

RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



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DISABILITY

RESOURCES & ACTIVITIES



**NEW
Resources &
Activities**

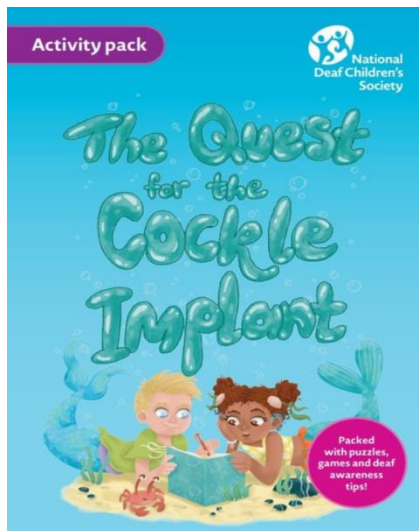
- Supporting Children With Additional Needs Through Play
- The Quest for the Cockle Implant: Activity Pack
- Autism NI Activity Boards
- ParentLine NI Podcast - Autism: The Facts and More Part 2
- Tips for Coping With Difficult Behaviour of Disabled Siblings
- Siblings of Disabled Children – Common Issues
- 5 Ways to Help Disabled Children Concentrate



Supporting Children With Additional Needs Through Play

Play is incredibly valuable for all children, allowing them to use their creativity while developing their imagination, dexterity and physical, cognitive and emotional strength.

Children's needs vary and play activities can be adapted by those who know the child best to meet individual abilities, likes and dislikes. Check out PlayBoard NI's publication, 'Supporting children with additional needs through play' for some play ideas to try at home - <https://bit.ly/3BBu7r1>



The Quest for the Cockle Implant: Activity Pack

Join Coral and Angel as they go on an adventure to find Angel's missing cockle implant. Download for FREE from National Deaf Children's Society website -

<https://www.ndcs.org.uk/media/6926/the-quest-for-the-cockle-implant-activity-pack-colour.pdf>

Bored Board



Printable visual boards from Autism NI to help plan and fill your day with activities - <https://www.autismni.org/using-structure>



Part two of Parentline NI's Autism: The Facts and More Podcast. Rebecca from Eden Consultancy shares more amazing insights from her experiences and chats to Kerry McLean about how to navigate neurodiversity and it's joys and challenges.

<https://tinyurl.com/5xdr8uye>

Tips for Coping With Difficult Behaviour of Disabled Siblings - Advice from Sibs for young siblings aged 7+ on how to cope with the challenging behaviour of their disabled brother or sister.

<https://sibs.org.uk/youngsibs/info>



SIBLINGS OF DISABLED CHILDREN:

Common issues (and some suggested responses)

Limited attention from parents

- Dedicate certain times to spend with siblings (e.g. bedtime, cinema once a month)
- Find activities that the family can enjoy together, but also other activities to enjoy separately so each child has something special
- Every so often, put the needs of siblings first and let them choose what to do

Worry about bringing friends home

- Talk with your child about how they might explain their sibling's disability to a friend
- Encourage (but don't expect) siblings to include the disabled child in their play or activities
- Let them retreat to their bedroom (and when they're older, consider allowing a door lock)

Guilt about being angry with disabled sibling

- Acknowledge their negative feelings and make it clear that it's all right to be angry sometimes – strong feelings are part of any close relationship
- Share some of your own mixed feelings at times
- Consider that siblings may want to talk to someone outside the family

Embarrassment about disabled sibling in public

- Try to find social situations where the disabled child is accepted
- If old enough, let your children split up for a while when you are out together
- Realise that the behaviour of non-disabled family members can cause embarrassment sometimes





Resource Library

Mae Murray Foundation's Resource Library is a free resource for all members. You may want to borrow equipment for a range of reasons:

- To trial expensive equipment that you are considering purchasing to ensure it is right for you.
- To borrow equipment for a specific need, for example, to help you with travel on a holiday.
- To get active and enjoy outdoor spaces.
- To have more opportunities to play and learn new skills.

Further Information

Become a member of Mae Murray Foundation - it's free!



[Read Report](#)

FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.



Call us for more info 028 3083 5764

bolstercommunity.org

**BOLSTER
COMMUNITY**

In partnership with:



**Southern Health
and Social Care Trust**

www.bolstercommunity.org

Practical and emotional support for families in Northern Ireland raising a child or young person with additional needs

Autonomie

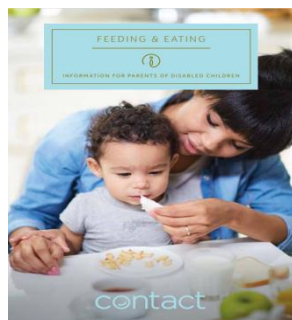
Family Voice Hub

- Workshops
- Local Outreach
- Signposting/Referrals
- Parents Wellbeing and Support
- Siblings Wellbeing and Support
- Support with practical issues (Benefits, housing, accessibility)
- Educational Advice (Including pre and post school age)
- Support Hub (Both Face to Face and Virtual)
- Advice and Guidance
- Drop In Centre
- Emotional Support
- Legal Advice
- Counselling

COMMUNITY FUND

www.autonomie.org.uk
 Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421
Find out more!
 Email: sharon.autonomie@gmail.com Tel: 078 7251 9900

Further Info



Helpful guide on how to understand and manage a disabled child's eating difficulties

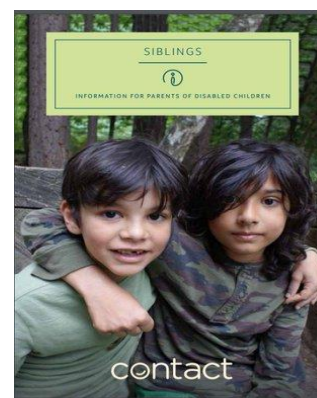
<http://contact.org.uk/feeding-guide>



Preparing Your Young Person with a Disability for Adult Life

The transition to adulthood can be a stressful time for SEND parents. Changes in education, new benefits, adult social care, independent living, employment, relationships... there's suddenly so much to think about! Get ready for adult life with help from Contact -

<https://contact.org.uk/help-for-families/information-advice-services/preparing-for-adult-life/>



SIBLINGS Guide – all about supporting the brothers and sisters of children who have a disability or long-term illness.

[Download Here](#)



The Special Education Needs Early Years Inclusion Service (SEN EYIS) provides support to parents of children with special educational needs. Further information on the service and resources which you may find useful - [view and download here.](#)

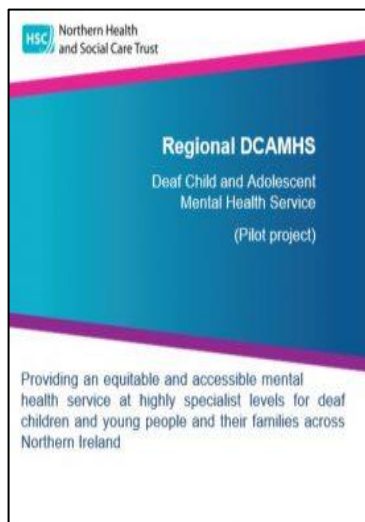


[Special Educational Needs \(SEN\) Resources](#)



Website for Deaf Young People
The Buzz gives deaf children and young people a safe and positive online space of their own.

<https://buzz.org.uk>



The NI Deaf CAMHS service is now open to deaf children and young people anywhere in NI.

The service supports children with all levels of hearing loss/deafness and all communication methods including BSL.

[Further info](#)

R N I B

See differently

Need to Talk Project

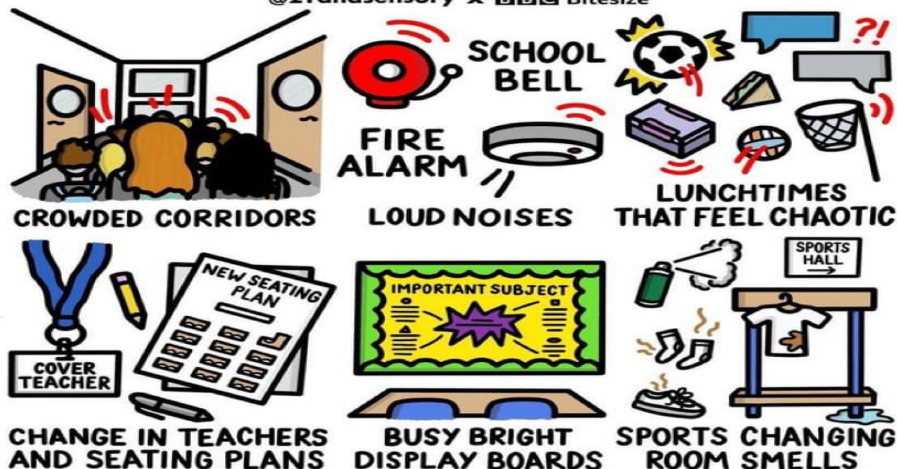
Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services/rnib-northern-ireland/need-to-talk>

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THINGS THAT CAN BE HARD FOR AUTISTIC / SENSORY PEOPLE AT SCHOOL

@21andsensory x BBC Bitesize



NHSCT Paediatric ASD Service has launched a Range of resources from NHSCT Paediatric ASD Service to support parents & carers of young people with autism. Including Podcasts, videos and online training content, providing advice and strategies <https://crowd.in/rmTLkq>



Walk in My Shoes

10-minute animation about Erin, an autistic girl who reflects on her intense and often overwhelming experiences as a 14-year-old in school. <https://youtu.be/KSKvazfTLv8>



These resources are aimed at schools, but anyone can use them to learn more about Autism! 😊

Sign up to download them here: <http://bit.ly/3IoNCCJ>

MENTAL HEALTH RESOURCES & ACTIVITIES

NEW
Resources &
Activities

- Self Love Jar
- Sammy's Shoes – Bully Resource
- Social Media Self Care Tip
- How to Use Music for Stress Relief
- But What If.....
- Breathing Exercises for Anxiety
- Increase These in the Brain & See a Happier Child
- BBC Children in Need – Mental Health & Wellbeing Resource Hub
- Supporting Your Child Mental Health Around Social Media
- Mindful Monday's – Reminders for Summer
- Breathing Exercise
- Stop Saying Sorry For



TODAY,
I AM
LETTING GO
OF ANYTHING
I CANNOT
CHANGE

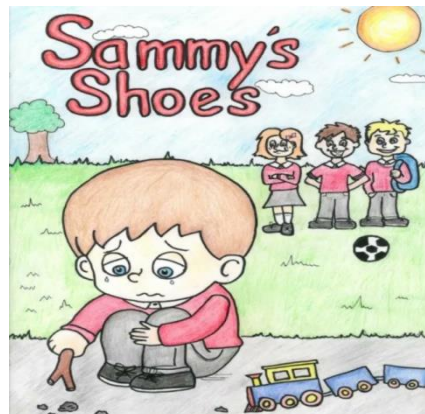
@PARISSETSONET



SELF-LOVE JAR



Add your
favorite
attributes



Sammy's Shoes asks questions about bullying behaviour and puts children in the shoes of someone who is being bullied – [Read Here](#)

Self-Care Tip

While social media can be completely awesome, it's also important to unplug every now and then.



BlessingManifesting

Tips if you're feeling overwhelmed

shout
85258

- What are 5 things you can see?**
Look for small details such as patterns, objects you've never noticed, or the way light bounces off surfaces.
- What are 4 things you can feel?**
Notice how your clothes feel on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture and other physical qualities.
- What are 3 things you can hear?**
Listen to the sounds your mind has tuned out, such as a ticking clock, trees blowing in the wind or distant traffic.
- What are 2 things you can smell?**
These could be smells in the air around you, or you could look for something that has a scent, such as a flower or a candle.
- What is 1 thing you can taste?**
Pop some chewing gum or a snack in your mouth and focus your attention closely on the flavours and textures.



