

# Supporting Parents and Families through SUMMER 2020



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





# YouTube

## The Genesis Programme has a new YouTube channel

It has almost 60 original videos covering many elements of the work of The Genesis Programme, many of which are referenced in this document and more to be added.

Click on this link to explore more:

<https://www.youtube.com/channel/UC2gli44E8DqdPG-sprKbd5A>

Videos are categorised as follows:

- The Changing Lives Initiative
- Parent Testimonials
- We are The Genesis Programme
- Making Change Happen in our Communities
- Flying Start / Little Steps to Big School
- First3Years Initiative
- KiVa Anti-Bullying Programme
- Activity Pack Initiative 2020
- For Children & Parents
- For Parents
- Launch of The Genesis Programme

Self-Care

Routines

Mindfulness

Play

Rewards & Incentives

Managing Stress

Ignore the Behaviour but  
not the Child

Helping Your Child to  
Concentrate

Managing Your Child's  
Feelings & Emotions

Setting Limits

Screen Time

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# Introduction

The past few months have been strange and difficult times for parents and children alike. All of you have been amazing in managing through these uncertain times.

At the start of lockdown, we put together a resource document called ***Supporting Parents and Families through the Days and Weeks Ahead***, which proved to be very popular with parents and professionals.

Now, as we begin to come out of lockdown, we have decided to put together an updated version of this document that focuses on ideas, activities and events that you and your children can avail of during the Summer months.

The Genesis Programme, through the Area Based Childhood (ABC) Programme and The Changing Lives Initiative, is 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 and details are at the end of this document.

Stay safe. Protect each other.

**The Genesis Programme Team**  
**July 2020**



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

# Key Information & Support Sources

Here are a few key sites that have lots of excellent information and supports for parents and families.



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



[www.gov.ie/parents](http://www.gov.ie/parents)



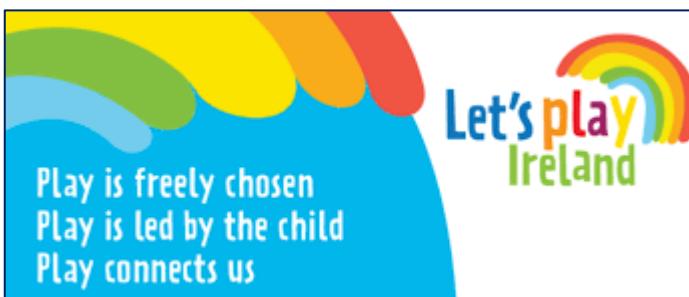
[www.helpformychild.ie](http://www.helpformychild.ie)



[www.gov.ie/en/campaigns/1e8a3-lets-get-ready/](http://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/)



[www.gov.ie/en/campaigns/42dcb-supporting-children/](http://www.gov.ie/en/campaigns/42dcb-supporting-children/)



[www.gov.ie/en/campaigns/lets-play-ireland](http://www.gov.ie/en/campaigns/lets-play-ireland)



<https://text50808.ie/>

# Taking Care of Yourself

## Self-Care



Further Information:

<https://www.annafreud.org/on-my-mind/self-care/>

Schools out for Summer and so some of the pressure that you have been experiencing due to home schooling has been lifted thankfully. Now may be the ideal time to practice some self-care.

Over the past few months, we have been hearing a lot about self-care.

So what exactly is it?

[www.spunout.ie](http://www.spunout.ie) define self-care as "*a general term for treating yourself right. This can be anything from positive self-talk to playing your favourite sport to taking a break from social media. Try to treat yourself as you would treat someone you care about. It's easy to forget about your own needs when you're busy but it's good to get in the habit of taking some time for you every day*".



Check out these videos from The Genesis Programme

Self-Care

<https://youtu.be/9ulzYqhNIKAInq Stress>

Managing Stress

<https://youtu.be/AUKQO4tOhCE>

## Some Ways to Practice Self-Care

- **Try to eat a healthy diet** – this is not always easy especially as you are spending more time in the home. However, a healthy diet is good for your physical and mental health. Even cooking can become a way of practising self-care. Some people find it very therapeutic. It might be an idea if you are short on time, to batch cook and freeze it, so you're not cooking every night
- **Try to get some fresh air and exercise every day** – this is key to clearing your mind and helping you to relax. Some ideas may include going for a walk, doing some gardening, going for a cycle or a run. It doesn't have to cost money to exercise and get fresh air
- **Try to incorporate a routine into your daily life** – Go to bed at the same time every night and get up at the same time every day. Try to have a different routine at weekends. We all like a lie on! Try to get a good night's sleep so that you waken up feeling refreshed. Sometimes, switching off your social media an hour before bedtime can help. Other people find Lavender can be useful aid to help with sleeping.



- **Try to spend some time alone** – This is not always easy, but even 10 minutes alone every day to practice meditation or have a bath or read your favourite book gives you that time to re-charge your batteries
- **Try to practice positive self-talk** – This is not always easy, however, try to think of all the good things you have in your life and sometimes writing down 3 things you are grateful for can be a useful aid in helping to remind yourself of the good work you are doing
- **Try to connect with positive people** – Make that phone call, send that text, organise a zoom night with your friends. Now that we can meet up either inside or outside, invite your favourite people around to chat and have a cup of tea!

## Mindfulness for Parents and Families



- Over 60 guided mindfulness, relaxation and varying practices. This podcast channel is a fantastic resource with something for everyone. This channel has podcast episodes for absolute beginners to experienced mindfulness practitioners. A great way to notice your thoughts, relax and unwind.  
<https://www.podbean.com/ea/dir-7r8rn-942c651>
- What is mindfulness and why has it helped people become so successful in their daily lives? If you are interested about what mindfulness actually is and where it comes from this is an excellent conversation with the founder of the Headspace app. Listen to the conversation on the link below:  
<https://www.bbc.co.uk/sounds/play/b04xmqdd>
- Get comfortable and listen to over 3hrs of soothing relaxation music:  
<https://www.youtube.com/watch?v=1ZYbU82GVz4>
- 10 minute meditation daily calm exercises:  
<https://www.youtube.com/watch?v=ZToicYcHIOU>
- Deep sleep meditation to calm an overactive mind:  
<https://www.youtube.com/watch?v=jcprGTfC4vc>
- Gentle relaxing music for relaxation:  
[https://www.youtube.com/watch?time\\_continue=31&v=m8VDZ-z8OKk&feature=emb\\_title](https://www.youtube.com/watch?time_continue=31&v=m8VDZ-z8OKk&feature=emb_title)

- Relaxing music to listen to in the morning time:  
<https://www.youtube.com/watch?v=qhd-Fckttus>
- Powerful detox music to enhance relaxation:  
<https://www.youtube.com/watch?v=X-3Wo8Qm6H4>



Check out this video from The Genesis Programme on Mindfulness  
<https://youtu.be/aMCAE2GqeFI>

## Mindfulness for Children

- Guided Mindfulness for Children:  
[https://www.youtube.com/watch?v=Bk\\_qU7I-fcU](https://www.youtube.com/watch?v=Bk_qU7I-fcU)
- Relaxing Disney Music for Children:  
<https://www.youtube.com/watch?v=l7DVd3nwdaw>
- 6 hours of Disney Lullabies for Children:  
<https://www.youtube.com/watch?v=r32wheq4HAc>
- Relaxing Music for Children:  
<https://www.youtube.com/watch?v=5HrkXT5Bc9E>
- Zen den for Kids- Excellent 6 minute Guided Mindfulness for Children:  
<https://www.youtube.com/watch?v=wf5K3pP2IUQ>
- Zen den for Kids- 6 minute Superpower Listening for Children  
<https://www.youtube.com/watch?v=jJ9zpRAPlul>



Check out this video from The Genesis Programme on Calming our Mind and Body (for Children)  
<https://youtu.be/8FWHzFe-OqA>

## Yoga for Children

- Children's Yoga Session:  
<https://www.youtube.com/watch?v=4MmczGBAjM8>
- Cosmic Kid's Frozen Yoga Adventure:  
<https://www.youtube.com/watch?v=xIq052EKMtK>

# **Summer Activities for You and Your Family**

## **Low Cost and No Cost**

This list of some low cost and no cost places to visit or things to do as a family over the summer months has been compiled from ideas given by parents who have completed our Incredible Years Parent Programme over the years.



