WITH provides information on various Mental Health difficulties that parents may experience and signposts young people to resources, support and advice. To access the WITH videos please [Click Here](#).



**The Importance Of Sleep – Teaching Module for Schools:** [Planet Youth Ireland](#) have developed a teaching module for schools on the topic of [‘The Importance of Sleep’](#) in response to the findings of the 2020 and 2022 Planet Youth surveys.

These surveys have highlighted a very significant issue related to lack of sleep for teens and the dramatic impact this is having on their wellbeing. CSPE, PE and SPHE provide the main pillars for building a school's wellbeing programme, yet the topic of sleep is not given a lot of attention within these curricula.

This short module explores the topic and science of sleep, asks the students to reflect on their own sleep practices, and examines some ways they could improve the amount and quality of sleep they are getting. It is hoped schools find the module of use and can find room for it as part of their overall wellbeing programme.

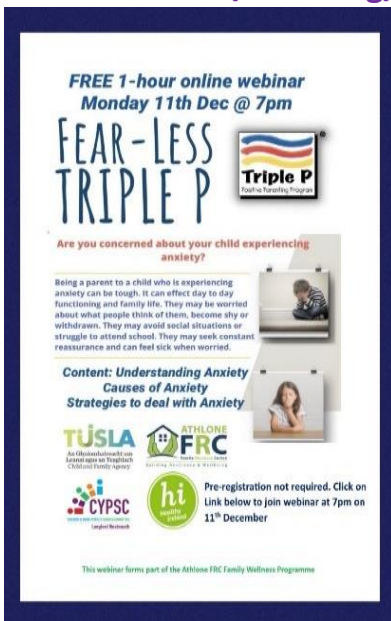


**Vaping and E-Cigarettes Resources & Information:** The HSE supported by Healthy Ireland, have developed a suite of resources, including teaching resources, information and fact sheets to assist in educating young people regarding the dangers associated with vaping and E- Cigarettes.

The Government, through its 2013 “Tobacco Free Ireland” Policy, set a target of a smoking prevalence of 5% by 2025. In 2022, the smoking prevalence was 18%, down from 23% in 2015 when the Healthy Ireland surveys first began, however smoking prevalence has remained stalled at 18% in Ireland in the last three years. Tobacco Free Ireland states that **“the protection of children must be prioritised in all of the initiatives outlined in the policy”** and that **“denormalisation must be a complementary underpinning theme for all of the initiatives within the policy”**.

For further details, to download resources, as well as information on the Quit4Youth programme [CLICK HERE](#)

## Webinars/ Training/ Events:



**Triple P- Positive Parenting Fearless Webinar:** Are you concerned about your child experiencing anxiety? Being a parent to child who is experiencing anxiety can be tough. It can effect day to day functioning and family life. They may be worried about what people think of them, become shy or withdrawn. They may avoid social situations or struggle to attend school. They may seek constant reassurance and can feel sick when worried.

Athlone FRC will host a FREE FEAR-LESS Triple P webinar, supported by LW CYPSC, through the Healthy Ireland funded Family Wellness initiative. This one hour webinar will take place on Monday 11<sup>th</sup> December at 7pm. Pre-registration is not required. To join, click on the link below at the time of the webinar. All welcome.

**Content covered will include:**

Understanding Anxiety, Causes of Anxiety and strategies to help deal with the anxiety.

<https://us06web.zoom.us/j/81588562685?pwd=AsS5cMy4giaKiERZEX3aN4vbijJQqY.1>

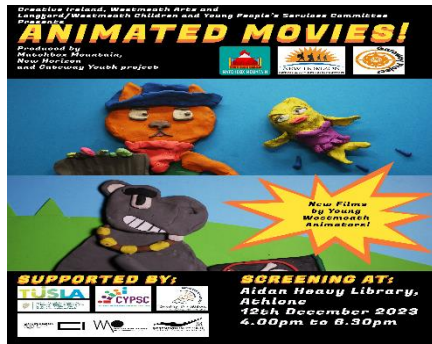
**Meeting ID:** 815 8856 2685 **Passcode:** 040874

**Triple P – Positive Parenting Programme Athlone:** Triple P is a parenting and family support programme designed to help children to realise their potential. It is designed to provide help and guidance to families when they need it most. It aims to create supportive family environments, and to prevent, and help with the challenges of behavioural and emotional problems in children and teenagers. Barnardos will run a Triple P workshop in the Clonbrusk Resource Centre Athlone on the topic of ‘Hassle Free Shopping’ on Tue 12th December from 10am – 12pm

To register **contact Theresa on 086 035 85 69** or email [triplepathlone@barnardos.ie](mailto:triplepathlone@barnardos.ie)







**'Stop Motion' – Animation Movies Launch:** [New Horizon Refugee and Asylum Seeker Support service](#), in collaboration with Matchbox Mountain and Gateway Youth Project, supported by Westmeath County Council, Creative Ireland and Longford Westmeath CYPSC hosted animation workshops with young people living in IPAS settings in recent months.

From these workshops, the young people have developed four animation videos which will be officially launched on **Tuesday 12<sup>th</sup> December from 4 to 6:30 pm** in the Aidan Heavey library in Athlone. All are most welcome to attend.



**Barnardos Online Safety for Parents Webinar:** Barnardos will host another **FREE Webinar on Online Safety for Parents** on the **13<sup>th</sup> December at 10am**. This is a very useful and informative resource for parents and is timed to coincide with young people who may be getting smartphones and other internet enabled electronics for Christmas.

These webinars are normally 45 minutes in duration and the information covered will include:  
Outline the key risks for children with being online  
Implement practical solutions and tips to help their children stay safe online  
Reflect on how parents might help their children if they were cyberbullied/cyberbullying  
Recognise ways to interact with your child's online world and day to day experiences  
Identify helpful websites and research and signpost to others

For further details or to register for the webinar please [CLICK HERE](#)

**This is the final LW/LO CYPSC Information Update for 2023, the CYPSC Coordinators, Gráinne and Niamh would like to wish all of our readers a very Happy Christmas and a bright New Year ahead for all.**



Many thanks to all for forwarding information and links, please continue to forward your updates for sharing and continue to tag LW CYPSC on [Facebook](#) and/or [Twitter](#), or LO CYPSC on [Facebook](#) and/or [Twitter](#)

or you can

email the coordinators at:

Longford Westmeath CYPSC: [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) or

Laois Offaly CYPSC: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)

[www.cypsc.ie](http://www.cypsc.ie)