How to use music for Stress Relief



While cooking
or eating

Before going
to bed

While getting
ready for your
day

When online
shopping

During a
commute

but what if...



nothing bad
happens



your hard
work pays off



you enjoy
yourself



you do well
and succeed



you prove your
worries wrong



everything
works out

@worrywellbeing

ALT

Breathing Exercises FOR ANXIETY

BELLY BREATHING

- Put one hand on your upper chest and the other under your ribcage
- Slowly breathe in through the nose (Stomach pushes upward, chest is still)
- Exhale through pursed lips (Stomach falls down, chest is still)

4-7-8 BREATHING

- inhale through the nose, counting to 4
- hold your breathe, counting to 7
- exhale through the mouth, counting to 8



VISUALIZED BREATHING

- each inhale, picture yourself breathing in more relaxation
- each exhale, picture yourself getting rid of more tension

@JUSTGIRLPROJECT



INCREASE THESE IN THE BRAIN & SEE A HAPPIER CHILD

DOPAMINE

"REWARD & MOTIVATION"

- Eating good food
- Celebrating successes
- Watching a family movie
- Playing outdoors
- Trying something new



GABA

"ANTI-ANXIETY"

- Rough and tumble play
- Riding a bike or running
- Jumping, swimming
- Yoga
- Mindfulness/Meditation



OXYTOCIN

"ATTACHMENT & BONDING"

- Hugging
- Kissing
- Eye contact
- Eating a meal together
- Massage



SEROTONIN

"MOOD & SLEEP STABILIZER"

- Exercise
- Time in the sun
- Nature
- A good sleep schedule
- Meditating



BBC Children in Need – Mental Health & Wellbeing Resource Hub

Collection of handy resources and further support on mental health and wellbeing from BBC Children in Need, including fun wellbeing activities, top tips, support and more – <https://www.bbcchildreninneed.co.uk/changing-lives/mental-health/mental-health-wellbeing-resource-hub/>

Supporting your child's mental health around social media
tips from Leanne Maskell

shout
85258
here for you 24/7



Ask about their experiences on social media



Have screen free meal times



Be mindful of your own social media use



Put phones away at night



Signpost to more support



Do an IRL hobby together

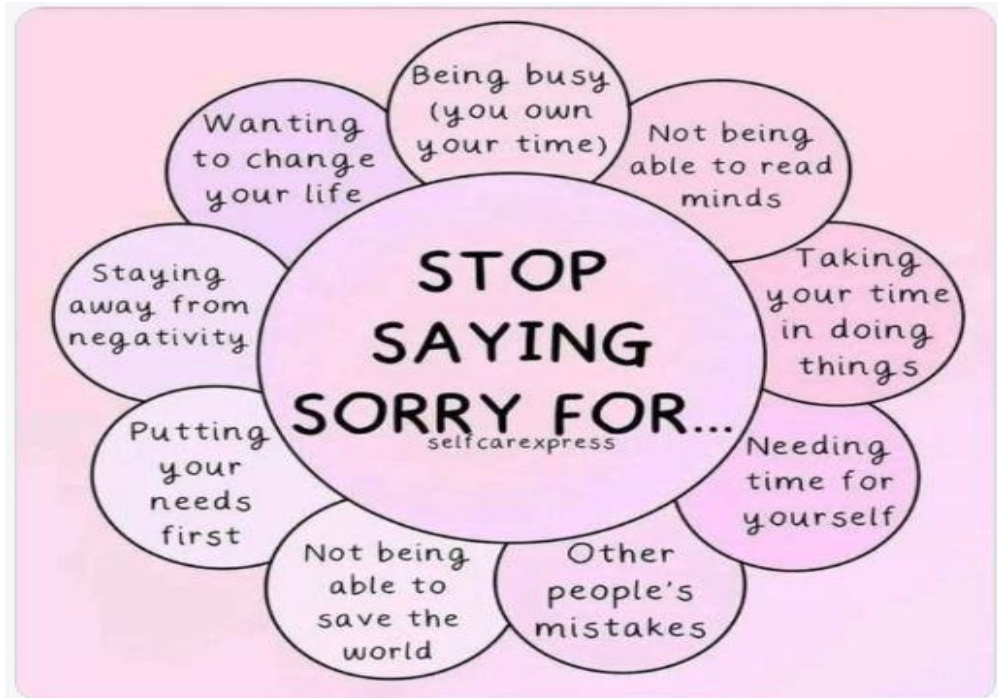
MINDFUL MONDAY

Reminders for Summer

You are so much more than a body. Your weight, your size and your shape is not an indicator of who you are as a person.

- Every body is a good body and deserves respect.
- Even if we all ate the same and moved the same, bodies would all be different shapes and sizes.

- Wear clothes that feel good for your body now. Clothes are made to fit us, we are not meant to change our bodies to fit into clothes.
- Your body is an instrument, not an ornament and it is working hard to support you every day.





[Free Children's Apps to Help Manage Anxiety](#)



[A selection of mental health and wellbeing resources](#)

"Nothing's working," said Rabbit.
 "Have you tried unplugging?" asked Bear.
 "I don't plug in anywhere," said Rabbit.
 "Yes you do," said Bear. "You're plugged into the world around you."
 "Oh," said Rabbit, giving this some thought.
 "How do I unplug then?"
 "Close your eyes, let your muscles relax and listen only to the sound of yourself breathing in and out," said Bear.
 "After a while, when you feel ready, plug back in, and try again."



MINDFUL WAYS TO GET OUT OF YOUR HEAD



Get lost in a fictional world of your favourite book



Listen to a mood playlist



Do something creative

Step outside and notice nature



Write down some gratitude of little things that you can appreciate right now



Seek out what makes you laugh



LATE NIGHT REMINDERS

FOR WHEN YOUR BRAIN IS BEING MEAN TO YOU



you are deserving of love



everyone doesn't hate you



you are capable of so much



what you're seeking will come to you



what others did to you isn't your fault



you aren't a failure

ALT

@GMF.DESIGNS

THE STRESS RELIEF GIRAFFE



Why you should take deep **BREATHS**



Helps you to solve problems & find solutions



Decreases stress & anxiety



Improves memory, focus & concentration



Helps you to feel more calm & relaxed



Decreases blood pressure



Improves self-control

MINDFUL THROUGH LIFE



South West Grid for Learning – Digital Wellbeing Resource

To assist professionals, parents and carers in supporting children's wellbeing online. It looks at the impact of exposure to abuse or online harm on a child's digital wellbeing and provides information on the role of digital technologies in relation to welfare.

Access the resources: [Digital wellbeing](#)



Acts of Kindness

Ideas for Preschoolers by NaturalBeachLiving.com

Let a sibling go first 1	say something nice to someone 2	Decorate Kindness Rocks 3	share 4	Play with someone new 5
Pick up trash without being asked 6	Say sorry if you do something wrong 7	smile at someone 8	Put a dollar on a vending machine 9	HOLD THE DOOR FOR SOMEONE 10
Make a care package 11	Say "good job" 12	Give someone a flower 13	Say hi to someone 14	Volunteer 15
Write a nice letter 16	Give a hug 17	Color a picture for someone 18	Say "Thank you" 19	Make a handmade gift 20
Leave a thank you note 21	Clean up without being asked 22	GIVE A COMPLIMENT 23	Let someone else go first 24	Say "I love you" 25



Explore the many resources, tips and advice on www.mindingyourhead.info. Find ways to include 5 Steps to Wellbeing into your daily life.

Some ways to Take 5 Steps to Wellbeing to help alleviate loneliness.



Whether online with friends or family, or face-to-face for a coffee or a walk - try to make it a regular occurrence to connect with others.



Volunteer for a local group to meet like-minded people and feel good about giving back.



Reading or listening to an audio book can alleviate loneliness. Try a new hobby e.g. crafting, knitting, making jewellery, painting or photography - you might even start to earn some extra money from your hobby!



Take notice of how you are feeling, practice self-care. Many of us experience feelings of loneliness in our lives. Take notice of others too, do they appear lonely? Helping others to connect makes us feel better.



Join a club e.g. fishing, walking, running, gardening. It can be good for our physical health as well as a chance to meet new people.

#LonelinessAwarenessWeek



REMINDERS FOR HARD DAYS

WHOLEhearted
SCHOOL EDUCATION

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. *^*
10. Focus on the things you can control. *Let go of the rest.* *This is easier said than done.*



Podcast for those spotting preoccupation with food or exercise or are concerned that a loved one may have an eating disorder.

Spotify: <https://crowd.in/gxo0s8> Apple: <https://crowd.in/jfm2Js>
Google: <https://crowd.in/YOGBT9>

childline

ONLINE, ON THE PHONE, ANYTIME

'We All Feel It Campaign'
Supporting young males to reach out for support.

[Further Info](#)
[Watch Video](#)

SELF-CARE MENU

- | | | |
|--|-------------------------------------|---------|
| | take a few deep breaths | 5 MINS |
| | stretch your body | 5 MINS |
| | listen to your favourite song | 5 MINS |
| | meditate on your purpose | 15 MINS |
| | read a chapter of a book | 15 MINS |
| | journal out your thoughts | 15 MINS |
| | take a walk outside | 30 MINS |
| | get crafty | 30 MINS |
| | cook a new recipe | 30 MINS |

@thefabstory

Eating disorders. Know the first signs?



If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips

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Tips, advice, videos and podcasts all in one place



WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



www.cypsp.hscni.net/youth-wellness-web



Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057

Or visit www.chathealth.nhs.uk to start a chat



A short film to support young teens who feel unsure about when to ask for help, how to ask for it, and what help is available. Check it out:

<https://www.bbc.co.uk/bitesize/articles/z8n7qfr>



[Download Here](#)



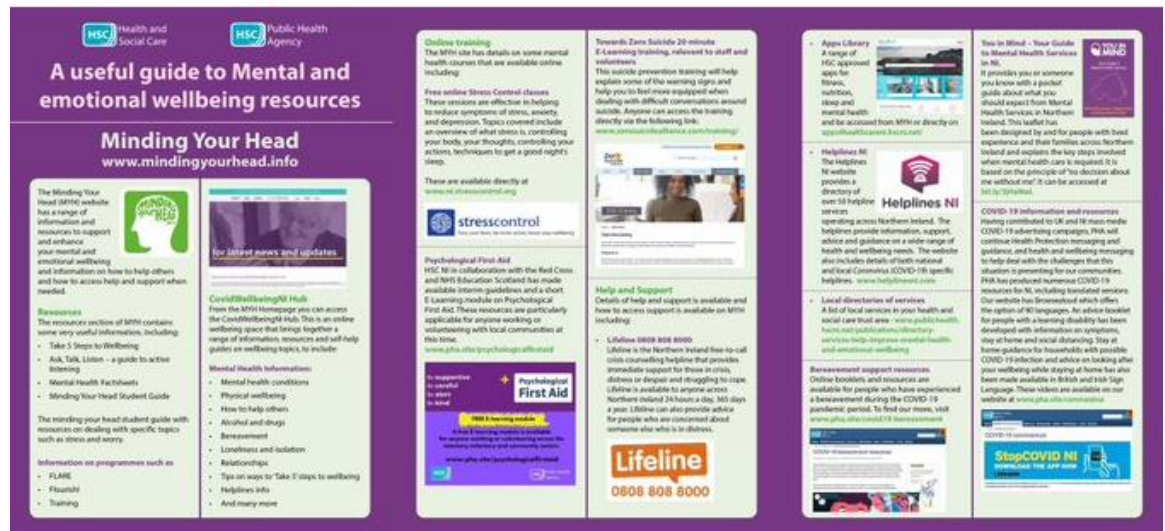
Looking After Your Mental Health When Your Parents Separate

"This really took its toll on my mental health and made me rethink who I was as a person and who in my life I could trust to stick around." Ffion shares how she felt after her parents separated:

<https://www.youngminds.org.uk/young-person/blog/looking-after-my-mental-health-when-my-parents-separated/>



[Download](#)



[Download](#)

SIGNS OF BURNOUT

@BLESS+THEMESSY

- HEADACHES
- FEELING NEGATIVE OR OVERLY CRITICAL
- UNEXPLAINED EXHAUSTION
- IRRITABLE
- BECOMING PHYSICALLY ILL
- INSOMNIA, CHANGE IN SLEEP PATTERNS
- ENDLESS ANXIETY
- FEELING INADEQUATE &/OR HOPELESS
- NEGLECT SELF CARE
- FEELING NUMB OR APATHETIC ABOUT LIFE

ALT

SIGNS YOUR MENTAL HEALTH IS GETTING BETTER

- You accept that bad days won't last forever.
- You find more reasons to be happy and grateful.
- You are proud for surviving bad days.
- You listen to your body needs.
- You trust the world again.
- You start to embrace your past and let go.
- You believe in yourself again.
- Your energy levels improve.

Innsightful
@innsightful_



Mental Health

CYPSP Youth Wellness
Web – Mental Health
Resources

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)

BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.



Advice from Safer Schools NI on how to talk to the young people in your care about suicide!

<https://bit.ly/3qnyFvA>

**BBC
Teach**

What's Up With Everyone? is a new collection of short animated videos from BBC Teach, developed to encourage young people to become more aware of their mental wellbeing - [Watch Video's Here](#)



Advice and activities to support children and parents with their mental health and emotional wellbeing.

<https://parents.actionforchildren.org.uk/mental-health-wellbeing>

**action
mental
health**

[Resources for children & young people aged 8-25yrs and those who care for them](#)

8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists



You are safe with me



It's ok to feel nervous, I do too sometimes



Let's go for a walk



Let's draw the worry, how big is it?



Let's talk back to this worry



I am here for you



Let's sit together until the thought passes



Let's take a few deep breaths together

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings. "I am angry." "I am sad."

Encourage journaling and diaries.

Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Thought about how some of the things your child sees on social media make them feel inside?

#kidsonline2021



www.getsafeonline.org/kids-be-true

Don't underestimate the part social media plays in your child's life, or how it can make them feel and behave <http://www.getsafeonline.org/kids-be-true>



Advice on Panic Attacks

Panic attacks can feel scary and overwhelming. But if you experience them, you are not alone and you can get through it. Here's some information and advice that can help you.

<https://www.youngminds.org.uk/young-person/my-feelings/panic-attacks/>



CYPSP Youth Wellness Web – Bullying Resources

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)

BBC

How to recognise bullying and empower your children to deal with it

RECOGNISE: MOOD CHANGES 🤔

Children's moods change quite a lot and it's normal to have down days. However, you may notice certain changes in your child which could cause you to worry.

RECOGNISE: EXCUSES 🗨️

When a child constantly tells you that they want to stay at home. They may start to make excuses like saying they feel sick everyday, or saying that they haven't done their homework or revision for a test.

EMPOWER: CREATE A SAFE SPACE 💖

Bullying can have detrimental effects on your child's mental health and cause things like anxiety or even depression. Having a supportive environment at home is essential. If they feel that acceptance at home, the bullying may feel less debilitating.

EMPOWER: SUPPORT THEM 🤝

Help your child see value in who they are and what they have to offer. Talk to them about what they love about themselves. Is it that they are kind, that they are helpful, or funny?



Worried about bullying?

Find out what steps you can take to get the bullying to stop ... <http://ht.ly/wAVQ30shgB6>



10 signs of bullying and key advice

<https://bit.ly/2H4mrUe>

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BEREAVEMENT RESOURCES

A yellow starburst graphic with a red outline, containing the text 'NEW Resources' in red.