Thank you to all the parents who shared their wonderful ideas and photos with us for use in this Summer Edition of Supporting Parents and Families

### **Low Cost Places to Go**

#### **Long Acre Alpaca, Ardee, Co Louth**

€5 pp

Take the alpacas for a walk and feed them- there is also a picnic area

<https://www.visitlouth.ie/explore-and-do/do/adventure-activities-and-family-fun/long-acre-alpacas.html>

#### **Dublin Zoo, Phoenix Park, Dublin 8**

Tesco Club Card Points can be used to reduce cost

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



#### **Dundalk Museum, Co Louth**

€4 to €6 entry

<https://www.visitlouth.ie/explore-and-do/explore-louth/heritage-and-culture-louth/county-museum,-dundalk.html>



#### **Millmount Museum, Drogheda, Co Louth**

<http://www.millmount.net/>

#### **Battle of the Boyne, Oldbridge House, Co Meath**

<http://battleoftheboyne.ie/>

#### **Mellifont Abbey, Collon, Co Louth**

<https://mellifontabbey.ie/>

## Rathescar Lakeside Walk, Mosstown North, Co Louth

<https://www.mummypages.ie/kids-things-to-do/nature-open-farms/louth/dunleer/rathescar-lakeside-walk-wildlife-reserve>



## Townley Hall Woods, Co Meath

<http://www.townleyhall.ie/>

## Baltray Fairy Mounds, Co Louth

[https://www.tripadvisor.ie/Attraction\\_Review-q186623-d15685029-Reviews-Baltray\\_Fairy\\_Mounds-County\\_Louth.html](https://www.tripadvisor.ie/Attraction_Review-q186623-d15685029-Reviews-Baltray_Fairy_Mounds-County_Louth.html)

## Dowth Hall, Co Meath

<https://www.buildingsofireland.ie/buildings-search/building/14402009/dowth-hall-dowth-county-meath>

## Greenway, Carlingford, Co Louth

<http://carlingfordandcooleypeninsula.ie/carlingford-activities/walking-trails/carlingford-greenway>

## Red Mountain Farm, Donore, Co Meath

Family Voucher from Groupon is less than €15

<https://redmountainopenfarm.ie/>



## Newbridge House, Donabate, Co Dublin

€6 per hour (Farm entry)

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

## Ardgillan Castle, Balbriggan, Co Dublin

<https://www.facebook.com/ardgillancastle/>

## Stephenstown Pond, Knockbridge, Co Louth

€2 car park fee

<http://stephenstownpond.com/>

## **Ballymoyer Woods, Whitecross, Co Armagh**

Beautiful walks through woodland

<https://walkni.com/walks/ballymoyer-woodland/>

## **Darkley Forest, Co. Armagh**

Beautiful walks through woodland with a fairy village

<https://walkni.com/walks/darkley-forest-aughnagurgan-trail/>

## **Dun a Rí Forest Park, Co Cavan**

€5 entry

Woodland walks (nature trail, village walk, river walk) picnic area and toilets

<https://www.coillte.ie/site/dun-a-ri-forest-park/>



## **Gosford Forest Park, Markethill, Co. Armagh**

£5 entry

Woodland walks, picnic area and toilet's, cycle paths and they are currently upgrading the park with more attractions

<https://getactiveabc.com/facility/gosford-forest-park/>

## **Erica's Fairy Forest, Co. Cavan**

Woodland walks with a very interactive fairy village

<http://www.ericasfairyforest.com/>

## **Peatlands Park, Dungannon, Co. Tyrone**

Lovely walks through peatlands, train runs for kids (summer) fantastic play parks too

<https://discovernorthernireland.com/Peatlands-Park-Dungannon-P2847/>

## **Lough Muckno Park, Castleblaney, Co. Monaghan**

Lovely walks and parks suitable for all ages, picnic area

<https://monaghantourism.com/listing/lough-muckno-leisure-park/>



## **The Palace Stables, Armagh City**

Walks and a park suitable for all ages with picnic areas

<https://discovernorthernireland.com/The-Palace-Demesne-Public-Park-Armagh-P2840/>

## **Kilbroney Park, Rostrevor, Co. Down**

Great walks, an interactive Narnia Trail on site cafe, toilets and a picnic area. Two play areas suitable for all ages and a forest drive.

<https://discovernorthernireland.com/Kilbroney-Park-Rostrevor-Newry-P2885/>

## **Long Woman's Grave, Omeath, Co Louth**

<https://www.visitlouth.ie/explore-and-do/explore-louth/ancient-sites-louth/long-womans-grave.html>

## **Magic Hill, Jenkinstown, Co Louth**

<https://www.google.com/search?client=firefox-b-d&q=magic+hill+jenkinstown>

## **Loughgall Country Park, Co. Armagh**

£2.40

Walks, cycling, golf, fishing and tennis court just a few facilities offered here. Picnic and play areas suitable for all ages.

<https://www.loughgallcountypark.co.uk/>

## **The People's Park, Portadown, Co. Armagh**

Accessed by train as located a short walk from train station. Play park suitable for all ages, tennis/football courts, on site toilets and lovely walks around the park with a pond.

<http://www.portadownpeoplespark.co.uk/>

## Newry Towpath, Co. Down

Suitable for walking or cycling runs from Newry to Portadown with many different areas to park and access it. Great to see wildlife on the water.

<https://walkni.com/walks/newry-canal-way/>



## Stormont Estate, Belfast, Co Antrim

Fantastic park suitable for all ages and abilities includes sensory equipment and access for all swings. Beautiful interactive boardwalk and nice walks around the Stormont Estate including the outside of the Stormont castle.

<https://www.nidirect.gov.uk/articles/mo-mowlam-play-park-children>

## Diversity Park, Portstewart, Co Derry

Fantastic Park for all ages and abilities includes sensory equipment, access for all swings.

<https://www.causewaycoastandglens.gov.uk/news/diversity-park-officially-opened-in-portstewart>

## Ballycastle, Co. Antrim

Beautiful beach and parks one on the beachfront and another at Quay Road. Toilet facilities as well.

<https://q.co/kqs/aSEVM2>

## Ballycastle Seafront Play Park, Co Antrim

<https://q.co/kqs/pLkpffW>

## Delamont Country Park, Downpatrick, Co Down

<https://discovernorthernireland.com/Delamont-Country-Park-Killyleagh-Downpatrick-P2883/>

## More Ideas of No Cost Summer Fun

### Visit a Beach

<https://www.google.com/search?client=firefox-b-d&q=east+coast+beaches+ireland>



### Forest Walks

<https://www.google.com/search?client=firefox-b-d&q=forest+walks+louth>

### Mountain Walks

<https://www.google.com/search?client=firefox-b-d&q=mountain+walks+louth>

### Seal Watching

<https://www.visitlouth.ie/explore-and-do/do/enjoy-our-coast/coasts-and-beaches-in-louth.html>

### Visit a Play Ground

[https://www.tripadvisor.ie/Attractions-g186623-Activities-c57-County\\_Louth.html](https://www.tripadvisor.ie/Attractions-g186623-Activities-c57-County_Louth.html)

### Visit a Castle

<https://www.visitlouth.ie/explore-and-do/explore-louth/castles-and-conquests-louth.html>



## Virtual Trips over the Summer Months



<https://irelandxo.com/ireland-xo/news/ten-irish-museums-visit-virtually>

<https://www.virtualvisittours.com/ulster-folk-transport-museum/>

<https://www.nationalgallery.ie/virtual-tour>

<https://www.pdst.ie/DistanceLearning/DigitalLibraries>

<https://www.360cities.net/>

<https://www.departures.com/travel/wonders-of-the-world-virtual-tours>

<https://theeducatorsspinonit.com/virtual-field-trips-for-kids/>

<https://irelandxo.com/ireland-xo/news/ten-irish-museums-visit-virtually>

<https://www.dublinzoo.ie/news/dublinzoofun/>

## What Else Can You Do?



Remember to laugh,  
have fun and enjoy  
this special time  
together as a family

- A picnic in the garden or somewhere random
- Build a fort
- Camp in the garden
- Paint stones
- Paint fence
- Plant flowers
- Obstacle course in the garden
- Make muck pies
- Collect worms and slugs
- Dig for buried treasure
- Scavenger hunt
- Frisbee
- Bubbles
- Water fight
- Family Date Night
- Wellies in puddles
- Make a bug hotel
- Bike ride
- Play with pots and pans

- Dress up day
- Baking
- Chalk drawing outside
- Art and craft
- Make a Mr Blobby (Fill a rubber glove with water and draw a face on them)
- Dance or Sing
- DVD night
- Make paper planes
- Make slime / playdough
- Feed ducks
- Take the dog for a walk
- Fly a Kite
- Get a wooden pallet, paint it and make it into a plant holder
- Make a bird house
- Make a fairy garden
- Make fruit ice lollies
- Make wind chimes
- Make a piñata

## More Ideas for You and Your Family

- Revisiting traditional games such as draughts, chess, card games, board games etc.
- Make mealtimes a family event and involve everybody in the preparation. See our nutrition websites at the bottom of this page for easy and affordable meals that the whole family can try. Nevin Maguire one of Ireland top chefs is also offering to send recipes out to families who get in touch @macneanhouse
- Maybe you could even take advantage of the time to give the garden 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 Irelands 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.
- Check out the following online resources for fun physical routines that the whole family will enjoy:
  - Daily PE 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.  
<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.
- Get Crafty! Arts and crafts is a fun way to be kind to the planet and make use of recyclable materials. Try to be creative as possible. Having time to put on your thinking cap can result in amazing pieces of art. For more ideas of how to get crafty with recyclable materials you can visit:  
<https://fiveminutemum.com/>
- Have an old-fashioned family movie night. With the newest technology such as Netflix and Smart TV, movies may not be as special for some families as they once were. Try to recreate the excitement and try to pick some old classics accompanied by popcorn and homemade healthy pizza.



- Technology is part of our everyday life. As parents, we know that limiting screen time is essential, as too much can have adverse effects on our children's physical and mental health. However, we can embrace screen time also and be selective about how we do this. Now organisations like Dublin Zoo are trying to reach out to families via their online platforms.
- Why not have your children learn about Feeding Time in the Zoo by following the link at <http://www.dublinzoo.ie/animals/animal-webcams/>.
- Another similar site you can try is <http://www.switcheroozoo.com>
- Listen to music as a family. Take the opportunity to share with your children and teenagers your taste in music. You never know they could love Bowie as much you.
- Encourage your children to be reflective and write just for the fun of it. Maybe they could be Ireland's next young author.
- The well-known children's author Sarah Webb is also running just-for-fun writing workshops via her Twitter count @ SarahWebb

## Activities and Home Projects

### **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/>

## Cooking and Baking



### 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.mummypages.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>

# Summer Safety



Summer is a favourite time of year for many children – and for good reason. The long days of summer are filled with swimming, picnics, day trips and outdoor fun. Playing with friends when out-and-about is an important part of growing up for most children and young adults.

However, summer can also carry danger for children. Drowning incidents increase during the summer months, and the hot sun puts kids at risk of sunburn, dehydration and heat-related illness.

