

## 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](#), 40 Free [Activity Ideas](#) and Twinkl.ie [Christmas Resource Pack](#)

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



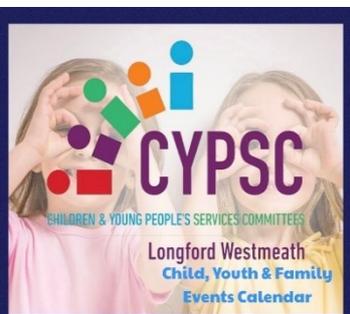
**Launch of new Growing Up in Ireland Report:** The Minister for Children, Disability and Equality Norma Foley, recently launched a new Growing Up in Ireland report on child well-being.

This national study of over 28,500 children and young people is designed to gain insight into their lives, telling the continuing stories of three generations of children in Ireland: those born in 1998, 2008 and 2024. The Department of Children, Disability and Equality, and the Central Statistics Office (CSO) jointly run the study, which follows the same children over time to see the impact of key transition points in their lives – such as moving from childhood to adolescence, and from adolescence to adulthood.

The study has also provided valuable insights into these children's physical health, mental health and education. For further details, on the Growing Up in Ireland study and most recent report, [CLICK HERE](#)



**Healthy Ireland Survey 2025 Summary Report:** The Department of Health recently launched the Healthy Ireland Survey 2025 Summary Report. The Healthy Ireland Survey is an annual survey, conducted with a representative sample of the population aged 15 and older living in Ireland. The data from the Healthy Ireland Survey is used to underpin policy development and implementation, to monitor, measure and evaluate progress in implementing various elements of the Healthy Ireland Framework, as well as to meet many international reporting obligations, including to the OECD, the EU and the WHO. This year's survey looks at various health behaviours of the nation, including tobacco, e-cigarettes, alcohol and zero alcohol use, contraception use, menopause, sleep, caring responsibilities and health service utilisation. For further details please [CLICK HERE](#)



**LW CYPSC Child, Youth & Family Events Calendar Coming Soon:** The LW CYPSC Events calendar for Longford and Westmeath is returning in 2026 and will contain information regarding child, youth and parenting supports and events taking place across Longford and Westmeath

If you have a child/youth or parenting support programme or event taking place in **January or February 2026** please forward details of same to [cypscnw@tusla.ie](mailto:cypscnw@tusla.ie) for inclusion in our event calendars. Please **submit your information as early as possible to ensure inclusion ahead of your event date.**

### Laois & Offaly Child & Youth Services website:

Laois Offaly [Open Up website](#) is a signposting website to child, youth and family services in Laois and Offaly.

This is a website that can be used to share information across all the services that support children, young people and their families across the counties of Laois and Offaly



**Longford Westmeath CYPSC Youth Forums – Seeking New Members:** Longford Westmeath CYPSC Youth Forums are currently recruiting new members. The CYPSC Youth Forums provide an opportunity for the inclusion of Children and Young People in the planning, development and implementation of the LW CYPSC children and young people's plan. This includes input into the planning and development of CYPSC youth actions and projects in Longford and Westmeath.

If you are aged 6 – 24 years and would like to join one of the LW CYPSC Youth Forums please contact your local forum or drop into your local Family Resource Centre for further details.

**Longford:** Ballymahon: 085 255 1555    Granard: 043 666 0977  
**Westmeath:** Athlone: 085 842 3738    Ballinacarrigy: 044 937 3060

**Sensory Offaly:** The Sensory Offaly programme aims to support the people in Offaly with the challenges they may face through disability and learning differences with events and workshops. It is free of charge to all attendees (parents, children, young adults, teachers, carers, SNAs, etc.)

Sensory Offaly Book Collection can be viewed [HERE](#) Sensory Offaly Toys and Equipment Collection is also available, [CLICK HERE](#) to view items that are available for loan from the library.

**Family Time at you Library:** 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. 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.

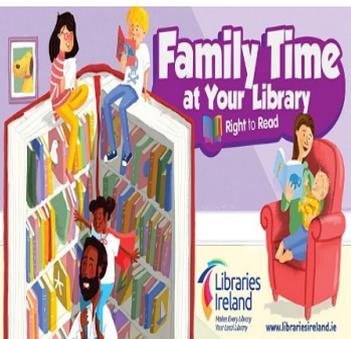
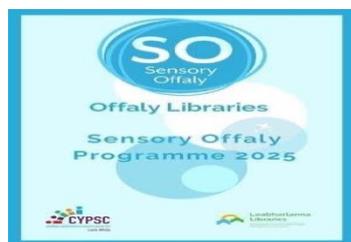
You can also check out your local library webpages at the following links  
[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)

**Give your child a safer online experience this Christmas:** As Christmas approaches, many parents will be considering smart devices (phones, tablets, gaming consoles, wearables or smart toys) as gifts for their children. With so many options available, it can be difficult to determine which gadgets are safe and suitable for children.