**NEW
Resources**

- I'm Having Trouble When Grieving
- 'I Will Always Love You' - Children's Book About Death & Grieving
- Books to Read When You Are Grieving
- Ways to Remember and Celebrate Someone's Life

"I'm having trouble sleeping when grieving"

Cruse Bereavement Support

Is this normal?	What can help?
<p>Yes, you might:</p> <ul style="list-style-type: none">  Be frightened to go to sleep because of bad nightmares.  Find it difficult to get to sleep because your mind is racing.  Dream that the person who died is still alive and find waking up very painful. 	<ul style="list-style-type: none">  Slowly get back into a night-time routine.  Exercise can be helpful to tire your body out.  Try listening to relaxing music or sleep podcasts.  Try not to get into bed until you feel really ready to sleep.



'I Will Always Love You' Children's Book About Death & Grieving

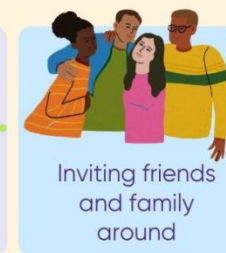
[Watch Video Here](#)



[Books to Read When You Are Grieving](#)

Ways to remember and celebrate someone's life

Cruse Bereavement Support





Supporting Communities Following Sudden Death

New online platform launched to help support communities following a sudden death.

Comkit is supported by PHA developed with Urban Scale Interventions in partnership with Families' Voices Forum and other stakeholders.

Visit <http://Comkit.info>

What to put in a memory box

Cruse
Bereavement
Support



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received

Memory Box
Creating a memory box can be a lovely way to remember a loved one who has died.
By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.

Supporting children bereaved by suicide

Cruse
Bereavement
Support



It's common for a child or young person to feel intense anger towards the person who has died. Reassure them that you'll be available if they need to talk about their feelings.

Emotions



They may ask "what if?" and "if only?" to try and understand what caused the person close to them to take their own life. Don't dismiss them, instead reassure them.

Questions



They could feel excluded from school life. Therefore, it's essential that they are not burdened with the opinions of others. Negative stigmas are unhelpful and damaging.

Stigma

How to Support a Bereaved Person



#GriefAwarenessDay

1

Talk and listen.
Let them know you are thinking about them

2

Find out if they need more support. Let them know where it's available

3

Remember important dates.
Anniversaries and birthdays can be particularly painful

4

Offer practical help.
Try to make specific suggestions

5

Understand that grief doesn't ever go away. There will be times which are difficult years later

6

Be understanding of their needs. These will change from day to day, but do continue to check in



The Cruse Bereavement Care NI 'Somewhere For Us' project has been created to bring young people together in NI after the death of a loved one. The project aims to form connections and lasting communities between those who have been bereaved through our Youth Advisory Group (YAG).

Has someone you love died? Are you between the ages of 12-24 years old living within Northern Ireland (NI)? Do you want to become part of a community of other young people who just 'get it'?

For more info visit:

www.hopeagain.org.uk/somewhere-for-us-project

Talking to children about Grief & Loss



Assess your child's understanding

Your conversation with your child should be age appropriate as your child may not have any understanding of what happens when somebody dies. Try asking questions like "do you know why mummy/daddy is sad today?" or "do you know what it means when someone dies?"

Try not to use euphemisms

We can commonly use euphemisms to replace words or phrases that we think will be uncomfortable for others, but for children they can sometime confuse their understanding. Younger children will tend to think very literally. For example, "They've gone to a better place" may mean the child think the person has went somewhere great and could come back. (This might also be dependent on families' religious beliefs)

Validate their emotions

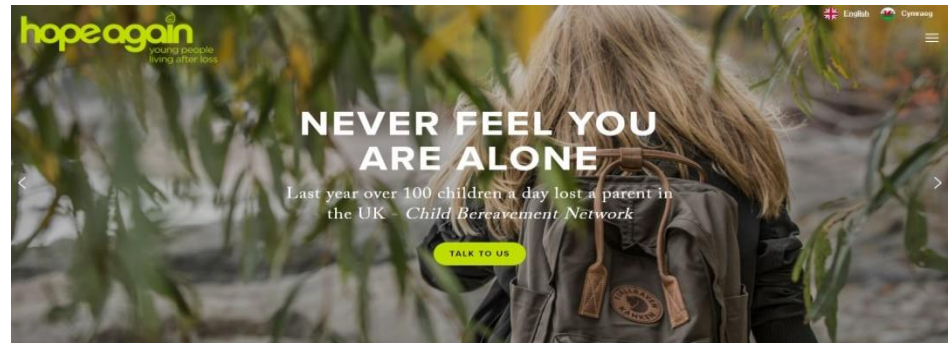
Remember that a wide range of emotions is normal with grief, so don't be surprised if the child seems to show little emotion or if they show an emotion like anger, worry, or fear. Acknowledge their emotions and let them know it is natural to experience lots of different emotions and this will encourage them to express themselves.



Be honest and straightforward

As parents we want to protect our children, but there is a range of research which shows that it is much better to tell children things than to keep them in the dark.

What you say will depend on your situation, but try to match the child's developmental level. Don't feel as though you have to tell them everything and try not to give more information than they can handle. With very young children stick to the basics - "this person has died and it's very sad". Between the ages of 7-12 you may find the child understands more about death and you could explain a little bit more. Give short, true answers and then see if the child follows up with any questions. Let the child lead the conversation with those questions, that way we don't provide too much information which might be overwhelming.



<https://www.hopeagain.org.uk/>

What are the signs of complicated grief in children?

Cruise
Bereavement
Support

Difficulty accepting the death happened

Uneasiness about moving on with life

Not wanting to spend time with loved ones

Negative views of the future

Feeling hopeless

Difficulty trusting others



Talking to a child about the death of a grandparent





Use clear language and avoid saying things like 'gone to sleep' or 'passed away'



Be honest with children about how you're feeling



Allow them space to talk about how they're feeling and about death in general

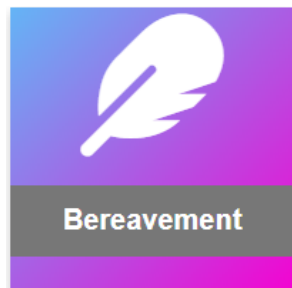


Let them ask questions and talk about the person who has died

For many children and young people, a grandparent dying will be their first experience of death and may come as a shock.

Guidance from Cruse Bereavement Support on how you can talk to them and show support:

<https://cruse.org.uk/understanding-grief/grief-experiences/children-young-people/speaking-to-a-child-about-the-death-of-a-grandparent/...>



**CYPSP Youth Wellness Web
– Bereavement Resources**

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)



Resource pack from Cruse Bereavement NI filled with tools and guidance to help support bereaved children and young people to move forward on their grief journey.

[Download Resource Pack](#)



**Believe in
children
Barnardo's**



Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here's seven things our experts say you need to know about grief and loss.

[7 things you need to know about grief | Barnardo's \(barnardos.org.uk\)](#)

EDUCATIONAL RESOURCES & ACTIVITIES



**NEW
Resources &
Activities**

- Wellbeing & Support Guide: Results Day 2022
- Preparing for Exam Results Day
- Lost A-Level Online Results Pin?
- Shout - Tips for Results Stress
- NI Direct Carers Service
- ParentLine NI – 6 Steps on How to Support Your Child on Results Day
- Parenting NI - Tips for Coping With Exam Results Stress
- CCEA GCSE/GCE FAQ's
- NI Direct – Exam Results & Helping Young People



[Download Guide](#)

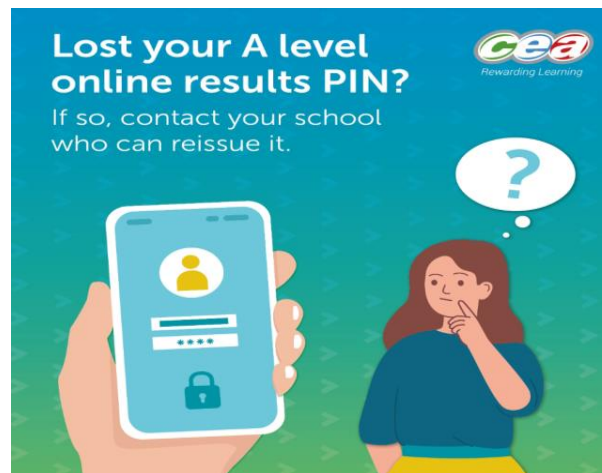


Exams results day, and the lead-up to it, can be a stressful and worrying time.

Place2Be's new resources are full of practical advice to support young people, schools and families prepare for results day in August.

Download for free - <https://www.place2be.org.uk/exams>

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Tips for results stress

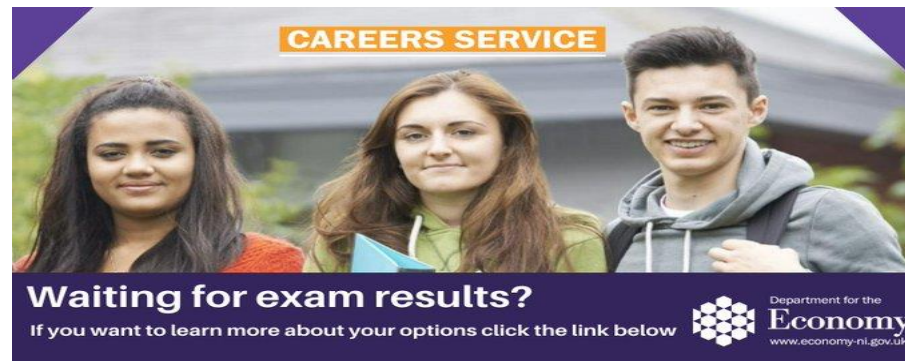
Take some long, deep breaths.

Distract yourself: go for a walk, draw, write, read a book.

Remember your strengths. Grades don't define you.

Know all your options. Planning can help you feel more in control.

shout
85258



If you are waiting on your A Level, AS or GCSE results coming out this month and are uncertain of all your options, check out the information available from the Careers Service on NI Direct:

<http://nidirect.gov.uk/campaigns/results>



We are here Monday-Thursday 9am-9pm, Friday 9-5pm and Saturday 9am-1pm.

Tips for coping with exam results stress

Parenting NI

Get a good night's sleep

If you are well rested emotions are less likely to boil over due to tiredness



Be prepared for 'Plan B'

If the results don't go the way you're hoping for or aren't what you expected, encourage your young person to think about other options

Take your time



Encourage your child not to make decisions too quickly. Sit with them and discuss what they want to do next, weigh up the options

Remember to reassure

Try to promote the positives regardless of the results. Your young person will probably worry about letting you down so reassure them that they won't be letting anyone down and that you will be there for them to work through the next steps



Keep calm and don't panic

If they don't get the results they would have liked encourage them to take deep breaths & relax. It will be easier to process everything & think through their next steps



Have you got questions about GCSE and GCE results in Northern Ireland?

@CCEA info have put together a series of FAQs to help you support your child:
<https://ccea.org.uk/summer-2022/frequently-asked-questions>

Exam results and helping young people

nidirect.gov.uk



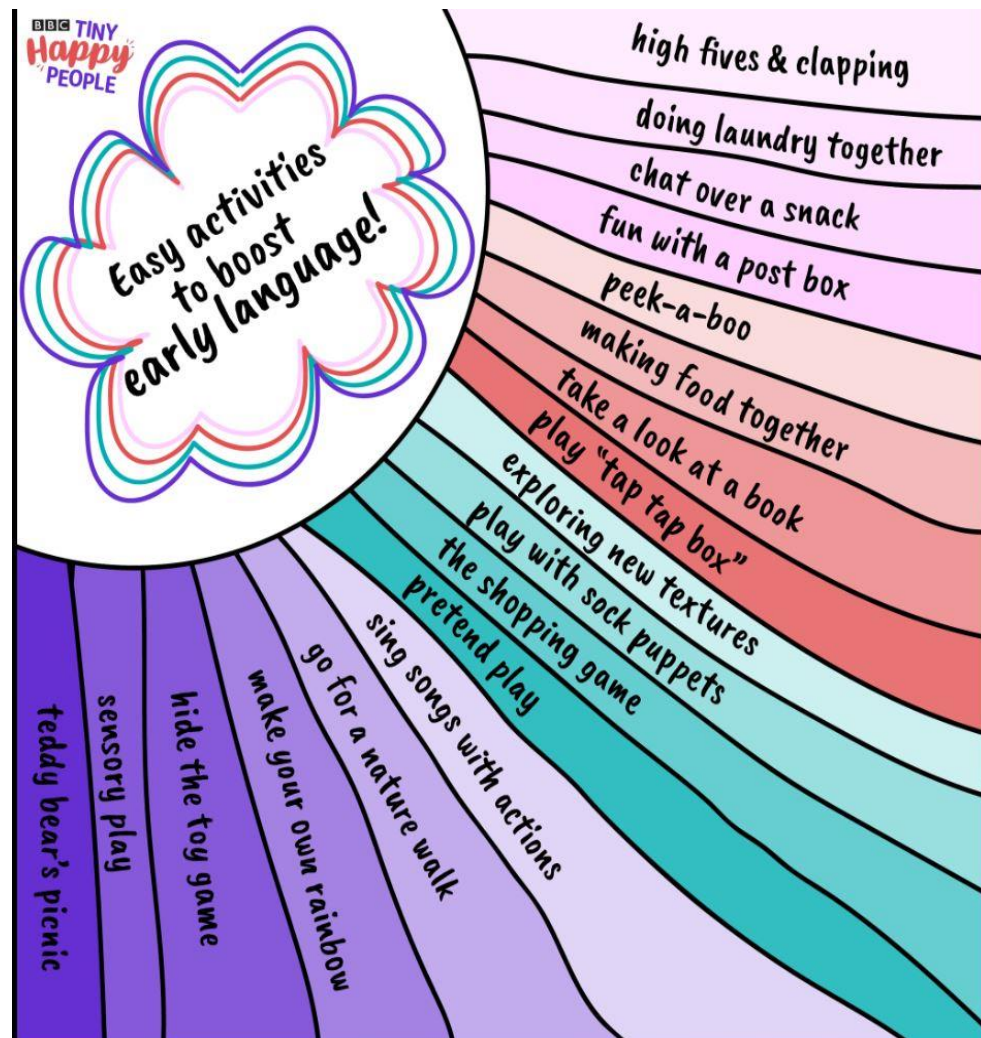
How can you support your child and help them make choices which are right for them? Careers Service has prepared advice on how you can guide your child in their research and decision-making – [Read Here](#)

Everyday Activities that count as Learning



ELLEBELLE DESIGNS

Taking 5 or 10 minutes out of your busy day to try one of these activities with your little one can really help them learn more new words and boost their language development

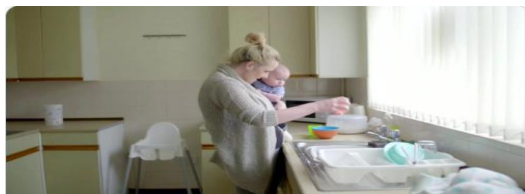


Deferral of Pre-School or Primary School Places

nidirect.gov.uk



Parents or guardians of some children can now choose to defer school places by one year. This means that children born between 1st April and 1st July (including both dates), or any premature child who was born before 1st April but was due to be born on or after 1st April, are eligible to defer pre-school or primary school this year if they choose - [Further Information](#)



Start your child learning for a lifetime!