Whether your children are enjoying summer at home, on the road or at camp, address these safety topics with your family to keep them healthy, happy and safe this summer.

## 10 Summer Safety Tips for Children

<https://www.childrens.com/health-wellness/10-summer-safety-tips-for-kids>

### Sun Safety

Babies and children have very sensitive skin. While the sun's UV rays help the body produce Vitamin D that is needed for general health, UV exposure is also linked to an increased risk of skin cancer. Getting sunburnt as a child increases the risk of skin cancer in later life.

It is important to protect your child's skin in the sunshine. You can do this by using a high factor sunscreen with UV protection, covering up with clothing, wearing a hat and sunglasses and staying in the shade.



Remember that the UV rays in the Irish sun are equally as damaging as those in other climates.

<https://www2.hse.ie/wellbeing/child-health/sun-safety-for-babies-and-children/keeping-your-child-safe-from-sun-rays.html>

[https://www.cancer.ie/cancer-information-and-support/cancer-types/skin-cancer/keep-your-children-safe-in-the-sun?qclid=EA1aIQobChMlprL80\\_Gc6qIVUe3tCh3CnAaQEAAYASAAEql-XfD\\_BwE](https://www.cancer.ie/cancer-information-and-support/cancer-types/skin-cancer/keep-your-children-safe-in-the-sun?qclid=EA1aIQobChMlprL80_Gc6qIVUe3tCh3CnAaQEAAYASAAEql-XfD_BwE)

<https://kidshealth.org/en/parents/sun-safety.html>

## Water Safety



During the summer months, we spend a lot more of our time near water e.g. at beaches, swimming pools and near lakes and rivers.

Many of our most popular activities take place on / around water throughout the summer months. Swimming is great exercise, as well as a fun way to spend time together as a family. There is nothing like spending an afternoon splashing around in the water and enjoying being together.

However, there are associated risks so it is important to know the dos and don'ts around water. Helpful advice should always be considered and easy to follow precautions should be taken.

Simple guidelines include not swimming alone, supervising children when they are in the water, wearing a life vest and/or swimming aids and staying within your depth when in the water.

<https://www2.hse.ie/wellbeing/child-health/water-safety-for-babies-and-children/where-drowning-happens.html>

<https://watersafety.ie/recreation/>

<https://qwrymca.org/blog/water-safety-tips>

<https://www.gov.ie/en/publication/7f3dab-water-safety/>

# Farm Safety



A farm is a very intriguing place for children to visit and explore. However, a farm is a workplace and there are associated dangers parents and children need to be aware of.

General guidelines to follow include:

- Children should never be left alone on a farm.
- Talk to children about safety on the farm.
- Carry out a Risk Assessment to identify potential hazards to children around the farmyard and buildings.
- Provide a secure play area for young children.
- Keep children out of work areas.
- Keep children away from tractors and machinery that are in use.
- Keep children a safe distance from livestock.
- Cover and protect water hazards on the farm.
- Put up warning signs in dangerous areas and explain what they mean to children.

[https://www.hsa.ie/eng/Publications\\_and\\_Forms/Publications/Agriculture\\_and\\_Forestry/Child\\_Safety\\_on\\_the\\_Farm.pdf](https://www.hsa.ie/eng/Publications_and_Forms/Publications/Agriculture_and_Forestry/Child_Safety_on_the_Farm.pdf)

[https://www.hsa.ie/eng/Your\\_Industry/Agriculture\\_Forestry/Young\\_Elderly\\_on\\_Farms/Children\\_on\\_Farms/](https://www.hsa.ie/eng/Your_Industry/Agriculture_Forestry/Young_Elderly_on_Farms/Children_on_Farms/)

<https://www2.hse.ie/wellbeing/child-health/child-safety-around-the-farm.html>

## Playing Outside & Road Safety



During the summer months, children spend a lot more time outside playing. This can include cycling, rollerblading, scooting, walking, skateboarding, trampolining as well as playing on bouncy castles, swings and slides.

You should ensure that children's clothing is free from loose cords or strings that could be caught when playing.

Children should always be supervised when playing outside. It is also important that children are aware of road safety advice. The following websites provide useful information.

<https://www2.hse.ie/wellbeing/child-health/keeping-your-child-safe-when-playing-outdoors/playing-outside-your-home-keeping-your-child-safe.html>

<https://www2.hse.ie/wellbeing/child-health/road-safety-and-your-child-cycling-scooting-and-walking/cycling-safety-for-children.html>

<https://www.rsa.ie/en/RSA/Road-Safety/Road-safety-for-kids/>

<https://www.tusla.ie/parenting-24-seven/6-12-years/child-safety-practices-reduce-injury/rules-of-the-road-for-children/>



**It is important to have a First Aid Kit in your home should an incident occur. The link below details what it should contain.**

<https://www2.hse.ie/wellbeing/child-health/first-aid-kit-for-babies-and-children.html>

## Transitions

When it comes to parenting, one thing you can be certain of is change. We call the different stages of change in a child's life transitions.

Transitions are a natural and normal part of growth and development for parents and children. The first five years of your child's life are full of transitions. From being an expectant parent right through to waving your child off on the first day of primary school. Some of these transitions come with a degree of uncertainty. There is a wide range of supports available for children and parents to help them smoothly transition through these crucial years.

During these uncertain and unprecedented times, whilst key transitional milestones are still occurring in your child's life however, we are unsure what these transitions will look like in practice. Essential preparation that occurs naturally at Early Learning and Care etc. has not occurred. In this interim period of uncertainty, there are some excellent resources for parents to access in order to ensure comfortable and successful transitions for their children.

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



The Genesis Programme have produced a calendar **Getting Your Child's Education off to a FLYING START during the Summer Months**, which you can downloaded here.

<https://flyingstart.ie/wp-content/uploads/2020/07/Flying-Start-calendar-2020-reprint.pdf>

Flying Start is an exceptional website, which provides a framework for supporting children, parents and professionals. It combines information on the different stages or transitions that happen in the first five years of your child's life.

Most of the information provided is useful for parents across Ireland; however, we are a Louth based project so some of the services we list on this site are only available to parents in Louth.

The three transitional periods outlined on [www.flyingstart.ie](http://www.flyingstart.ie) are

1. Preparing for Parenthood
2. Preparing for Early Learning and Care
3. Preparing for Big School (Primary School)

[www.flyingstart.ie](http://www.flyingstart.ie) provides parents with excellent information and guidance on each significant milestone experienced throughout these three transitional periods. Derived from best practice guidelines and the most up-to-date practices for parents [www.flyingstart.ie](http://www.flyingstart.ie) is an essential one-stop shop for all of your transitional needs as a parent.

Flying Start aims to support you through these key transitions to make the first five years an enjoyable and smooth journey for you and your family.

## More Information on Transitions

### Let's Get Ready

<https://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/>

### flyingstart.ie

<https://flyingstart.flowebdesign.ie/preparing-for-pre-school/welcome/>

<https://flyingstart.flowebdesign.ie/preparing-for-big-school/welcome/>

### First 5

<https://first5.gov.ie/userfiles/files/download/f5742f7f8e7278c5.pdf>

### Citizens Information

[https://www.citizensinformation.ie/en/education/primary\\_and\\_post\\_primary\\_education/educational\\_supports/school\\_books\\_scheme.html](https://www.citizensinformation.ie/en/education/primary_and_post_primary_education/educational_supports/school_books_scheme.html)

### NEPS (National Educational Psychological Service)

<https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/guidance-transitioning-pre-school-to-primary-school.pdf>



## Keeping Children Safe as we Move Forward

The lives of young children changed suddenly when early learning and childcare services and schools closed in March in response to the COVID-19 emergency. As children prepare to return to early learning and childcare services or make the move to pre-school and school for the first time, parents can be assured that there are things they can do at home to support their children.

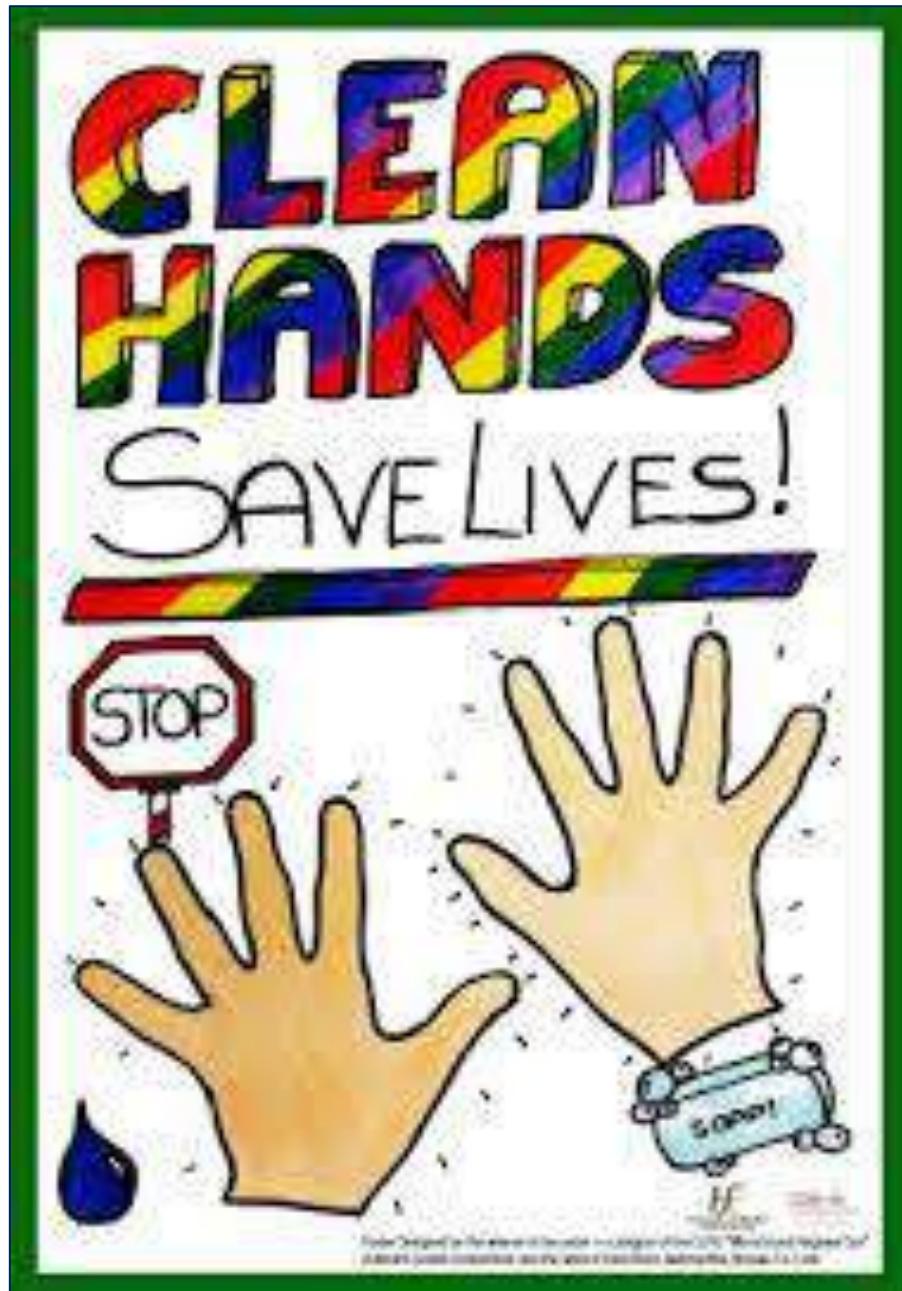
For more information, please visit: <https://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/%E2%80%A6>