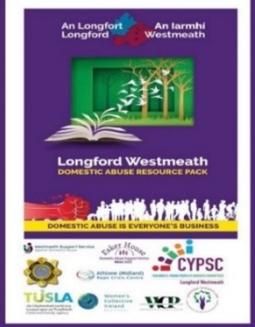
To support parents and guardians in making safer, more informed decisions when buying these devices, CyberSafeKids have a FREE Christmas Gadget Gift Guide. *The CyberSafeKids Christmas Gadget Gift Guide* is available to download for [here](#). You can also watch their recent Gadget Gift Guide webinar [HERE](#)

**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](#).



## 16 DAYS OF ACTION!



**16 Days of Action Domestic Abuse Campaign:** The 16 Days of Action Campaign is an important opportunity to raise awareness and call for change at an international, national and local level to end violence and domestic abuse. The campaign runs each year from 25th November (UN Day for the Elimination of Violence against Women) to 10th December (International Human Rights Day). These 16 days provide a dedicated period for advocacy and action.

For local information on Domestic Abuse services please visit the [Longford Westmeath Domestic Abuse Resource Pack](#) which is available to download. This resource, offers advice, information, intervention, support and advocacy for women, men, children, perpetrators and victims of Domestic Abuse. The resource is a toolkit for professionals in Longford and Westmeath who support people experiencing any form of domestic abuse.

**Early Years Service Registration:** All Early Years services are legally required to renew registration every 3 years - a requirement under the Child Care Act 1991 and relevant regulations. Childcare providers must notify Tusla that they are providing a service.

Pre-school childcare services that must register with Tusla are:

Sessional services, Part-time day care, Full day care, Pre-school service in a drop-in centre and Childminders

You can register your Early Years Service on the Tusla portal here: [portal.tusla.ie](https://portal.tusla.ie)

## Did you know?

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## Online Survey/ Consultations for completion/circulation:

**The Primary School Survey:** The Department of Education and Youth invite parents, guardians, school staff, and board of management members to have a say about your primary school. It is quick, easy and confidential.

The results of the survey will help the Department to plan how they provide education at primary level, as well as allow each school to consider, along with their school community, what they need to do to meet parental demand in the future. For further information and survey links please [CLICK HERE](#)

**National Survey on infant feeding support services:** The National Survey on Infant Feeding Support Services is collecting feedback from new and expectant mums on the support they received feeding their baby, whether breastfeeding, bottle feeding or both.

Your feedback will inform future programs and resources, and help make sure that the best supports are provided to parents on feeding their baby. [CLICK HERE](#) to visit the survey

## Webinars/ Training/ Events:

**Cross-Government Parenting Support Network:** Do you develop policies that impact on parents? Do you want to consult with or communicate with parents?

The Parenting Support Policy Unit would like to invite you to join them **online** on **Thursday, December 11th, 11:30 – 12:30** for their next Supporting Parents Cross-Government Parenting Support network event to hear about the prevalence of **Child to Parent Violence and Abuse** in Ireland, and the **Non-Violent Resistant Model** that is emerging as an effective response to it.

Guest speakers are Dr Tara Kelly and Madeline Connolly. Please [CLICK HERE](#) to register.



Cross-Government Parenting Support Network

Helping YOU engage with parents for the best possible outcomes!

Join us to hear Dr Tara Kelly and Madeleine Connolly speak about The Non Violent Resistance Model - A Response to Child to Parent Violence and Abuse

Thursday 11th December, 11.30 - 12.30 via Microsoft Teams



## Information Bulletin – December 2025

### Children and Young People's Participation in Decision-making Introductory

**eLearning Course:** Hub na nÓg are delighted to invite you to be among the first to complete the new, free Introductory eLearning Course on Children and Young People's Participation in Decision-Making. This important course was developed by the Department of Children, Disability and Equality (DCDE) and Hub na nÓg, in close partnership with key stakeholders across the public service, and alongside valuable input from Child and Youth Advisory Groups. The course is designed with tailored learning modules, good practice video examples, and interactive quizzes to help really embed the learning while ensuring an engaging and accessible experience for all.

**Access the course and start your learning today:** <https://learning.hubnanog.ie/>  
For more information, please contact [info@hubnanog.ie](mailto:info@hubnanog.ie)

**Safeireland Creating safety for women and children – Learning Hub:** The Safe Ireland Learning Hub, is a comprehensive eLearning platform designed to equip individuals and organisations with the knowledge and tools needed to recognise and respond to domestic, sex, gender and sexuality based violence (DSGSBV). Safe Ireland has a clear ambition: to end domestic violence and make Ireland the safest country in the world for women and children. To access the hub please [CLICK HERE](#)

**Let's Talk About Suicide:** Let's Talk About Suicide is a free online suicide prevention training programme that helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe. In just one hour, equip yourself with the skills to identify those at risk, initiate conversations about suicide, and connect them with vital resources.

To register please [CLICK HERE](#) or for information on mental health, services or supports, visit [yourmentalhealth.ie](http://yourmentalhealth.ie)

**We Can Quit – FREE Stop Smoking Programme:** The HSE We Can Quit free group programme is for people who want support to quit smoking. Weekly group sessions are led by a local facilitator. All facilitators are trained stop smoking advisors. The sessions are run by local community organisations. For more details of the programme and to find your local programme [CLICK HERE](#)

The next free We Can Quit smoking programme in **Longford** will commence in the Temperance Hall Longford on 6th January. Email [healthylife@edilongford.ie](mailto:healthylife@edilongford.ie) or call 0433347515 to register your interest in the Longford programme.

**This is the final LW/LO CYPSC Information Update for 2025.**

The CYPSC Coordinators, and Project Support Workers would like to wish all of our readers a very **Happy Christmas and a bright New Year ahead for all.**