[This video](#) from BBC Tiny Happy People highlights the importance of singing songs to babies all day long and how you can sing about anything!



[Home Learning Ideas & Resources](#)



High Five Newsletter - resource pack for families and primary aged pupils in relation to staying safe physically but also emotionally and mentally using the Health and Social Care Take 5 framework. Available in English, Irish and accessible versions – [Download Here](#)



Help Kids Talk



Our vision: everyone in our community working together to help kids talk.

We are a community-wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and South Eastern HSC Trust.

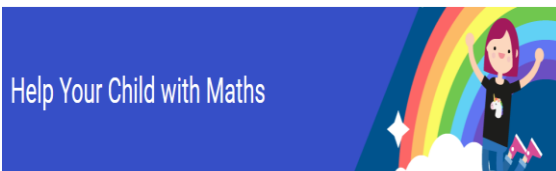
- We deliver key messages around speech, language & communication development every month through our social media pages
- We run free webinars on a fortnightly basis
- In our webinars we discuss infant mental health & top tips for supporting speech, language & communication development in children aged 0-10 years
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar via the QR code or the following link:

<https://view.pagetiger.com/basic-awareness-webinar-training-dates>



For further information, please contact us.
email: helpkidstalk@resurgamtrust.co.uk
phone no: 028 92675172



Help Your Child with Maths

'Help Your Child With Maths'
Primary resource from CEA To help support young learners in the classroom & beyond.

<https://bit.ly/2Nuxjhz>

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A range of online information, including advice and resources to help parents, carers and children .

[View Here](#)



Home Learning Hub

To access our range of resources visit
oursaferschools.co.uk/home-learning-hub

Library of FREE resources!
Covering topics like password safety, to support children and young people at home – [Go to Hub](#)



BBC Bitesize

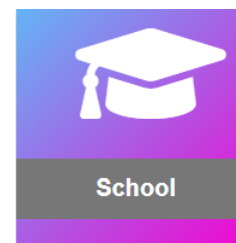
Parents' Toolkit

Tips for supporting your child with SEND at school

1. Partner up with the school.
2. Emphasise that your child is an individual with individual needs.
3. Know your child's strengths and interests (and make sure the school knows too!)
4. Find support for yourself, so you can support your child.



Further Info: <https://bbc.in/2WGhwRa>



CYPSP Youth Wellness
Web – School
Resources
[Age 8-10](#)
[Age 11-15](#)
[Age 16+](#)
[Parent/Teacher Zone](#)

Regional support organisation for Irish medium early years settings.
[Parental Support Materials](#)

STARTING/RETURNING TO SCHOOL/EDUCATION RESOURCES



NEW Resources

- Tips to Help Prepare Your Toddler for Nursery
- 'Little Owl's First Day' Story
- 'My First Day at School' Game
- Starting School: Parent 'Readiness' Resource
- Are You Emotionally Ready for the First Day at School? – Parent Resource
- Helping Your Child Gain Independence Before Starting Primary School
- Starting School – Guide for Parents
- Anxiety Based School Avoidance Podcast
- Back to School Primary Resource
- Autism NI Resource - Prepare Your Child to go Back to School
- Moving on from Primary School Resource
- Help Your Child and Family Manage the Transition from Primary to Secondary School
- Tips for Preparing for Transition – Primary to Secondary School
- Preparing your Child Emotionally for Starting Secondary School
- Books to help your child get ready for the big move to secondary school
- How to Create a Healthy Routine
- Cara Friend Resource - Bein' Yerself: A Guide to Transitioning in Education
- Afternoon After School Checklist
- Education Maintenance Allowance
- School Lunches Support
- School Uniform Grants
- Student Finance
- Home to School Transport Support



First Day at School Resources from BBC Bitesize for any wee ones starting P1 is September



[‘Little Owl’s First Day’ Story](#)



[‘My First Day At School’ Game](#)

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STARTING SCHOOL PARENT "READINESS"

How school ready are you?

Starting Nursery or Primary School is a big step for you both and will naturally bring up a lot of emotions for parents, so how emotionally ready are you for this next step in your parenting journey?

- Think about your own expectations, dreams and wants for your child attending school? Are they realistic and achievable?
- Reflect on handing over responsibility of your little one to some one else, what emotions are you experiencing?
- Explore your own memories of school, was it a difficult transition, do you talk negatively about that time in your life? Children will soak up your words, try to be mindful of the language you use when discussing schools.

PARENT "READINESS"

How school ready are you? continued...

- Acknowledge the feelings of excitement (maybe you will have some "me" time) sadness (the end of the baby / toddler stage) anxiety of separation or worries (will they make friends, do well, be liked?) and share them with a family member or friend.
- Saying that first "good bye" what would you like it to look like? Is there someone who can support your after if necessary?
- Preparing for a difficult good bye, how can you prepare yourself to stay calm if your little one becomes upset, what can you do share your calm in their moment of chaos? And how can you soothe yourself after.

Parentline NI are HERE and can help you navigate this, give us a call FREE on 0808 8020 400

NEW
Resources

STARTING / RETURNING TO SCHOOL / EDUCATION RESOURCES

Are you emotionally ready for
the first day of school?

Tips from a child psychologist:

Make friends with
other parents

Remember how important
you are to your child

Avoid comparisons with
other children

Make good links with
the teachers



BBC
Bitesize

Helping your child gain independence
before starting primary school

Encourage them to complete
simple household tasks

Help them recognise their
name by making a name
sign for their bedroom

Let them begin to solve problems
on their own without your help



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Starting School



**Parent
LineNI**
0808 8020 400

[Download Guide](#)

CYPSP
Children & Young People's Strategic Partnership

**NEW PODCAST
EPISODE**
Anxiety Based School
Avoidance



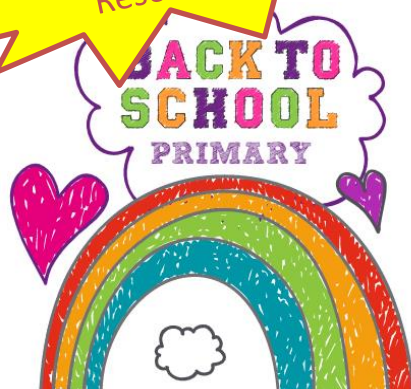
So anxiety based school
avoidance is what I would refer

ParentLine NI's podcast on Anxiety Based School Avoidance

Listen in as Kerry chats to Elaine McCrisken from STRIVE NI and explores reasons why a child or young person may be finding it difficult to attend school. As well as discussing practical strategies for parents/carers to support children to return more willingly to the school environment. Full episode here: <https://tinyurl.com/2hwke8ck>

NEW
Resources

STARTING / RETURNING TO SCHOOL / EDUCATION RESOURCES



Barnardo's Back to School Primary Resource

However you feel about going back to school, this booklet is designed to give you hints, tips & activities to try so that you can move back into school feeling confident and calm – [Download](#)



Resource kit from Autism NI to prepare your child to go back to school

Pack includes top tips for returning to school, a social story, weekly planner and visual boards.

You can download this kit for free at <https://www.autismni.org/education>



Moving On From Primary School Resource

This booklet can help you to look at what your new school will be like and some of the changes that might happen - [Download](#)



Improving
children's mental
health



Starting secondary or high school can feel like a huge leap for children and their families. Check out Place2Be's advice on how to help your child and family, manage the transition from primary to secondary school.

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>

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Tips for Preparing for Transition

Every child will be different in their approach to transition from primary to secondary school. Some will cope and adapt automatically, some will need a little bit of help and some will need more help. These are some things which could be done in order to prepare children for the transition. This list is not exhaustive - there are more things you could do and every child will be different in what they need to help them.

Visit the new school

Drive past new school on a few occasions

Get a map of new school to familiarize with hallways etc

Make a list of what is needed in schoolbag everyday

Give timetable in advance - display in house

Books to introduce new subjects

Special needs communicated to new school

List special equipment needed for subjects

Pack schoolbag night before

Drive the school route to familiarise

Ask for class list for any people known from previous school/class

Keep a diary of homework towards end of primary school

Organize new uniform early

Lay out uniform night before

Any problems with new uniform - able to tie/tie/wear new shoes?

Aware of times - start of day/assembly/break/lunch/home time



Preparing your child emotionally for starting secondary school

Don't let your worries become their worries

Increase their independence over the summer holidays

Don't let them feel unsafe because you are constantly talking about safety

Prepare them for all of the new opportunities that they'll have at a bigger school



<https://www.bbc.co.uk/bitesize/articles/znprhbk>



Books to help your child get ready for the big move to secondary school

AFTER SCHOOL AFTERNOON CHECKLIST



Unpack school bag



Have a bath



Change out of my uniform



Put on my PJs



Do my homework



Brush my teeth



Play time



Read a bedtime story



Eat my dinner

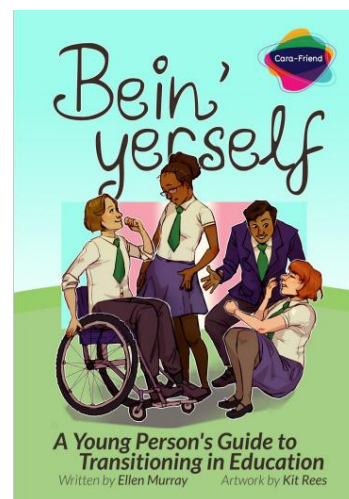


Go to sleep



How to Create a Healthy Routine

Did you know that having a regular routine is good for your well-being and can help with low mood?
Here's how to add structure to your day and develop a routine that will help you get ready for going back to school [Keeping Busy & Creating Routine | The Children's Society](https://www.childrenssociety.org.uk/Keeping-Busy-and-Creating-Routine) ([childrenssociety.org.uk](https://www.childrenssociety.org.uk))



Cara Friend Resource - Bein' Yerself: A Guide to Transitioning in Education

Resource designed to provide young people with advice and guidance of transitioning in school, tech, college, university or in the youth service – [Read Here](#)

Education Maintenance Allowance

nidirect.gov.uk



If you have decided to stay on in school after Year 12 or to attend an FE college in N Ireland you may be entitled to Education Maintenance Allowance.

Find out if you're eligible and download application forms at:

<https://www.nidirect.gov.uk/articles/education-maintenance-allowance-explained>

Student Finance

Important Information for Parents of First Time Students

If your child is starting an undergraduate course in September 2022 and is applying for Student Finance, you should submit your household details online.

You will need to open a new Student Finance account which will be linked to your child's.

Visit studentfinance.ni.com to register and complete your household details to support your child's application.



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School lunches

nidirect.gov.uk



Your child could be eligible to get free lunches or milk at school. Find out more:

<https://www.nidirect.gov.uk/articles/nutrition-and-school-lunches>

School uniform

nidirect.gov.uk



Some primary and post-primary school pupils are eligible for grants to help buy their school uniform. Find out more:

<https://www.nidirect.gov.uk/articles/school-uniform-and-uniform-grants>

Home to school transport

nidirect.gov.uk



Some children may be able to get help with home to school transport . Parents can apply online. Find out more:

<https://nidirect.gov.uk/articles/home-school-transport...>

PLAY

RESOURCES & ACTIVITIES



NEW
Resources & Activities

- Play Types
- Importance of Play
- Developmental Activities for Language & Creativity Skills

- **Indoor Activities:**

- Non Screen Activities You Can Do At Home
- Indoor Scavenger Hunt
- BookTrust HomeTime Activity Sheets
- New Activity Sheets
- Pip & Posy Playday Activity Pack

- **Outdoor Activities:**

- Playboard NI – Hopscotch/Shadow Drawings
- Scavenger Hunt
- Play Well Outdoor Pack – Play Scotland
- Play Matters – Outdoor Fun in the Sun



Did you know there are many different types of play? Children should enjoy a healthy 'diet' of play types! Read more about Play Types at <http://bit.ly/PlayParentsGuide...>
Read about loose parts at <http://bit.ly/35mDSH0>

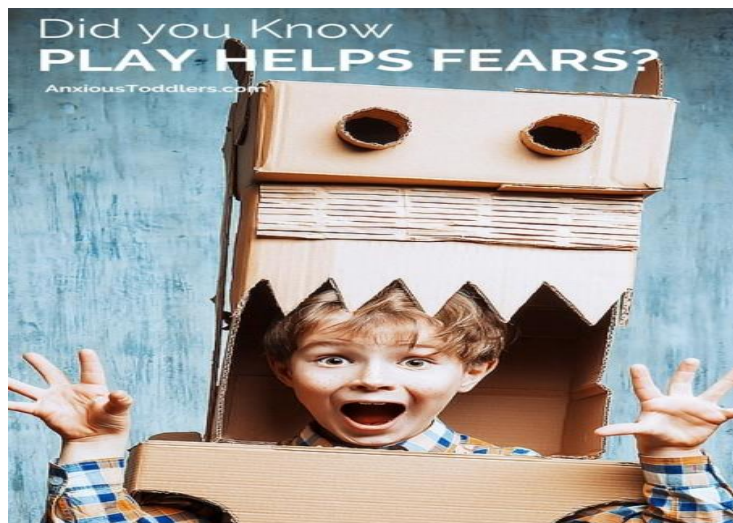


Developmental activities from BBC Happy Tiny Lives to keep the little one busy and working on their language and creativity skills at the same time.