More than ever, as Ireland continues to open up, it is important that children and adults alike continue to wash their hands, practice good respiratory etiquette and maintain social distancing.



Check out this video from The Genesis Programme featuring Molly talking about 3 Ways to Stay Safe  
<https://youtu.be/j0AFdU6Pd5A>

## Hand Washing



Here is a link to a video from the HSE about teaching your children how to hand wash properly.

TEACH YOUR CHILDREN  
HOW TO HAND  
WASH PROPERLY

<https://youtu.be/EfQvLT0sKNC>

## Returning to Early Years Learning and Care Centres



Check out this video from the Let's Get Ready campaign

<https://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/>



Check out this video from The Genesis Programme featuring Wally talking about his first day back at preschool

<https://youtu.be/bjUb0b2Wj2g>



# **Children with Additional Needs**

## **Ready for Everyone**

<https://www.gov.ie/en/publication/74b0d-ready-for-everyone/>

## **Playboard NI**

Playboard NI have created an excellent resource for supporting young children with additional needs through play. Please click on the link provided to take you directly to their document for lots of fun ideas on playing with your child.

<https://www.playboard.org/resources/>

## **AsIAm**

AsIAm have produced a lovely booklet in association with SuperValu

<https://supervalu.ie/brochure/autism-friendly/mobile/index.html>

## **Guidance for Practitioners on Reopening**

<https://first5.gov.ie/practitioners/reopening>

## **Social Stories – Explaining to Children the Current Situation**

Another good way of explaining the current situation to children is with Social Stories. 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. 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.

## **More Help and Information on Social Stories**

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

## 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.

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/](http://www.flyingstart.ie/)



This site is designed specifically for parents and provides information from 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.



### A Home Visiting Programme for Children in Co Louth Aged 16 months to 2 and a Half Years

#### What does it Involve?

- A Home Visitor would visit the family twice a week for 30 minutes each time
- Each week the Home Visitor brings a new book, toy or craft activity which is left with the family
- The Home Visitor models using the book or toy introducing new questions and vocabulary to the child alongside the parent
- Parents are encouraged to follow on with each weekly activity

#### Aim of the Programme:

- To support positive parent-child interactions
- To support children's social-emotional development
- Foster skills essential for school readiness

#### Who is it For?

Any parent with a child aged between 16 months and 30 months. It takes place over 92 visits during the school year.

For more information contact Evelyn on 0866002998 or email [evelyn.lee@cllp.ie](mailto:evelyn.lee@cllp.ie)



# Promoting Toddlers Social and Emotional Development Through 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 babies and toddlers alike.



Check out these videos from The Genesis Programme all about  
Playing with Your Child

Playing with Your Child

<https://youtu.be/JYVXqGCWLUo>

More Ideas on Playing

<https://youtu.be/3Wx41BLJVaE>

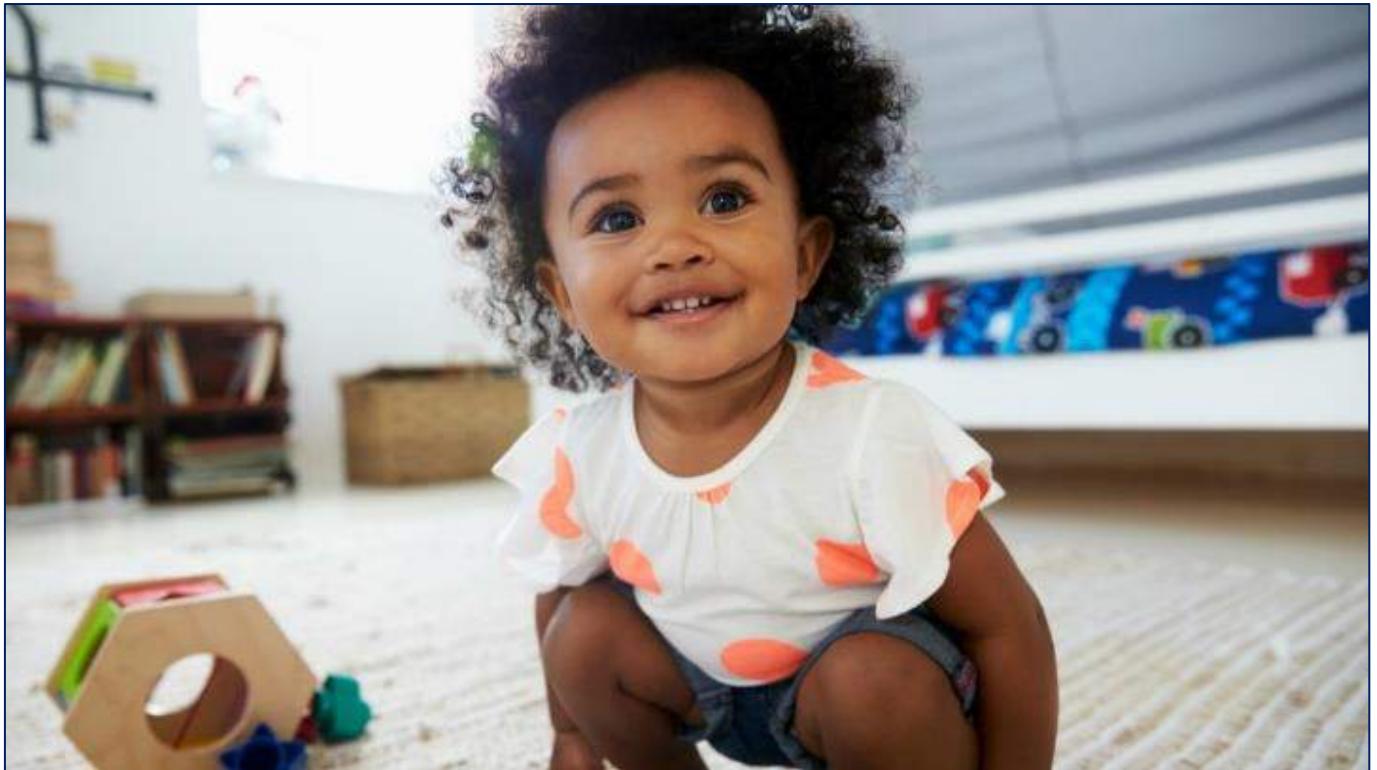
## More Ideas for Playing with your Toddler to Promote their Social and Emotional Development

<https://flyingstart.ie/preparing-for-pre-school/links-to-online-resources-to-support-children-and-parents-during-covid-19/>

## Play Ideas for Children 0-3 Years



- Have you old wallpaper rolls? Turn it over and let the children mark make using chalks, pencils or paint. (you could also tape a few A4 pages together if you don't have wallpaper)
- Do you have a spare box? Let the children use their imagination using it as a rocket, a car, a train or just for climbing in and out of it for fun!
- An empty shoebox can be great to 'post' stuff. Cut a hole in the top and let children put pasta or any shape into it.
- On a tray, get some grass, leaves and twigs and put some toy dinosaurs onto it, let the children have their own small world in their home.
- Pots, pans and wooden spoons.... A classic that never goes out of style. Why not add some pasta or metal spoons just to add a different element.



- A saucepan filled with pasta (can be any toy shapes if you do not want to use real food) and give a big spoon to transfer to other pots or bowls.
- Sofa forts and tunnels... get a sofa cushion and place it between a coffee table and the sofa or two chairs creating a tunnel. Maybe try pushing a ball through it to each other or put a blanket over the top to make a fort.
- Messy play- not all children like it but some love it. Instead of shaving foam etc., why not try a big tub of natural yoghurt on a big tray, that way if the children eat some of it, it will not do them any harm. Why not add texture to it by adding frozen peas or sweetcorn. You can draw faces, shapes, letters or anything you like, just remember to strip them first and maybe have a wipe or two nearby!
- Homemade sensory tray - using a shoebox or a tray you can make your own sensory basket. Pop some items such as an empty plastic bottle half filled with rice (ensure the top is tightly closed) a nail brush, plastic cups, tin foil scrunched into large balls, ribbons and laces, some keys and anything else safe and let them explore.
- Do you have any spare balloons? Blow up a few and draw funny faces on them and let your little one bash it around, catch it or if you want to use a paper or plastic plate and try hitting the balloon with their 'bat'.