[Activities for 4-5 year olds – BBC Tiny Happy People](#)

[Activities for babies, toddlers and kids: Fun games to help development and bonding – BBC Tiny Happy People](#)





[Read Here](#)



[Read Guide](#)



PLAYBOARD NI
LEADING THE PLAY AGENDA



[Play Matters Resource Sheets](#)

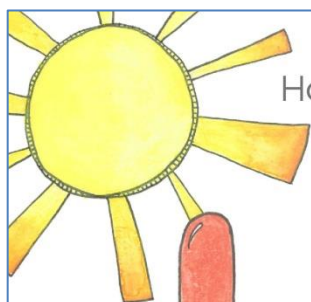
PLAYbenefits



express feelings train immune system
cognitive agility growth appreciate nature
self-confidence strength and dexterity creativity adapt sense of adventure
manage risk resilience conflict resolution
make sense of the world fun cooperation
let off steam relax connecting imagination skills negotiating
social skills emotional regulation learn reduce stress
problem solving language skills reconciliation
physically fit time out healthy brain development
and healthy well-being flexibility
life skills exhilaration manage differences
happiness freedom joy community
self-esteem identity coordination stamina
engage curiosity buzz independence

www.playboard.org

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How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C



10°C



0°C



-10°C



-20°C



Supporting Outdoor Play Year Round

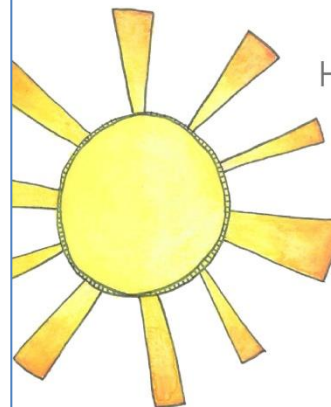


www.getoutsideandplay.ca



be fit for life
moving alberta

www.befitforlife.ca



How to Dress for the Weather Tips

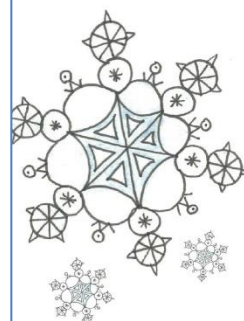
Tips for Hot

- Use sunscreen before going outside
- Wear a hat and sunglasses
- Bring a water bottle to stay hydrated



Tips for Rain and Wet Conditions

- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes including waterproof mittens for cold, wet days



Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.



www.getoutsideandplay.ca



be fit for life
moving alberta

www.befitforlife.ca

Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

Pobble

25
ideas!

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!

4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

8 Use an old sock to create a puppet. Can you put on a puppet show for someone?

9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.

11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?

12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.

14 Design and make an obstacle course at home or in the garden. How fast can you complete it?

15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.

16 Keep moving! Make up a dance routine to your favourite song.

17 Write a play script. Can you act it out to other people?

18 Read out loud to someone. Remember to read with expression.

19 Write a song or rap about your favourite subject.

20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.

21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.

23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.

25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.

I N D O O R SCAVENGER HUNT

☐ something round



☐ hairbrush



☐ pencil



☐ paper clip



☐ a book



☐ something yellow



☐ a picture you made



☐ backpack



☐ toothbrush



☐ toy car



☐ sunglasses



☐ something oval



☐ a flag



☐ flip flops



☐ something with a flower on it



☐ something orange



☐ something tasty



☐ stuffed animal



☐ toy truck

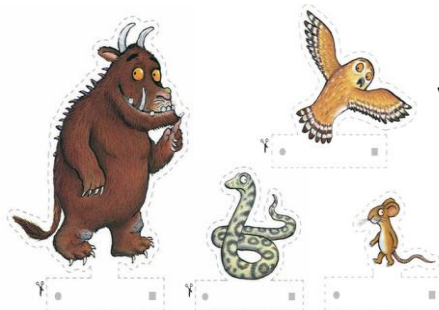


☐ something that starts with a B



Artwork by Prettygrafik Design

www.lifeFamilyFun.com



Heaps of fun activity sheets for you from BookTrust HomeTime - colouring, crafts, puzzles and more they're completely free!

[Download Here](#)

SUMMER FUN!

INDOOR ACTIVITIES

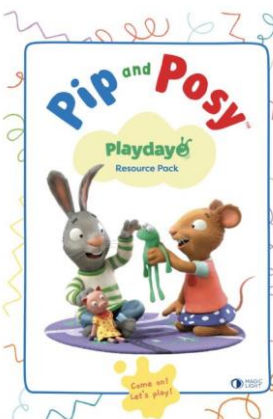
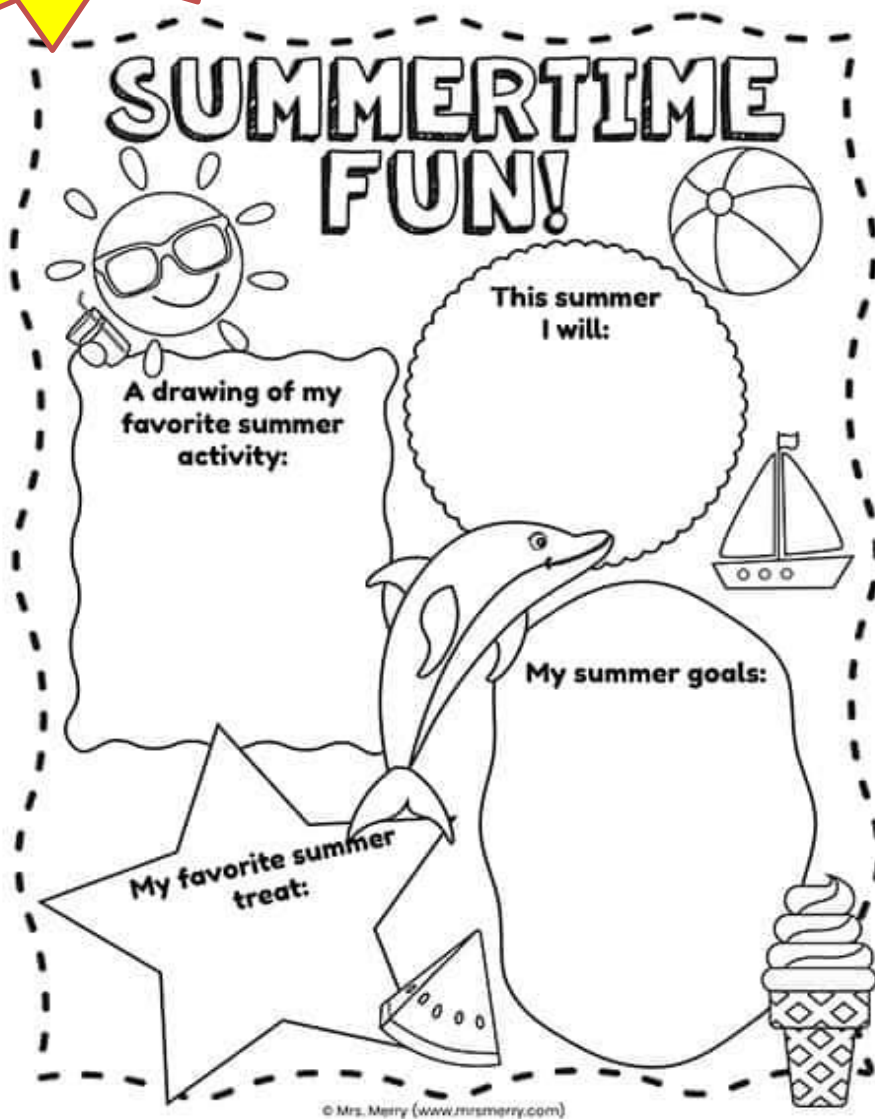


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Pip and Posy Playday Resource Pack

A series of activities
designed to help
encourage free play -

[Download](#)

STRETCHY SLIME RECIPE

INGREDIENTS

1/4 cup White Washable PVA School Glue
 1/4 cup Water
 1/4 tsp Baking Soda
 1 tbsp eye drop solution
 Food Coloring and Glitter (optional)

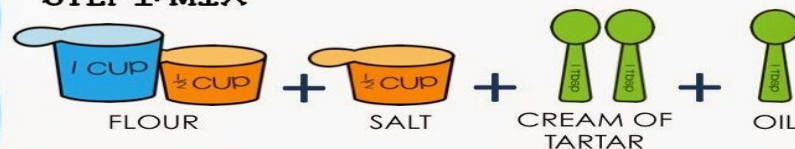
MAKE

Combine glue and water in a bowl and mix well.
 Add food coloring and glitter as desired.
 Stir in baking soda.
 Pour in eye drop solution
 Mix until slime forms and stirring is difficult.
 Knead and stretch for desired consistency.



No Cook Orange Play Dough

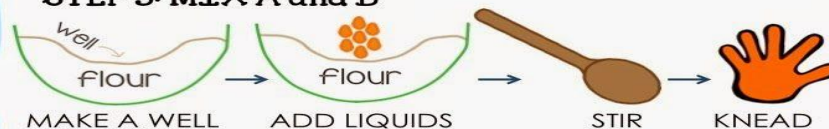
STEP 1: MIX



STEP 2: MIX



STEP 3: MIX A and B

STEP 4: TIME FOR
FUN AND LEARNING!

Ligo Early Learning Spot © 2014



FLUFFY SLIME RECIPE

INGREDIENTS

2 heaping cups Foam Shaving Cream
 1/4 cup White Washable PVA School Glue
 1/4 tsp Baking Soda
 1 tbsp eye drop solution
 Food Coloring (optional)

MAKE

Add shaving cream to bowl.
 Add food coloring as desired.
 Stir in 1/4 cup of glue and then baking soda.
 Pour in eye drop solution
 Mix until slime forms and stirring is difficult.
 Knead and stretch for desired consistency.

homemade
finger paints

3 tbs sugar
 1/2 tsp salt
 1/2 cup corn starch
 2 cups water

combine ingredients in
 small saucepan. warm until
 mixture thickens.
 cool & pour in
 containers. add food
 coloring
 to create
 desired colors.
 enjoy!



easie peasie



Hopscotch

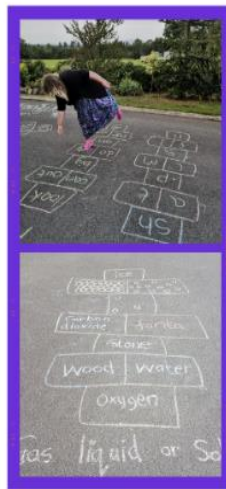
This traditional game can be adapted for different topics, with some suggestions below:

- Gas, liquid, or solid?
- What words can you create using the different letters?
- List words beginning with different letters
- Make a sentence using the word you land on ...

Older children may like to design the grid for their younger siblings.



Curriculum link - Physical Education, Language and Literacy, Mathematics and Numeracy, The World Around Us



www.playboard.org/play-ideas

Shadow Drawings

You will need:

- sheets of paper or old wallpaper
- colouring pencils
- your favourite toys
- sunshine (or a torch)



On a sunny day line up your favourite toys on a sheet of paper and draw around their shadows.

This is a fun way to improve your drawing skills, colouring big shadows and small shadows (depending on the time of day), as well as enjoying some fresh air in your garden.

You can also try this inside using a torch.

www.playboard.org



CAMP SCAVENGER HUNT

- ☐ Flat Rock
- ☐ Leaf with Holes in It
- ☐ Flower Bud
- ☐ Thorny Stem
- ☐ Moss on a Rock or Tree
- ☐ Mud Covered Stick or Rock
- ☐ Wild Berry or Fruit
- ☐ Extremely Small Rock
- ☐ Seeds or Seed Pod
- ☐ Piece of Trash (Take this with you!)



FOR MORE FUN SCAVENGER HUNTS GO TO THECRAZYOUTDOORMAMA.COM



Outdoor Play
ideas from Play
Scotland. Packed
full of game
ideas and
activities

[Download Here](#)

[Back to Section Contents](#)



OUTDOOR FUN IN THE SUN!

Summer is here and the sun is shining - what a great time for getting children of all ages outdoors. Remember, good quality play needn't cost very much, if anything at all.

Bubble Socks

Cut a plastic bottle in half, cover it with a sock. Dip it in soapy water, blow through the end....BUBBLE SOCKS

Build a Den

Gather together some props (let your children help you)...sheets, blankets, material, rope, pegs, sticks & twigs, cushions, carpet mats.... Be creative and build a den, great for getting shade from the sun once finished.

Ice Finds

Take a basin or large container and fill with water. Drop in some toy dinosaurs, farm animals, polly pockets etc. Freeze overnight. Once frozen empty onto a household tray or into a sand/water pit. Give the children small utensils to explore the ice with and to discover what they will find inside.

Water Painting

Give your child a bucket of water and a paint brush (this can be a household bucket or container and proper decorating brushes). They'll find lots of amusement 'painting' walls, pavements, drainpipes etc.

Chalks

Most bargain shops sell cheap chunky chalks. Chalks can give hours of amusement outdoors where children can chalk merrily anywhere - let them chalk on pavements, walls, fences, bricks... there's no worry about making a mess - after all it will wash off!

Go Big!

Take old rolls of wallpaper, large sheets of cardboard or material sheets outdoors along with felt tips, crayons, paints etc. Roll or spread it out and away you go...!

Scavenger Hunt

Explore your garden or neighbourhood and see what treasures you can find. The beach is the ideal place for a hunt too where you can find shells, pebbles, driftwood, seaweed etc.

Climb a tree

How high can you climb and what can you see?

Teddy Bears Picnic

Why not have lunch or dinner outside. Invite some cuddly friends to join you and make it into a teddy bears picnic - what fun!

Traditional Games

Skipping, Two Ball, Jacks, German Jumps, Kerbsie, Tag, Hide and Seek, Simon Says, Duck Duck Goose, Egg and Spoon, Blind Man's Bluff, Kick the Can, Stick in the Mud, Piggy in the Middle.

Get Dirty!

Fill a container with soil or pinpoint an area in the garden that can be used. Add some items, such as yogurt pots, cars, toy animals, spoons, small stones, twigs etc. To change the dynamic, add some water to create mud - make mud pies.

Dressing Up

Gather together into an old cardboard box or suitcase some dressing up props such as hats, bags, belts, old shoes, beads, sunglasses. Add some imaginative props such as old mobile phones, cameras, walkie talkies, torches or binoculars. You can keep adding to the box with household items every so often.

Hopscotch and XOXO

Chalk out (or use a stone) large games of x's - o's on the ground or on a wall. Chalk out (or use a stone) hopscotch and show the children how to play.

Chill Out

Encourage older children and teenagers into your outdoor space too. Consider seating areas for 'chilling out' (this can be as simple as old carpet squares, a sheet or rug or two crates with a plank of wood). Add props if need-be such as playing cards, dominos, marbles or a football. Add music too to create a real hang-out space.

Playing outdoors with your child can be anything from tickling your babies tummy on a rug, playing peek-a-boo, to playing hide and seek in the garden or park. Being outside with your child offers all sorts of play opportunities. A simple walk in the park or street, or playing in the garden can offer all kinds of playful fun. Recreate some of your childhood play memories and make some time to play each day.

For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279203 playmatters@education-ni.gov.uk

WORLD CONFLICT RESOURCES

With access kids have to social media, their phones news & hearing family talk they are being exposed to lots of very worrying and scary things with questions about WW3 and if we are going to end up in the war. Here are some resources for parents on how to talk to your child to alleviate anxiety.



[Talking to your children about scary world news](#)



[How to Talk with Children About the Conflict in Ukraine](#)



[Talking to Your Child About the War in Ukraine](#)

Talking to Children About War

With news of the war in Ukraine dominating headlines, social media platforms and conversations across the country, many children in early learning and care and school age childcare settings will have been exposed to information about the conflict.

Children do not always talk about what is worrying them but they may be trying to make sense of this information by themselves and, in the absence of factual information, imagining situations to be far worse than they are. Every child is different, however, and while some might be feeling scared, others may not be worried at all.

Below are some strategies for talking to children about the current situation that will help to ease their concerns.

Keep calm. Check in with yourself and how are you currently feeling. When you are feeling anxious, children can notice this and begin to feel stressed too. If needed, take some time to calm.

Talk to children. We instinctively want to protect children from things that might frighten them; however not talking about something can make children more scared. If children are already talking about the war, encourage them to tell you what they have heard and ask them how they are feeling. If children are showing no interest, leave them be.

Answer questions. Answer children's questions in language they will understand with a level of information appropriate to their age. Avoid sharing too much information as this can be overwhelming. If you do not have all the answers, that is ok. Tell the child you will let them know when you know.

Create a safe environment. Children need to feel safe and secure. Limit children's exposure to news reports and discuss your own worries outside of children's earshot.

Reassure them. Young children often personalise situations and may perceive the danger to be closer to home. Let them know that although war is very serious, they do not need to worry about it happening in their neighbourhood. Tell them you understand how they are feeling and reassure them that they are safe and that you are there to take care of them. It is important, however, to be realistic and not to promise that no one will get hurt.




Help children find ways to express themselves. Some children may not be able to talk about their thoughts or feelings but can be supported to make sense of the world through play.

Do something positive. Encourage children to engage in activities where they can feel helpful such as drawing pictures to send to children who are living in affected areas.

Avoid stereotyping groups of people by nationality and challenge hateful talk.

Partner with parents. Share information on the discussions children are having at home and in the setting or any fears or concerns the child may have.

Children who have experienced trauma or loss may be particularly vulnerable to news of war and conflict and may need extra support. Children with relatives in the regions impacted by conflict will also need special attention.

OTHER RESOURCES & ACTIVITIES

NEW
Resources &
Activities

- Safer Schools NI Resources - All About TikTok / Virtual Friendships / Streaks, Meets & Snaps
- Keeping Kids Safe on TikTok
- 5 helpful things young people can do to protect themselves online
- Parents Stop Saying Sorry For....
- Friendship Skills Top Tips
- 11 Things to Say When Kids Cry
- Things I Want to Pause & Notice About My Kids This Week
- A Thought on Parenting
- Things Teenagers Love
- 6 Phrases to Help Kids Practice Patience
- Tiny Happy People – 15 Minute Calming Bedtime Activities
- Vaping Awareness Posters Designed by Young People – Harmful Effects of Vaping / Commit To Quit
- Sugar – How Much is Too Much For Your Teeth?
- Childhood Immunisations

ALL ABOUT TikTok

TikTok is a video sharing social media platform used to create and share short form videos that allows users to express themselves through singing, dancing, comedy, and lip-synching. It exploded in popularity during the COVID-19 pandemic and has only continued its rise since.

64% of young people in the UK visited TikTok in September 2021.

Over 2.5 billion installs on global devices.

1 billion global daily users by early 2022.

58% of children aged 3-15 use TikTok (alongside other social media).

THE FYP

TikTok wants users to see the content they want to see – which is where the 'For You Page' comes in. The platform uses algorithms to figure out a completely unique feed for every individual user.

RISKS

- PUBLIC VIEWS** - For users registered as 16 and over, their profile is 'public' by default and their videos can be viewed and downloaded by anyone.
- INAPPROPRIATE CONTENT** - Some videos include suggestive language, mature situations, and sexualised content without warning.
- SCREEN TIME OVERLOAD** - The continuous scrolling design of the app makes it harder for users to look away from their screens, and is likely to increase screen time.
- PAID ADS** - Many brands and companies have taken to TikTok to try and boost product exposure with paid adverts that mix into normal content.
- INFLUENCERS** - Young people may be 'influenced' by popular creators on TikTok, and could spend time or money following someone or trying to become an influencer.
- IN-APP PURCHASES** - Users can make in-app purchases to get 'coins', which can buy virtual gifts to send to influencers on the platform.

WATCH OUT FOR... #TikTokChallenges

Hardly a day passes without a new TikTok Challenge popping up. A 'challenge' is a type of video that is widely shared and copied by others. Many of these can be fun and engaging, incorporating things like dances, songs, and filters.

There are some, however, that can be riskier and potentially harmful, which can make them even more tempting to try! These can include dangerous stunts, mean pranks, or reacting to upsetting content.

ALERT

TikTok says users must be 13+ to use the app, but our research shows that it is extremely popular with younger children.

HOW IT WORKS

- SHARE** Upload short videos for other users to view, comment, and like.
- EDIT** Change or alter videos to include popular filters or themes.
- STITCH** Use snippets of existing videos to create a new video or trend.
- Use this sound**
- COLLAB** Add popular music or audio (including from other users) to videos.
- DUET** Create a video that is posted directly alongside another user's video.
- MESSAGE** Users aged 16+ can send private messages to one another.

TOP TIPS

- KEEP PRIVATE.** Ensure your young person's privacy settings are appropriate for their age. Remember – a private profile gives the most control!
- TALK IT OUT.** 'Digital life' should be as much a part of everyday conversation as every other aspect of a young person's life.
- DISCUSS TOGETHER.** Find out what videos and influencers they view, what they like, what they dislike – and why!
- BE HONEST.** Talk about how social media content is often a far from accurate depiction of real life, especially for influencers.
- STAY SAFE.** Some TikTok challenges could be potentially harmful to young people. Remind them that their safety is #1 always!
- GIVE SPACE.** Give them room to voice any concerns they might have around harmful or inappropriate content they come across.

Online Safety Shareable by: **SAFER SCHOOLS NI**
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VIRTUAL FRIENDSHIPS

Why Do Young People Make Friends Online?

57% of teens have met a new friend online. Social media and games are the most common places to meet friends.

In today's digital culture, becoming friends with people online is as natural as becoming friends with people in the same class at school. Although this might seem strange to certain generations, the concept of making friends with someone you've never met isn't anything new; organised pen pal services have been around for nearly 100 years!

RISKS

CYBERBULLYING AND TROLLING

It is not unusual to hear young people talking about how their school friendship group has fallen out or the mean words said behind their back by their best friend. However, these types of disagreements and fights can take on a different form when they play out online, especially if there is a core group or community (such as a fandom) that all become involved, and one person becomes a target. Unlike in a school, a victim who is targeted online can be harassed 24/7 by their bullies, who are often without the limitations of worrying that a parent, carer or teacher might be a witness to their actions.

FAKE PROFILES AND CATFISHING

Unless apps and platforms implement the use of age verification and facial recognition tools and software, there will always be a risk that users aren't who they portray themselves to be. There's an almost endless list of why someone might create a fake profile – from seeking financial gain through fraud or with the intention of grooming, through to boredom or being unhappy with their appearance and/or real-life circumstances.

GROOMING

Building a friendship with someone online can be a tactic used as a part of grooming. A young person may feel they can trust this person and therefore might tell them personal information that will put them at risk, such as what school they go to. If a young person believes they are talking to a real friend or an online romantic partner, there is the potential to be convinced, tricked or bribed into sending self-generated child sexual abuse materials.

SCREEN TIME AND ISOLATION

If a young person is feeling lonely and isolated in 'real life', they may turn to the digital world to find friendships and a community. Although this may bring a lot of positives, for some young people there could be risks associated with this such as:

- Too much screen time.** There is no definitive answer to 'how much screen time is too much?' although studies have shown effects include shrinkage in parts of the brain needed for executive function, and some psychologists have expressed concern.
- Exposure to extremism and radicalisation.** People who are isolated, unhappy, feeling angry and 'different' are some of the factors that might make a young person vulnerable to being targeted by extremist groups.

HOW DO YOUNG PEOPLE MEET ONLINE FRIENDS?

- SPECIFIC INTEREST WEBSITES
- FRIEND FINDING APPS
- SOCIAL MEDIA SITES
- ONLINE GAMING
- FANDOMS

WHY MAKE FRIENDS ONLINE?

There are many reasons why young people make friends online, including feeling socially isolated in 'real life' or living far away from others in their peer group.

Making friends online is not always born out of responding to a negative situation, of course! In fact, most young people will make friends online as a positive addition to their lives, alongside friends they make through school and hobbies.

Boys are substantially more likely to meet new friends while playing games online.

57% Boys VS **13% Girls**

TOP TIPS!

- TALK ABOUT WHAT FRIENDSHIP MEANS.** Ask the young person in your life about what friendship looks like to them – how does a friend act? How does a friend make you feel? Discuss together what a 'warning sign' might be that someone may not be a real friend, such as pressuring you for your time, money or photos.
- TALK ABOUT THEIR ONLINE FRIENDS.** Just as you would discuss their friends from school or sports club, make talking about online friends just as part of the norm. This way, if something happens with an online friend that upsets or worries them, the young person in your life will feel safe to come to you as you've already established a rapport about online friends.
- KEEP CALM!** Don't jump to conclusions that all online friends are potential 'predators' or have nefarious purposes – even if the concept of online friendships is unusual to you. Remember that it is quite normal in today's culture for young people to have friends online that they've never met.
- TALK ABOUT CATFISHING AND FAKE PROFILES.** Learn together some of the tell-tale signs that a profile might not be real, such as a lack of photos or other people interacting with their profile.
- HAVE CONVERSATIONS ABOUT PERSONAL INFORMATION.** Encourage the young person in your care to stop and think before putting photos and posts online or discussing with an online friend anything that may give away personal information.
- CHECK SAFETY SETTINGS AND LEARN HOW TO BLOCK AND REPORT.** Double check your safety settings together to help keep them safer online.

SAFER SCHOOLS NI safer.schoolsni.co.uk
Ineqe Group Ltd 2022

NEW Resources & Activities

OTHER RESOURCES & ACTIVITIES

STREAKS, MEETS, AND SNAPS

YOUR HOW-TO GUIDE TO SNAPCHAT FEATURES

SNAP MAP

- Shows real time location on an interactive map.
- Includes street, town/city, and building names.
- Options for 'meet up' and 'live location sharing' with friends.

Filters

- A moving image 'overlayed' onto pictures and videos.
- Can range from colour changing to face/setting altering.
- A popular way for users to express themselves.

Stories

- Personalised images or videos on your profile.
- Can be seen by select friends, all friends, or wider public.
- Posts will last for 24 hours before disappearing forever.

NEVER FORGET

If you want to stop a snap or story from disappearing, it can be archived in 'Memories' to be timestamped and reshared.

Discover

- A live news feed featuring Snapchat's chosen publishers.
- Wall Street Journal, ESPN, and others are included.
- Influencers and brands are also featured.

THE PUBLIC EYE

Snapchat accounts must be 'public' to create Spotlight videos. This feature can be viewed and accessed by all users.

CAUTION: This feature is 'on' by default. You will need to activate 'Ghost Mode' to stop your location from appearing on the map.

DID YOU KNOW...

Snapchat is the original disappearing messages app! It's been around since 2011.