- Hide the toy; get three cups/ buckets/ bowls and three small toys. Hide them under each and reveal them to your little one. Move the cups around and see if they can still find it. If they get bored, try putting the toys on top and see if they can knock them off. Scrunched up tinfoil is good for this as well.
- Stepping stones.... Get as many cushions as you can and lay them in a line on your floor. Hold your little one's hands and help them bounce across each one counting as you go. Make it into a mini obstacle course with a tunnel at the end. Ready steady go!
- Recycling water play- all those plastic tubs and bottles in the recycling bin, dig them out (if cleaned), fill them with water, and put out in the garden for the children to empty. Why not add a washing up bowl of coloured water and let them refill and pour until their heart is content? If it is a wet day, supervising them at the sink works just as well.
- Place light balls on top of old toilet rolls holders or kitchen roll holders and giving them a water sprayer, let them knock the balls off the top. Its great way to build up the muscles in their hands by letting them pull the handle themselves.
- Nursery rhymes and stories. They never go out of fashion. Choose some quiet time for cuddles and go through some of the classics such as Ba Ba Black Sheep, Incy Wincey Spider, Round and Round the Garden, Twinkle Twinkle to name a few. Alternatively, grab a book and read them a story. Make story time fun and interactive.

For more tips on interactive reading, you can download tip sheets from The Incredible Years here:  
<https://flyingstart.ie/preparing-for-pre-school/free-literacy-activities-and-online-resources/>

- Songs if they have more energy- why not try some action songs such as Shake your Sillies Out, Baby Shark, Head Shoulders Knees and Toes, If You're Happy and You Know It, Hokey Cokey. See who can last the longest, you or your little one!

## More Ideas for Toddlers



- Treasure hunt outside- to collect a stone, leaf, twigs, flower, grass.
- Gloop made using corn flour (maybe add few drops of food colouring)
- Painting outside on walls/ paths using water and paint brushes
- Chalking outside on path
- Colouring in pictures
- Draw new things using art book/try junk modelling.
- Take a bath
- Go online to Cbeebies stories or online story sites
- Make paper aeroplanes
- Do leaf drawings
- Play cards- snap, matching same suits etc.
- Make a card for relatives Hold an indoor treasure hunt gathering shaped objects or particular items
- Hold an indoor teddy bear's picnic using blanket on the floor
- Make a picture book, stapling a few pages together and drawing a comic style story.
- Do a jigsaw
- Build projects with Lego – a bridge, a house, a hotel etc.
- Use playdough and get creative
- Build a den/fort
- Wrap up warm and have an outdoor picnic
- Read a new book
- Make up a new game
- Chill out time with favourite teddy or toy
- Complete some chores around the house, maybe helping to clean/ put away clothes



## More Help & Information - Promoting Toddlers Social and Emotional Development through Play

<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

<http://www.helpmykidlearn.ie>

<https://thestay-at-home-momsurvivalguide.com/toddler-activities/>

<https://busytoddler.com/2016/11/40-super-easy-toddler-activities/>

<https://teaching2and3yearolds.com/20-fun-and-easy-toddler-activities-for-home/>

## Let's Play Cork

This 46-page booklet has many creative and fun ideas from puppet making to comic making to playing with chalk to making your own jigsaws. It has some lovely ideas for playing with your child, it is easy to follow and simple to use! Check it out on the link below!

<https://corkhealthycities.com/lets-play-cork/?fbclid=IwAR1kkFsXpoz9GLHDMEQt4icqsiLKJga4rUP3TbLLFHVLjTwkLK27kz0MQp4>

## Summer Routines and Structure



Summer time and the living is easy, or so the song goes! The summer months are generally more relaxed for children and families and very often, there is a different routine in place. Children may go to bed later and get up later. Children may take part in local community based summer projects, day trips or sports camps etc. However, this Summer may be a little bit different.

Some projects and camps will run albeit in a different format. Therefore, with that in mind, it is important to have some kind of routine or structure in place over the summer months. However, it is important that your routine is not too structured and is flexible enough to change depending on things like your own mood, your children's mood, and especially here in Ireland – The Weather!

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

- Agree a bed time and getting up time with your children during the summer months. Try as best you can to stick to this. Younger children in particular as well as teenagers need lots of sleep!
- Get dressed and try to have breakfast as a family. This may sound funny but there may be the temptation to leave children in their pyjamas.

- Try to limit sugary snacks; however, it is also good to give your children a treat every now and then. Everyone loves an ice cream on a hot day!
- Consistency, Consistency, Consistency are the three key words to routines and structures. Try not to change the rules too often
- Having breakfast, dinner and tea at the same time every day helps to bring some kind of routine into home life
- Try to get outside as a family at least once a day. Fresh air is great for the mind and the soul – a picnic in the garden, a walk as a family or a family run are all cheap and easy ways to get fresh air. If you are working from home, the temptation is always there to sit in front of your laptop or pc. Getting outside, even if it is for 10 minutes a time helps you re-focus and helps with a positive mind set.
- Children do have the ability to play on their own for the most part. Do not feel that you have to be sitting with them for the whole duration. However, do check in regularly and praise their efforts periodically when they are staying focused and playing quietly. Predict their success, catch them being good, and reward them for good behaviour.
- A visual schedule can be useful especially with younger children. 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.



Check out these videos from The Genesis Programme

Setting Limits

<https://youtu.be/Dlxwye67Ljw>

Routines

<https://youtu.be/z5cd3zXLNS4>

## More Help & Information – Summer Routines and Structure

For more advice on setting boundaries and implementing daily routines, you can download the following Incredible Years handout for parents

<http://www.incredibleyears.com/download/resources/parent-pgrm/School-Age-Handouts-Web-2014.pdf>



Check out this video from The Genesis Programme where Wally talks about Setting Limits

[https://youtu.be/Ru\\_CYXywPRQ](https://youtu.be/Ru_CYXywPRQ)

# Managing Children's Anxiety



All children worry at times, in fact it can actually be good for children to have some stress, as they will learn from these situations and become more resilient. For some children, it can be a challenge to manage their anxieties and they need additional support.

None of us wants to see a child unhappy, but the best way to help kids overcome anxiety is not to try to remove stressors that trigger it. It has to help them learn to tolerate their anxiety and function as well as they can, even when they are anxious. In addition, as a by-product of that, the anxiety will decrease or fall away over time.

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

It is only when it overwhelms them and they stop engaging in activities they enjoy or wanting to meet friends that they need more help and support.

Parents play an important role in helping their child to both understand and to manage their anxiety. You do not want to belittle the child's feelings, but you also do not want to exacerbate them. Children take their cues from the adults around them and as we; all know children have an innate ability to listen in on adult conversations when we think they are otherwise engrossed in something.

## Signs to look out for in your child

- Finding it hard to concentrate
- Not sleeping, or waking in the night with bad dreams
- Not eating properly
- Quickly getting angry or irritable, and being out of control during outbursts
- Always worrying or having negative thoughts
- Feeling tense and fidgety, or using the toilet often
- Always crying
- Being clingy
- Complaining of tummy aches and feeling unwell

Separation anxiety is common in younger children. Older children and teenagers tend to worry more about school or have social anxiety.

<https://www2.hse.ie/conditions/mental-health/anxiety-disorders-in-children.html>

As parents, when your child is anxious it can be difficult to know how best to support them. Here are some tips for parents to consider:

- Introduce coping mechanisms to practice with your child when he/she becomes anxious. Some things to consider might be deep breathing exercises, awareness of how the body feels when they are anxious, positive forecasting/predicting positive outcomes and helping your child visualize in the mind's eye what this positive outcome will look like.
- Validate their fears or concerns. Try not to be dismissive of their feelings. Instead, really try to hear their concerns but frame the outcome in a positive light. Predict your child being successful in overcoming their fear and focus on the positives to be found in everyday life.
- Try to limit the amount of exposure to media surrounding the current Covid-19 situation but at the same time be honest with your child/children. Hiding away from real life situations is not helpful in the long term.
- Allow your child to express their feelings and use their own words. Sometimes we may ask leading questions such as 'Is it making friends you are worried about'. Give your child the time and space to communicate with you in their own words what is actually worrying them.



Check out these videos from The Genesis Programme  
with Molly, Wally and Friends

***Wally Talks about How Keeping a Journal Helps with Our Feelings, Emotions & Actions***

[https://youtu.be/\\_H8tjolN2j8](https://youtu.be/_H8tjolN2j8)

***Wally Talks about Feelings***

<https://youtu.be/J8ULZN66VHk>

***Wally and Friends Talk about What Makes Us Happy***

<https://youtu.be/SOjctLoFtOE>

***Wally Talks about Calming Down***

<https://youtu.be/Ut9w--KD2-k>

## Recommended Links

### Parenting and Family Support

<https://www.gov.ie/en/publication/5825b6-parenting-and-family-support/>

### Tusla

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

<https://www.tusla.ie/parenting-24-seven/>

### HSE

<https://www2.hse.ie/wellbeing/mental-health/child-and-adolescent-mental-health-services/accessing.html>

[Childhood Anxiety Disorder HSE Website](#)

# More Help & Information – Managing Children’s Anxiety

## Advice from Mental Health Advocates such as Niall Breslin

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

## Mental Health Advice for older Children

<https://spunout.ie/news/article/mental-health-supports-covid-19>

## Advice from Dr. Bruce Perry on Stress and Resilience

<https://youtu.be/orwIn02h6V4>

## Advice from Gabor Mate: Working with Collective Trauma

<https://youtu.be/FhIVlhjZj4k>

## Dr. Karen Treisman - Survival Modes and Trauma

<https://youtu.be/msNO7ZmLXns>

## Support for Children and Teenagers

<http://childline.ie>

<https://www.annafreud.org/media/7228/tmh-parent-leaflet-final-all-approved-laid-out-for-web.pdf>

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>

## Mental Health Ireland

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

[https://text50808.ie/?qclid=Cj0KCQjwudb3BRC9ARIsAEa-vUtzpnwQilBAI3oUM--HF5E1jRTfPrOwhcq2R1XyMqYEoeHaz5UacBoaAmC8EALw\\_wcB](https://text50808.ie/?qclid=Cj0KCQjwudb3BRC9ARIsAEa-vUtzpnwQilBAI3oUM--HF5E1jRTfPrOwhcq2R1XyMqYEoeHaz5UacBoaAmC8EALw_wcB)

## Mental Health Support for Older Teens

<http://jigsawonline.ie>

# Keeping Your Child Safe Online & Managing Screen Time



Your child may be spending more time online due to them being out of school and having their usual routine interrupted.

For this reason, it is important that both you and your child are aware of safety precautions that you can take to prevent your child from being a victim of online bullying.

Cyber Bullying can come in many different forms and it is important that you know what to do should it happen to you or your child. Check out these websites for more information.

## **WebWise**

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

## **Spun Out**

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

## **KiVa Anti-Bullying Programme**

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

## **The Incredible Years**

<http://www.incredibleyears.com/resources/gt/parent-program/> (*handouts on screen time in this section*)

## Managing Screen Time

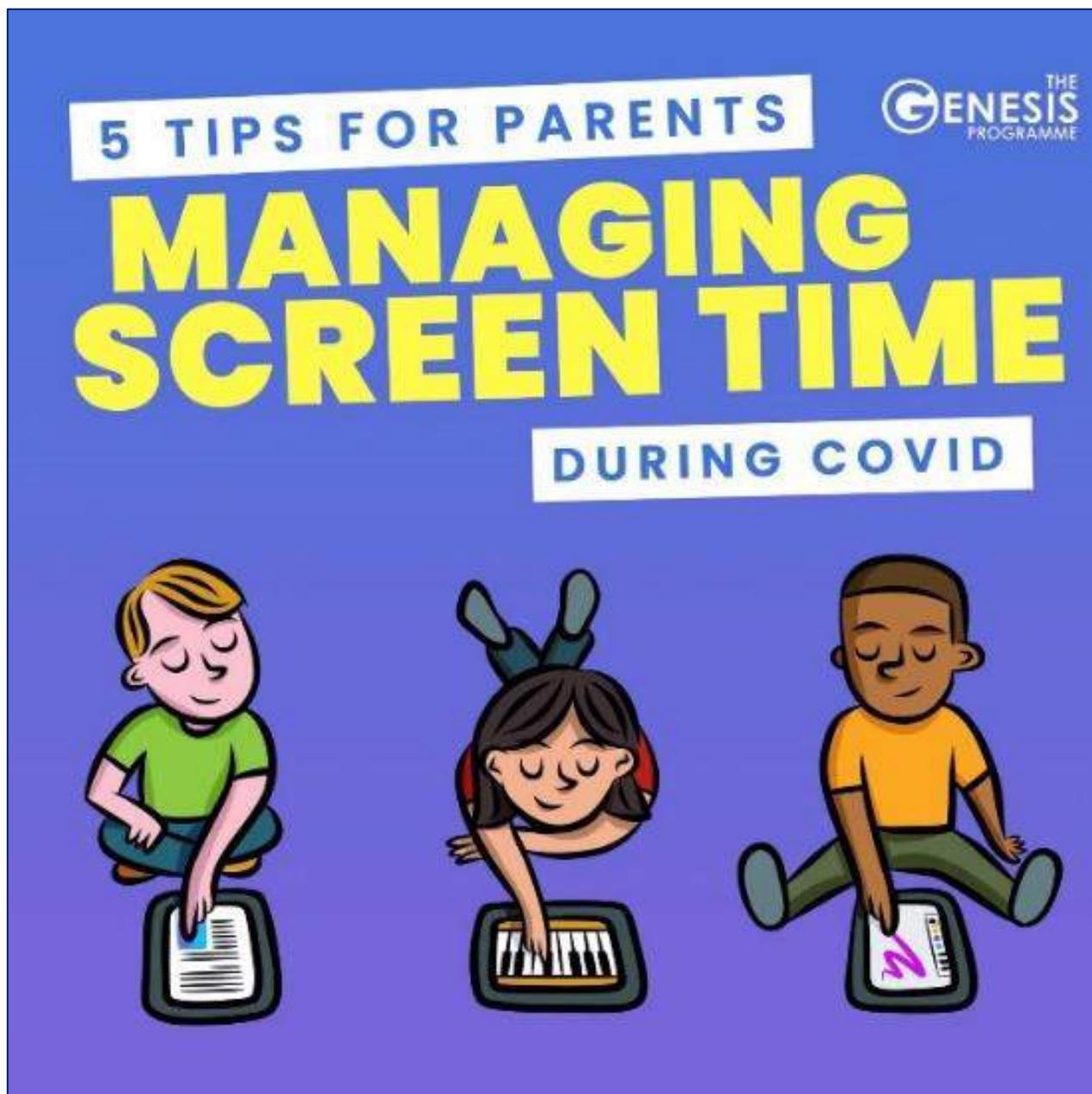
It is important to talk to your child about their online activities – so have that conversation! Open communication is key to providing a safer online experience for your child.

Check out the parental controls on ALL devices and decide which ones you wish to put in place.

Be aware of the privacy settings on your devices and on the various Apps.

It is also important that you limit screen time for both yourself and your child, as much of the current news can be overwhelming for both adults and children alike.

Finally, carry out joint activities with your child online.



## 1. APPRECIATE THE BENEFITS OF CONNECTING

- STAYING IN TOUCH WITH OTHERS IS IMPORTANT.
- THE USE OF VIDEO GAMES AND SOCIAL MEDIA CAN OFFER MEANINGFUL EXPERIENCES FOR CHILDREN DURING COVID-19. ALLOWING CHILDREN TIME TO SPEND ONLINE WITH FRIENDS WILL HELP THEM TO FEEL A SENSE OF CONNECTEDNESS.
- YOU COULD ALSO ENCOURAGE YOUR CHILD TO TRY USING VIDEO CHAT AS A WAY TO CONNECT AND STRENGTHEN RELATIONSHIPS WITH FAMILY & FRIENDS.

## 2. AGREE RULES TOGETHER

- DISCUSS WITH YOUR CHILD WHAT YOU BOTH FEEL IS APPROPRIATE AND INAPPROPRIATE SCREEN USE, AGREING TIMES THAT SCREENS ARE ALLOWED, WHERE THEY CAN BE USED AND WHAT TYPE OF GAMES/APPS ARE SUITABLE.
- REMEMBER TO LISTEN TO YOUR CHILD'S SUGGESTIONS, THEY MAY SURPRISE YOU!

## 3. BALANCE SCREEN TIME WITH OTHER ACTIVITIES

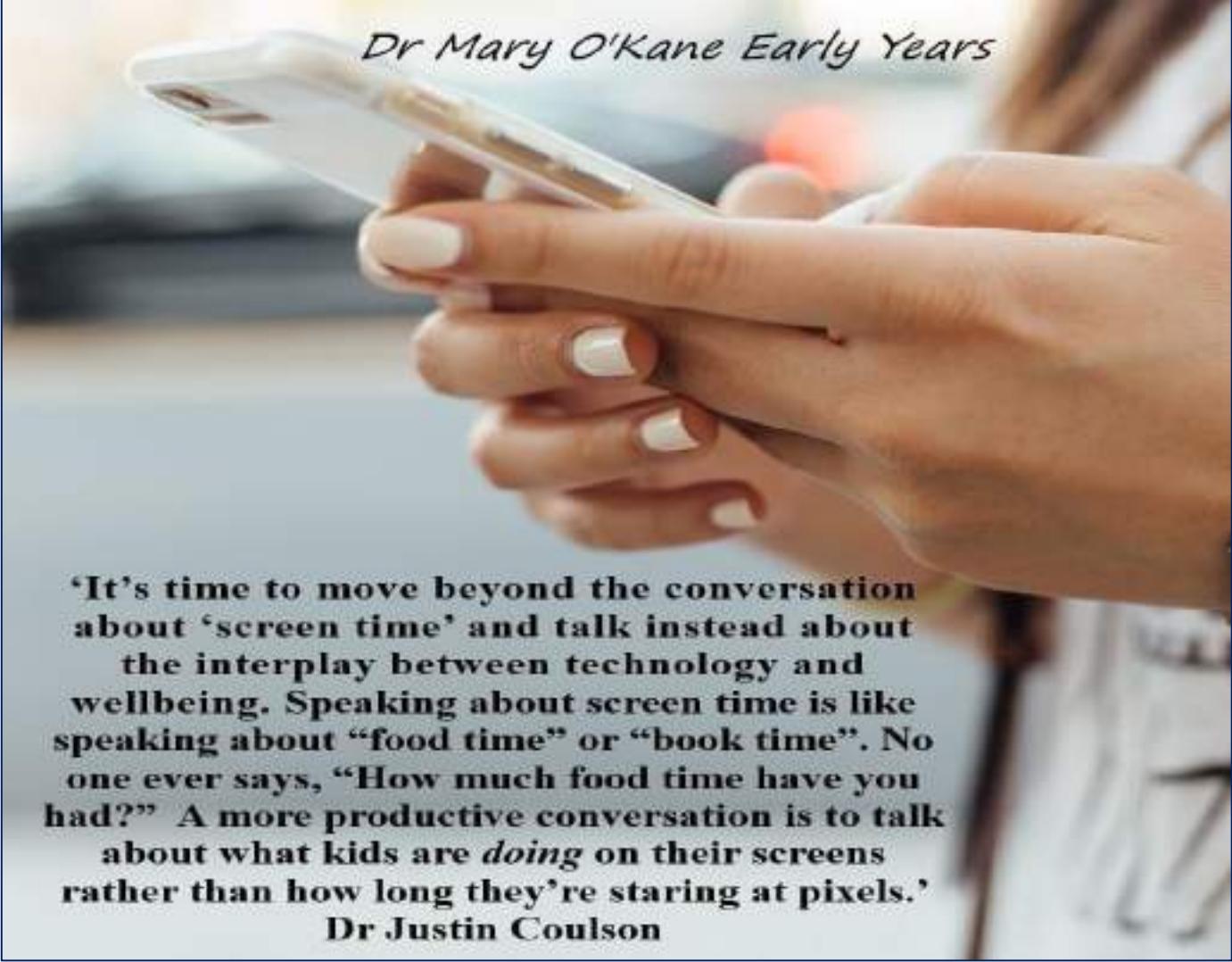
- FOLLOWING YOUR DISCUSSION CONSIDER CREATING A SCHEDULE WITH YOUR CHILD FOR BOTH ONLINE AND OFFLINE ACTIVITIES, SUCH AS: PHYSICAL ACTIVITY, SLEEP, MEAL TIMES, READING, LEARNING ACTIVITIES AND FUN SCREEN-FREE FAMILY TIME.
- HAVING A ROUTINE WILL HELP TO EASE ANY ANXIETY OR DIFFICULTIES YOU AND YOUR CHILD MAY BE EXPERIENCING.