SPOTLIGHT

- Short form videos used for viral video content.
- Users can like, reply, and share with friends on Snapchat.
- Videos cannot be downloaded or shared to other platforms.

SNAPSTREAKS

- Achieved when two users send messages daily for 3 or more days.
- Once reached, a flame emoji appears next to the friend's username.
- The number of days will appear as well to show how long the streak is.

KEEPING KIDS SAFE ON TIKTOK

- ENABLE RESTRICTED MODE
- MANAGE SCREEN TIME
- LIMIT INTERACTIONS
- PRIVATE THE ACCOUNT
- TURN ON FAMILY PAIRING MODE
- CREATE A SAFE ENVIRONMENT FOR KIDS TO SHARE THEIR CONCERNS

ASCERT

ALL ABOUT SNAPCHAT+

Snapchat launched a premium option for its platform called 'Snapchat+' in June 2022 across the world. Described as having 'exclusive, experimental and pre-release features', this paid version costs £3.99 per month and includes:

- 'Ghost Trails' - see up to 24 hours of a friend's shared location history.
- 'Story Rewatch Indicator' - view which users have rewatched a story.
- 'Friend Solar System' - use planetary order to highlight friendships.

RISKS, RISKS, AND MORE RISKS

- AGE VERIFICATION** - there is currently no effective process to verify user age.
- STRANGER DANCER** - 'friending' users is easy and opens up direct contact.
- SCREEN TIME OVERLOAD** - trends like 'Snapstreaks' could encourage bad habits.
- CYBERBULLYING** - disappearing messages may give bullies extra ammo online.
- EXPLICIT INTERACTIONS** - users may feel more comfortable 'sexting' others.
- PRESSURE** - users might experience pressure to send nude imagery to others.

'DISAPPEARING' DANGER

Just because images and videos 'disappear' within 24 hours doesn't mean that other users can't save them. Even though Snapchat tells you when another user screenshots your message, it does not consider secondary devices or video capturing software being used to record photos or videos.

TOP TIPS

- TALK ABOUT ONLINE FRIENDSHIP CULTURE.** Remind young people that they should only ever share personal details with trusted friends who they know in-person.
- TURN ON PRIVACY SETTINGS.** Explain the importance of protecting their privacy on apps where others may have access to their profile and their real-time location.
- DISCUSS WHAT NOT TO SHARE WITH OTHERS.** By talking through the false security of 'disappearing' messages, you can help them feel more confident saying 'no.'
- REMIND THEM WHO THEY CAN TALK TO.** Check that your young person knows who their trusted adults are and that they can turn to them if something happens.



5 things young people can do to help protect themselves online

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July 2022

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PARENTS

STOP Saying Sorry for...

@INSTITUTEOFCHILDPSYCH

Your child being shy

Your child not wanting to go on a play-date

Your child's messy car seat

Your child being shy

YOUR CHILD BEING A CHILD

Your child being tired

Your child worrying

Your child not cooperating at the doctors office

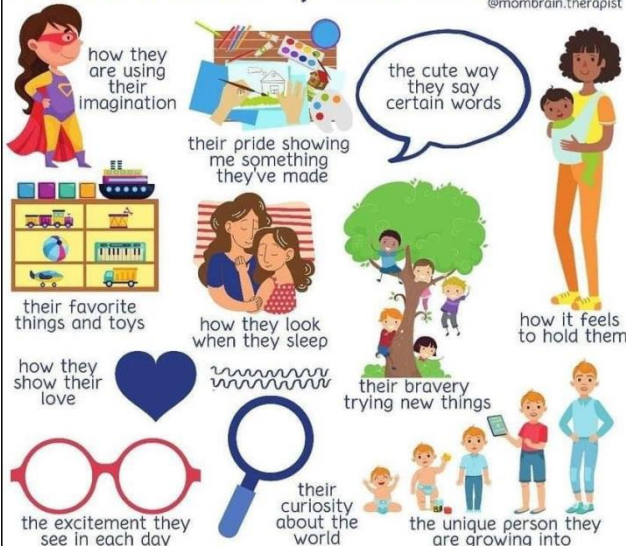
Your child's allergies

Your child coming home early from a sleepover

Your child's wild hair and muddy feet

Things I want to pause and notice about my kids this week...

@mombrain.therapist



Friendship skills top tips

Learn through play

Provide children with opportunities to play with peers, this helps them develop the necessary social skills to maintain good relationships



Encourage positive social skills

Teach children skills in relating to others, such as listening, sharing, playing by the rules and empathy



Praise positive behaviour

Praise your child for being friendly and caring to others, this will support their learning and friendship making skills



Take a back seat

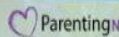
When friendship issues arise, try to help your child resolve conflicts by being supportive and encouraging

Like attracts like

Children become friends because they share similar interests. It can be helpful to plan activities in advance of a play date

Be a good role model

Children will learn from you and your relationships with others



all you can do is your best, and your best is good enough

@nikkimiles5

11 THINGS TO SAY WHEN KIDS CRY...



Follow @gozenlove

OH TINY
Happy
PEOPLE

A thought on parenting...

You don't have to have it figured out every day. In fact, it's okay if you feel like most days you don't know what you're doing, because I'll tell you what, we're all winging this parenting thing. But I'm here to remind you that you're doing a great job. So put your phone down, take a deep breath, smile and remind yourself that you're stronger than that negative voice inside your head.

THINGS TEENAGERS LOVE

(EVEN THOUGH THEY'D NEVER ADMIT IT)



When we say "I love you"

When we welcome their friends

Snacks, so many snacks

When life isn't so serious

Small surprises

Being their biggest cheerleader

Acceptance of who they are

Our undivided attention

When we don't freak out

Respecting their need for space

6 Phrases to Help Kids Practice Patience

gozen.com

I'd love to take you to one activity this week, so we can have some downtime, too.



I'm happy to help you after I'm finished cooking this meal.



I'm doing one thing at a time like you. I'll be right there.



I know it's hard to wait. I get it.



I'm going to rest before we go out to play. I'll be there in 20 minutes.

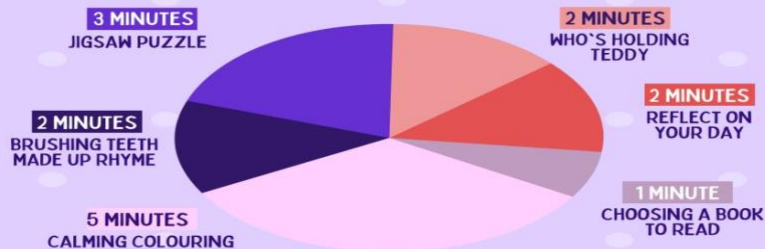


I try to give you what you and your sister need. Sometimes those are different things.



15-MINUTE CALMING BEDTIME ACTIVITIES

TAKE 15 MINUTES BEFORE BED TO FOCUS THEIR MIND AND WIND DOWN TOGETHER



WHY NOT TRY? BUILDING BLOCKS BABY MASSAGE LOOKING AT FAMILY PHOTOS

Vaping Awareness Posters Designed by Young People

Harmful effects of vaping

- Risk of Chronic Nicotine addiction
- Lung Disease and damage
- Breathing difficulties
- Nausea and Vomiting
- Headaches
- Mouth and Throat irritation
- Shortness of breath
- Includes heavy metals such as nickel, tin and lead.
- Long term side effects controlling your mood.
- Permanent lowering of impulse control
- Breathing in the harmful chemicals are irreversible after causing lung disease.
- When you vape the Cilia become paralysed which is why you can't breathe while vaping.



Commit to your Quit

The first step to giving up vaping is to choose a date to quit. Here are some tips to help you pick a quit date:

- Give yourself time to get ready. Getting ready can help you feel confident and give you the skills you'll need to stay quit.
- Don't put it off for too long. Picking a date too far away gives you time to change your mind or become less interested in quitting. Choose a date that is no more than a week or two away.
- Set yourself up for success. Try not to pick a quit date that will be stressful, like the day before a big test.



If you would like help on giving up vaping, please contact your Youth Worker for further information and support!!



SUGAR

How much is too much for your teeth?



Eating too much sugar may cause tooth decay. Tooth decay is the no.1 reason for hospital admissions among young people in the UK.



"Free sugars" are sugars added to food and drinks and those found naturally in honey, syrups, smoothies and purees. It is these sugars which we should try to reduce for good dental health.

"Maximum recommended daily amount of free sugars:

Adults: 30g



7-10 yrs: 24g



4-6 yrs: 19g



= 1 tsp

Tips to reduce sugar:

1. Try to reduce the amount & number of times per day that you have sugary foods/drinks.
2. Instead of fizzy drinks try water, milk or sugar free drinks
3. Swap sugary snacks e.g. chocolate, biscuits & cakes for fruit, rice cakes & chopped raw vegetables.
4. Try adding fruit e.g. chopped banana or apple to plain unsweetened cereals and plain yoghurt.

Some common high sugar foods/drinks...

	Tsps
330ml cola	9
45g chocolate bar	6
30g bowl of frosted cereal	3
2 chocolate digestive biscuits	2.5

Some surprises...

14g box of raisins	2.5
Low fat fruit yogurt	4-7
1 tablespoon of ketchup	1



CHILDHOOD IMMUNISATION

1 year

- MMR
- Hib / MenC
- Pneumococcal
- MenB

2 months old

- 6 in 1
- Rotavirus
- MenB

3 months old

- 6 in 1
- Rotavirus
- Pneumococcal

4 months old

- 6 in 1
- MenB

3 years, 4 months

- 4 in 1 pre-school booster
- MMR

12 to 13 years

- HPV boys and girls

14 to 18 years

- 3 in 1 teenage booster
- MenACWY

MAKE SURE IMMUNISATIONS ARE UP-TO-DATE



Public Health
Agency



Not sure how to talk to young people about alcohol?

Visit

<http://pha.site/YourChildAndAlcohol> for their leaflet with some tips and advice on starting the conversation. It's best not to wait until your child starts drinking before bringing it up, have the chat now.

Talking about drugs and alcohol to young people

Do

- Make the first move to start the conversation.
- Take time to listen and respect their views.
- Talk about the risks and consequences.
- Think about your own actions and influences.

Don't

- Wait until there's a problem before talking.
- Assume young people don't want to talk.
- Assume they already know everything.
- Interrupt or be judgemental.





A handy one stop shop guide from Parenting NI, for parent's who want to learn a bit more about Facebook & how to get your children safe on the app! <https://buff.ly/37CKOWo>



CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. http://thinkuknow.co.uk/4_7

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This parent pack from the Child Action and Prevention Trust is full of bite-sized facts and safety tips on the main accident risks to children to help you keep your children safe, plus some activity sheets for children. [Download your free pack](#)



Children & Choking Video

Kids, particularly those under 5, often put objects in their mouth. This is a normal part of how they explore the world. However some small objects or food items can be just the right size to get stuck in a child's airway and cause choking - [Watch Video](#)



Advice on keeping children safe from burns and scalds

It can take just seconds for an accident to happen. <http://nidirect.gov.uk/.../keeping-children-safe-burns...>

OTHER RESOURCES & ACTIVITIES



The Smile Baby Programme is for parents/carers of young children born in the year before or during the covid health crisis. It provides parents/carers with information and support to help them promote their child's social and emotional development during covid conditions and the opportunity to discuss any anxieties or concerns.



Smile Baby Programme
The Smile Baby Programme is funded by the RCT Toy Show managed in NI by the Community Foundation

If you would like to take part in a Smile Baby Programme or if your organisation would like to run a Smile Baby Programme contact:
Dr Pauline McClenaghan
T: 07912517109
E: pauline@lifestartfoundation.org

Lifestart Foundation
Head Office, Office 2, Springrowth House,
Balliniska Road, Derry-Londonderry, BT48 0GG
t: 028 7136 5363
w: www.lifestartfoundation.org



[Further Info on the Smile Baby Programme](#)



3 ways to grow with your child

Be flexible and adapt
For example, your child might be looking for more independence as they get older – you could help them do this by adapting your relationship, and gradually giving them more responsibility when they are ready for it.

Be open to all convos
If our children know that they can talk to us about anything and that we are always there to listen, they are more likely to come to us when they need support or advice.

Take time to reflect
When things don't go well, reflect and consider other ways you could approach the situation if it happened again. If you can, have a conversation with your child about this too, so they know it's okay to make and discuss wrong decisions.

@pipscharity

Let's talk... 'The Talk'

Struggling to talk to your child about all things relationships and sex?
Check out these tips:

- **Make sure it's a conversation** – ensure that you take time to listen to what they are saying and their point of view.
- **Take advantage of opportunities** – everyday things such as their favourite show, celebrity or music can provide openings for discussion – make yourself aware of what's going on in their life.
- **Show respect for their opinions** – you might not agree but it important to help them think things through rather than tell them what to do.
- **Don't make judgements** – conversations starting with 'that was stupid' are unlikely to go well.
- **Be there to help** – ask them what you can do to help.

 **#LetsTalkSEX** 

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The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

New CEOP Website
New 11-18s website, giving information on sex, relationships and the internet.

Check it out now:

https://www.thinkuknow.co.uk/11_18/



6 Apps & Services That Every Parent Should Know

From WhatsApp to Snapchat, the online world is overrun with apps and services, and it can be difficult for parents to keep up with everything their child uses. To help, Parent Zone have put together a handy guide to the popular ones we think they should know about:

<https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every-parent-should-know-about>

Age Appropriate Resources Exploring Online Safety

Safer Schools NI provide age appropriate resources exploring online safety topics such as Image Sharing, Influencers & Trusted Adults on our Teach Hub!

Explore these topics and more at <https://bit.ly/30lCMxz>. Simply follow the steps below to access.



Useful websites and resources focusing on keeping children & young people safe online.

<https://tinyurl.com/4tv6vdrc>

ARE YOU A YOUNG CARER?