## 4. MODEL FOR YOUR CHILD

- MODELLING BEHAVIOUR IS ONE OF THE MOST POWERFUL TOOLS THAT YOU CAN USE TO HELP INFLUENCE YOUR CHILD'S BEHAVIOUR.
- YOU CAN DO THIS BY DEVELOPING A SCREEN TIME SCHEDULE FOR YOURSELF AND ENCOURAGE YOUR CHILD TO HELP YOU DEVELOP YOUR TIMETABLE FOR SCREEN USE AND MODEL BY STICKING WITH THE ROUTINE AND USING TECHNOLOGY IN A POSITIVE WAY.

## 5. GET INVOLVED IN THE FUN

- WHEN PLANNING YOUR SCHEDULES TOGETHER THINK ABOUT INCLUDING SOME TIME FOR YOU TO GET INVOLVED WITH YOUR CHILD'S SCREEN TIME. SET ASIDE SOME TIME TO PLAY YOUR CHILD'S FAVOURITE VIDEO GAME TOGETHER OR WATCH THEIR FAVOURITE SHOW WITH THEM.
- IF SCREEN TIME HAS BECOME A CHALLENGE IN YOUR HOUSE THIS MAY GIVE YOU AN OPPORTUNITY TO USE IT AS A RELATIONSHIP BUILDING TOOL.



**'It's time to move beyond the conversation about 'screen time' and talk instead about the interplay between technology and wellbeing. Speaking about screen time is like speaking about "food time" or "book time". No one ever says, "How much food time have you had?" A more productive conversation is to talk about what kids are *doing* on their screens rather than how long they're staring at pixels.'**

**Dr Justin Coulson**



Check out these videos from The Genesis Programme all about Screen Time

For Parents: <https://youtu.be/iMeUkEskVv8>

For Children: <https://youtu.be/1ArDiQD2AzQ>

## Advice from the Experts



**Dr Malie Coyne**

**Clinical Psychologist and  
NUIG Lecturer**

### **A Lust for Life Parenting with Compassion Facebook Live videos (12 videos in total):**

<http://drmaliecoyne.ie/facebook-live/>

'Parenting with Compassion' Broadcast with Dr. Malie Coyne, Clinical Psychologist and Author. The 'Parenting with Compassion' Broadcast has evolved from Malie's 'COVID19 Special Broadcasts for Parents', which supported parents over 12 weeks during the lockdown. This new broadcast will go out live on Facebook every Wednesday night at 9.30pm until 5th August 2020 and will feature as a podcast, where Malie will chat to special guests about their experiences of parenting, messiness and all. As parents, we ALL struggle and sharing our common struggles helps us feel less alone. Treating ourselves with compassion and understanding enables us to do the same for our children. In this way, we help them to feel safe, understood and empowered. This is what 'Parenting with Compassion' is all about.

<https://www.youtube.com/channel/UCsATy0mnYyZXhJRn4lv7AAw/videos>

### **COVID-19 Resources**

<http://drmaliecoyne.ie/covid19-resources/>

### **'Love In Love Out: A Compassionate Approach to Parenting Your Anxious Child'**

This book empowers parents to recognise and understand anxiety in their children, to reflect on their own responses, and to help them to develop strategies to manage it together. Out in all bookshops with Harper Collins Ireland on 23rd July 2020. Pre-order available.

### **How Compassion and Calm are Contagious Too: COVID-19 - Resilience Tips**

<https://www.independent.ie/life/health-wellbeing/health-features/compassion-and-calm-are-contagious-too-dr-malie-coyne-39061421.html>



**Dr Colman Noctor**

**Child and Adolescent Psychoanalytical  
Psychotherapist**

**St Patricks Mental Health Service**

### **Adapting to a New Reality**

<https://www.walkinmyshoes.ie/library/blogs-and-articles/2020/may/student-support?fbclid=IwAR0alMbDE6eJJeMORTemeKy8jTgelOR5qbbLpylpmWC5pSRkc56kR5u1y2E>

### **Parenting from Work during a Pandemic**

<https://www.workwellpodcast.com/podcast/parentingfromwork>

### **The Work Well Podcast - Parenting From Work during a Pandemic**

<https://www.youtube.com/watch?v=ruGKBTJz3U0>

### **Advice about how to help Children Understand the Current Situation**

<https://www.todayfm.com/podcasts/weekend-breakfast-with-alison-curtis/advice-child-adolescent-psychotherapist-help-children-understand-covid19>



**Dr Mary O'Kane**

**Early Childhood Expert**

Dr Mary O'Kane also provides training seminars for preschool providers and parents in the areas of well-being and self-esteem, resilience in young children, anxiety and childhood worries, positive behaviour management, and preparing children for primary/secondary school. Mary has a monthly parenting slot on Ireland AM and is a regular contributor on various Irish radio stations discussing parenting and early childhood education issues.

Visit Mary's Facebook page at <https://www.facebook.com/MOKEarlyYears/>

### **Children's Wellbeing during COVID-19**

[https://www.todayfm.com/podcasts/weekend-breakfast-with-alison-curtis/dr-mary-okane-chats-childrens-wellbeing-covid-19?fbclid=IwAR2zBrB1S8-LSowlJDddYs\\_3aXPZJPQirhEdE4vKMYmXMEvcUDIBE-9s5lw](https://www.todayfm.com/podcasts/weekend-breakfast-with-alison-curtis/dr-mary-okane-chats-childrens-wellbeing-covid-19?fbclid=IwAR2zBrB1S8-LSowlJDddYs_3aXPZJPQirhEdE4vKMYmXMEvcUDIBE-9s5lw)

### **How to Maintain a Happy Family Life during COVID-19:**

<https://www.facebook.com/WestmeathLibrary/videos/287836672233467/UzpfSTUwNzA2OTQ4NjEzMTY3OToxNTIxMTY0OTE4MDU1NDU5/>

### **Children and Worrying during COVID-19:**

<https://www.facebook.com/KildareCountyLibraryService/videos/234706941205214/UzpfSTUwNzA2OTQ4NjEzMTY3OToxNTEyMDE0ODkyMzAzNzk1/>

### **Transition to Secondary School**

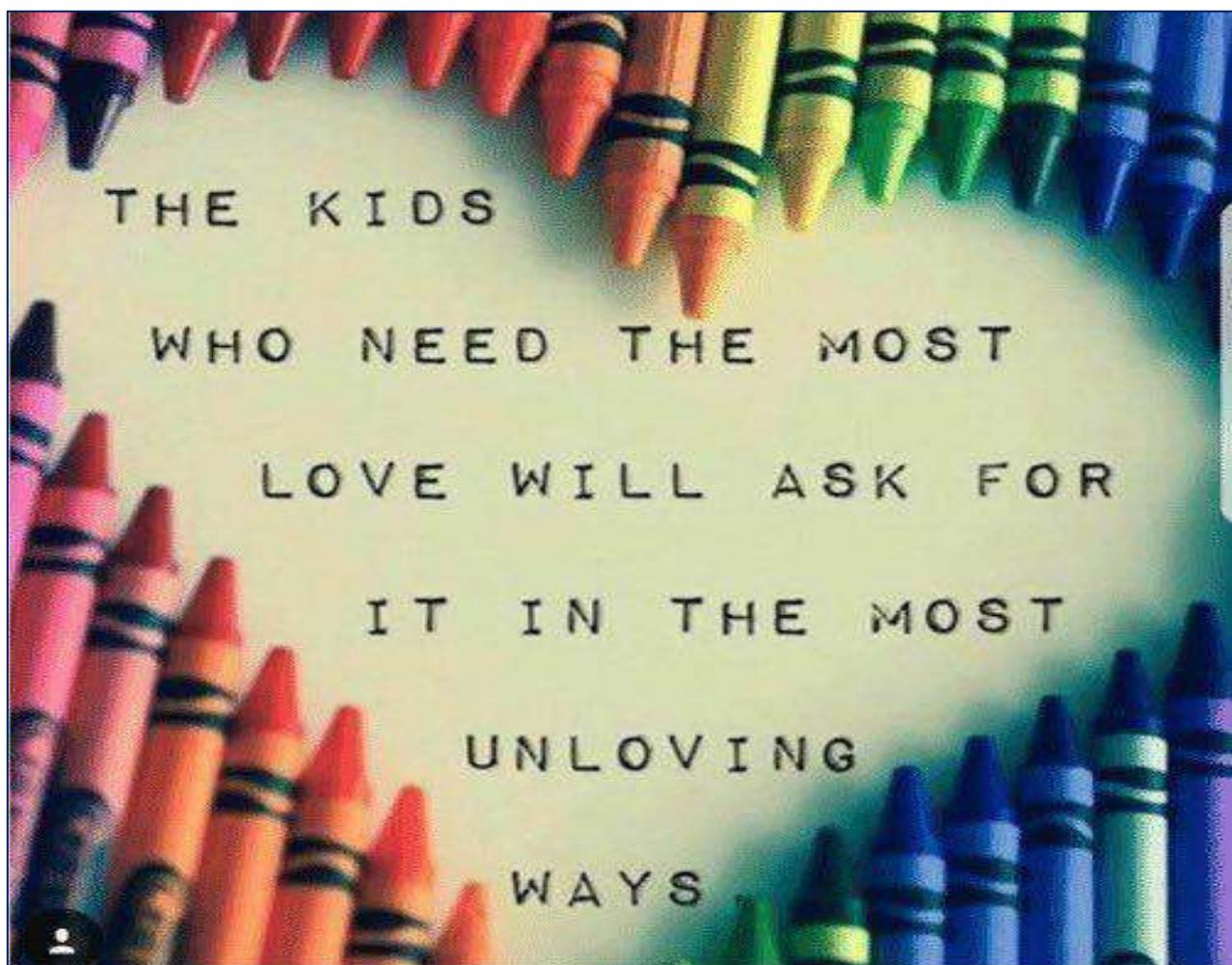
Have you a child due to start Secondary School in September? Here is a video made for Kildare County Library Service with some tips for parents on how we can support them in this transition.

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

### **How to Support Children Struggling with Lockdown**

[https://www.facebook.com/MOKEarlyYears/posts/1539129412925676?\\_tn\\_=K-R](https://www.facebook.com/MOKEarlyYears/posts/1539129412925676?_tn_=K-R)

# Managing Challenging Behaviour



Children of all ages crave structure, routines and boundaries (whether they like to admit it or not). Structure, routines and boundaries create a sense of security and safety for children. When these are absent, it can result in a sense of fear and add to feelings of anxiety. This applies to children of all developmental ages and stages. A normal reaction for children is to 'act out' and purposefully test the boundaries.

As a parent, it can be very difficult to separate the child from the behaviour. However, given these unprecedented and challenging times we must tap into our ability to take on a child's perspective and really see the root cause of the behaviour. Remember it is not always a personal attack on you as a parent but quite often children's common reaction to the stressors in their environment.

In some situations, children will engage in a 'fight or flight response'. This is a psychological response to overwhelming stress particularly in young children. Quite often, this results in temper tantrums and behaviours that may seem out of character for your child.

If you are finding your child/children's behaviours difficult to manage you can download The Changing Lives App. The Changing Lives Initiative works to create a better understanding about ADHD and provides an early intervention parent programme for families with children (aged 3-7 years) experiencing behaviours consistent with ADHD.

Although specifically tailored for behaviours consistent with ADHD the programme promotes universal behaviour management strategies that all parent can apply within the home environment. The App is an invaluable tool to have during these challenging times.



### Check out these videos from The Genesis Programme to Help with Managing Challenging Behaviour

#### For Parents:

Ignore the Behaviour Not the Child <https://youtu.be/NsVvBOuBb7A>

Rewards & Incentives [https://youtu.be/05nDP\\_OSDBI](https://youtu.be/05nDP_OSDBI)

Managing Feelings & Emotions <https://youtu.be/K0tNd4tnS74>

#### For Children:

Wally Practices the Ignore Strategy <https://youtu.be/tld2tmASvEo>

## More Help & Information – Managing Challenging Behaviour

### The Changing Lives Initiative App

<https://changinglivesinitiative.com/>

### Zero to Three

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

### National Children's Network

<https://www.ncn.ie/index.php/2-ncn/122-behaviour-management>

### Advice from the Expert: Dan Siegel

<https://www.thechaosandtheclutter.com/archives/helping-child-fight-flight-freeze-mode>

## The Changing Lives Initiative: An Innovative App on ADHD to Support Families

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 to help them understand ADHD and how they can support children who have issues with inattention, hyperactivity or impulsivity.

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

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...**

**changinglivesinitiative.com**

## Building Resilience and Keeping Children Mindful



Children are never too young to start practicing mindfulness. There is extensive 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.



Check out this video from The Genesis Programme for Children with help on Calming their Mind and Body  
<https://youtu.be/8FWHzFe-OgA>

# More Help & Information - Building Resilience and Keeping Children Mindful

## Head Space

[www.headspace.com](http://www.headspace.com)

## Let's Meditate App

[https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en\\_IE](https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_IE)

## Positive Psychology Keeping Children Mindful

[Positivepsychology.com](http://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.mindulkidsireland.com](http://www.mindulkidsireland.com)

## 7 Cups – Anxiety and Stress Chat

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

## Catch It

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

## Child Trends - Supporting Children's Emotional Wellbeing

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

## Building Resilience

<https://mentallyhealthyschools.org.uk/media/2042/resilience-game.pdf>

<https://mentallyhealthyschools.org.uk/media/2046/resilience-ladder.pdf>

<https://mentallyhealthyschools.org.uk/media/2037/tools-for-managing-emotions.pdf>



**MAKING GREAT  
FAMILY MEMORIES**

THE  
**SUMMER**  
FACTOR

**WHATSAPP VIDEO/PHOTOGRAPHS OF YOUR FAMILY  
MAKING GREAT FAMILY MEMORIES TO 087 - 218 6864**

**BE IN WITH A CHANCE OF WINNING 10 X €50 VOUCHERS**

FULL INFORMATION BELOW

The Genesis Programme are challenging YOUR family to make and share great family memories with The Summer Factor. Whatever it is that your family enjoy doing, share it with us and be in with a chance to win a €50 voucher.



You know what your family likes to do but here are some ideas: Family Games or Challenges, Family Meals, BBQs, Art Work, Sports, Fun Days Out, Visiting Favourite Places, Walks, Cooking, Baking - no activity too big or too small as they say!

Get out-and-about or simply head to the kitchen table. It doesn't matter. We will post all entries on our Facebook page and we will make one big compilation video later in the summer of Great Family Memories 2020.

All entries received will go into a draw for one of 10 prizes that will be live on our Facebook page shortly after the closing date.

*Please adhere to all current Public Health guidelines or your entry will be invalid.*

*Disclosure: By submitting your video/photographs to the aforementioned WhatsApp number, you agree to The Genesis Programme sharing this content on their social media platforms and may be shared on third party pages.*

**To have your family activity included, send us a video (2 minutes or less) or up to 6 photographs via WhatsApp to 087- 218 6864 by 14<sup>th</sup> August.**

**Please include your family name and some basic info (the activity, names of those involved, place names etc.)**

## Contact Information



Telephone  
**041 – 984 3333**



Email  
**[hugh.doogan@cllp.ie](mailto:hugh.doogan@cllp.ie)**



Through either of our Facebook Pages  
**The Genesis Programme or Changing Lives Initiative**



Twitter  
**@genesislouth**

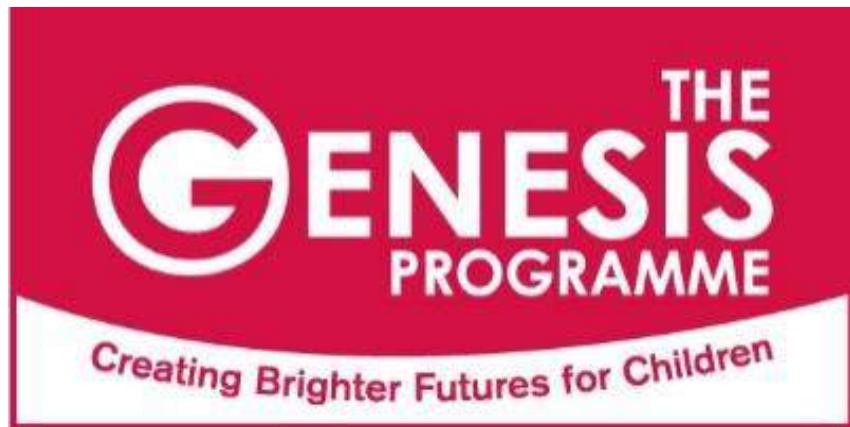


YouTube  
**The Genesis Programme's YouTube Channel**



Instagram  
**The Genesis Programme**

## Notes



The Genesis Programme is a consortium comprising early learning and care centres, primary schools, community groups and statutory agencies. Louth Leader Partnership is the lead agency.

It delivers the Area Based Childhood (ABC) Programme in Co Louth and The Changing Lives Initiative across Co Louth and other neighbouring border counties.

The ABC Programme is funded by the Department of Children, Disability, Equality and Integration and aligned with Tusla through Prevention, Partnership and Family Support



The Changing Lives Initiative is supported by the European Union's INTERREG VA Programme, a programme managed by the Special EU Programmes Body (SEUPB)