If you can answer 4 or more of these questions, you could be a Young Carer.

If you live in the Belfast, Southern or the South Eastern Trust please contact

Action For Children for more information.

1. I am between 8 and 18 years old.
2. I have a family member with a physical / learning disability, mental health issue, addiction or life limiting illness.
3. I sometimes miss school or social events because I have to take care of a family member.
4. I worry more about my family member's health than myself.
5. Do you put the needs of your family members before your own.
6. I sometimes feel I have no one to talk to about my caring role.
7. I rarely get time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member.
8. Sometimes, I don't have the time to complete my homework because I am caring for a family member.



Action for Children NIYoungCarers@actionforchildren.org.uk

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500

Banbridge Youth Resource Centre, Hill Street, Banbridge, BT32 4DP (028) 4062 6516

My Child's First Device

5 Steps to Make Phones, Tablets, and Laptops Safer

You might be deciding to give your child their first phone, tablet, or laptop (or third, fourth, fifth – even a new model). This is a big decision! The responsibility and freedom that comes with owning a device is a big step for children – and you! It might even be their first “grown up” responsibility.

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. We know this can be daunting with various device brands, apps, and settings to choose from. Our online safety experts have created 5 steps to help you make that first device (or brand-new model) safer for the child or young person in your care.



Remember!

This is an exciting time in your child's life! You want to be a part of that in a positive way that encourages them to share with you and trust you. If you take the time to teach them, they will be empowered in their online actions and behaviours for the better.

1

Do your homework

Make sure your home environment is secure and ready for your child to be online. Many major broadband providers offer age restriction settings so check with your provider to ensure these restrictions are put in place.

Many retailers offer free Parental Controls to their customers. You can find Parental Control walkthroughs on most popular provider websites.

Check the device's brand website for simple walkthroughs of where to find privacy settings on your child's specific device.



3

Discuss and agree on healthy phone and device habits

Once the device has been set up, take the time to agree on some healthy rules and boundaries for how they will use the device. This can include rules like when and where they can use their device, screen time allowance and which apps are allowed to be used.

Be realistic on what will work in your household. If your child has friends with different rules, remind them that what works for one family might not work for another! As the parent or carer, you are responsible for the way your child uses their device and they will need guidance, especially if this is your child's first independent responsibility.



5

Keep Yourself Informed

We live in a digital world that changes daily. The most responsible thing you can do in keeping your child's device safe is to keep yourself informed.

Stay alert to trends and threats that they may be exposed to. With many companies beginning to offer “kid” versions of their platforms, knowing what is safe and what is suspect will help you make the best decision for your child. Luckily, we have some excellent resources to assist you that are reliable and relevant. Visit our website and social media pages.

2

Set up the device with your child

Taking the time to sit down with your child and set up the device together will help you both get to know how the device works, allow you to implement SafeSearch filters on search engines, and set up in-app purchase restrictions. You can use the device settings to set up agreed upon restrictions, like Screen Time and App Limits.

Explain why these settings are important to protect children and young people from online risks and that these restrictions will be lifted when they are old enough. Ensure your personal account is set as the Parent account and make sure your parental control PIN number is secure and random.



4

Check-in with your child

Check-in with your child about their device use. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car or while watching television as a family can have the biggest impact. Ask questions like, “Tell me about your favourite app! Why do you like to use it?” or, “How has your device helped you today?”

Online safety is never a one-off conversation – it's a continuing dialogue. Show your child that you're interested in their responses and thoughts to foster an environment of openness and trust between you and the child in your care.



oursafetycentre.co.uk
How to stay safer on popular platforms



SAFER SCHOOLS NI
saferschoolsni.co.uk

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Dealing with Difficult issues with Social media

Many parents find it difficult to talk about teenagers use of the internet and social media. It's not realistic to think that we control every aspect of their digital life, but nor is it helpful to bury our head in the sand.

Like other aspects of parenting it is good to understand the part social media plays in their lives, talking about the risks and opportunities it presents.



Talk to them about being safe

Talk to your teen about staying safe online and when posting pictures and messages. There are some excellent sites you can look at together. See our list below.



Show an interest

Show an interest in what they are doing, playing, listening, posting or creating online. Their digital world is an important part of their lives and they will want you to be interested in it.



Allow Privacy

Allow privacy, once safety rules are established, messages and conversations with friends should be private. Your teen will appreciate some trust.



Passwords

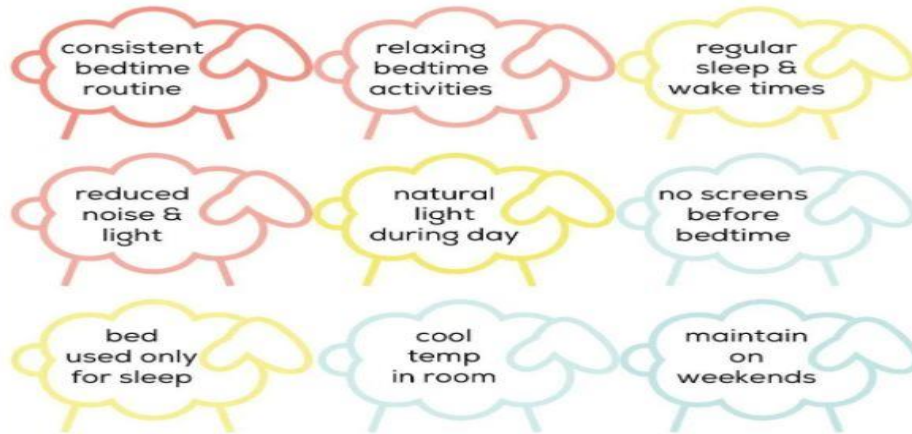
Talk about passwords and if possible agree a safe place where they can be stored and found in case of an emergency.

Parent tip

Ask your teen how things work and to teach you new skills.



healthy sleep hygiene for kids



@thechildhoodcollective

7 TYPES OF REST YOU NEED

1 PHYSICAL

Passive rest (ex: sleeping) or active rest (ex: stretching).

2 SENSORY

Unplug from computer screens and social media.

3 EMOTIONAL

Time and space to freely express your feelings.

4 SPIRITUAL

Engage in something greater than yourself (ex: meditation or community involvement).

5 MENTAL

Schedule short breaks and keep a journal.

6 CREATIVE

Allow yourself to take in the beauty of the outdoors or nature.

7 SOCIAL

Surround yourself with positive and supportive people.



Calm Sage



www.calmsage.com

Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

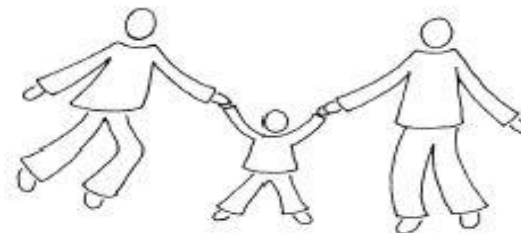
If you are looking for:

- ☒ The latest evidence based parenting programmes & workshops by Trust area
- ☒ Information / leaflets
- ☒ Training / development opportunities for professionals / staff

Visit the Parent Support webpage at

<http://www.cypsp.hscni.net/ebpp>

or scan the QR code for instant access



CYPSP
Children & Young People's Strategic Partnership



[Parents' Toolkit](#)



The Dads Project supports dads in Northern Ireland who are separating, separated or currently involved within the courts service – [Further info](#)



[A range of resources help parents](#)



COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



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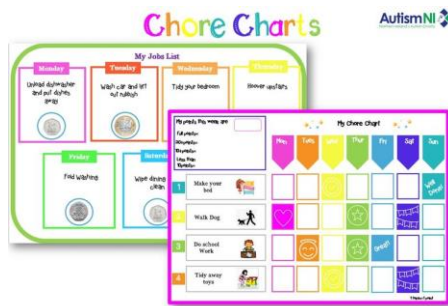
Short videos from @LINCwomen aimed at teachers and adults who wish to create safe and inclusive spaces for LGBTI+ young people.

‘Esther Explains’ covers three topics in the current series, Being Trans, Non-Binary and Homophobic Language.
<https://buff.ly/3clwccC>



Child-friendly video and brochure, available in various languages, to encourage children to tell someone they trust if they face sexual violence.

<https://coe.int/en/web/children/tell-someone-you-trust...>



To establish a routine and help with household chores, Autism NI have designed a ‘chore chart’ and a ‘screen time’ chore chart.

[Download Household Chore Chart](#)
[Download Screen Time Chore Chart](#)



DAISY supports young people & adults aged 11-25, experiencing problems from their alcohol or substance use. It also supports parents or other family.

Further info / make a referral:
[https://ascert.biz/project/daisy-belfast/...](https://ascert.biz/project/daisy-belfast/)



English



The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....



www.cypsp.hscni.net/translation-hub



Find out more about the Translation Hub by [watching this short video](#)

Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

helpline.barnardos.org.uk

Contact the helpline on 0800 1512605





SUMMER ACTIVITY IDEAS & RESOURCES



**NEW
Resources &
Activities**

- PlayBoard NI – Summer of Play Challenge
- I'm Bored! Beating Summer Boredom – Parenting NI
- 5 Seaside Activities for the Family
- How to Stay Safe on the Shore
- 10 Fun Summer Activities for Kids... From Bolster Community
- Playful Childhood – Outdoor Play Ideas for the Summer Holidays
- Summer Boredom Buster Activity Jar
- Summer Survival Resource - BHSCT Child and Adolescent Autism Service
- Summer Family Screen Time Activities Pack – Safer Schools NI
- Tips to Stay Cool
- Be UV Aware
- Heat Exhaustion / Heat Stroke Quick Guide



NEW
Activities

SUMMER ACTIVITY IDEAS & RESOURCES

SUMMER OF PLAY CHALLENGE



BUILD A GO-KART ☐



MESSY PLAY ☐



PAINT
SHELLS ☐



MAKE MUSICAL
INSTRUMENTS ☐

READ OUTSIDE ☐



GO ON A
BIKE RIDE ☐



GO BIRD WATCHING
ON FOREST TRAILS ☐



ORGANISE A SPORTS DAY ☐



PLAY SHOP ☐



PUT ON A SHOW ☐



MAKE AN OUTDOORS WATER SLIDE ☐



PLAY CATCH
THE SHADOW ☐



ENJOY A PICNIC ☐

TRASH FASH -
ORGANISE A FASHION
SHOW USING RECYCLING ☐



BUILD A DAM
AND MINI RAFT ☐



GO ON A BUG HUNT ☐



MAKE AND FLY A KITE ☐



GO ON AN ADVENTURE ☐



BLOW BUBBLES ☐



CAMP IN YOUR GARDEN ☐



We support
the summer
of play

PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI30225, charity no. XR86639. www.playboard.org #SummerOfPlay 2022

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NEW

SUMMER ACTIVITY IDEAS & RESOURCES

I'm bored!  ParentingNI

Beating summer boredom

Create a list with your child including all the things they can do when they are bored, for example...

Dry day 



Make a den/fort



Go on a bike ride

Rainy day 



Play a board game



Bake together



Go for a walk



Visit a play park



Play hide and seek



Create a scavenger hunt

What other activities can you add?



[Read Here](#)



10 Fun Summer Activities for Kids... From Bolster Community

Need some inspiration? Check out these ideas from Bolster Community Family Support Workers':
<https://bolstercommunity.org/10832-1-2/>

HOW TO STAY SAFE ON THE SHORE



- TIDE TIMES** 
Check tide times in your area before visiting the shore to ensure you don't get cut off by a rising tide
- WEATHER** 
Check the weather forecast for your area and dress appropriately. If it is too windy the shore may be unsafe
- STAY IN CONTACT** 
Carry a mobile phone in case of an emergency and let someone know where you are going if you choose to go alone
- BUDDY SYSTEM** 
It is a good idea to have a buddy with you on the shore in case of an emergency
- WATCH YOUR FOOTING** 
Beware of slippery or uneven rocks - seaweed covered rock can be very slippery, take extra care when walking on a rocky shore
- ON YOUR FEET** 
Wear old trainers or ideally, wellington boots
- STAY ALERT** 
Follow the advice of any nearby hazard or location specific signs e.g. cliff falls or freak waves
- WATCH YOUR HANDS** 
Avoid touching sharp objects e.g. rusty metal or broken glass
- TURN ROCKS CAREFULLY** 
Rocks and especially barnacles can be very sharp, take care when turning rocks
- STICK A PLASTER ON** 
Cover any open cuts or other wounds
- WASH YOUR HANDS AFTERWARDS!** 

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Playful Childhoods

Outdoor play ideas for the summer holidays

Six weeks of summer holidays are here and there are plenty of simple, playful ways you and your children can have fun outdoors in the fresh air, that won't cost a lot of money.

To help you make the most of your summer, here are our 36 top play ideas in six popular outdoor places to visit and enjoy.

Six things to do in your garden

1. create an assault course
2. have a dance-off
3. build a bug hotel
4. play What's the time Mr. Wolf
5. make potions
6. have a teddy bear's picnic

Six things to do at the beach

1. build sandcastles or sculptures
2. collect interesting shells, pebbles or sea glass
3. play noughts and crosses in the sand
4. go rock pooling or look for little critters
5. make sand angels
6. go for a paddle

Six things to do out on the pavement outside your home

1. draw and play hopscotch with chalk
2. paint with water using brushes
3. draw a map and do a treasure hunt
4. play Piggy in the middle
5. race paper aeroplanes
6. have a water fight

Six things to do at your local green space or park

1. play tag
2. look for mini beasts
3. have a wheelbarrow race (watch out for dog pool!)
4. play i-spy
5. Create your own Olympic Games
6. play hide and seek



Six things to do on a woodland walk

1. go bird-spotting
2. hug a tree (give nature a little cwtch!)
3. make a den
4. climb a tree
5. collect twigs, leaves, and stones to make some nature art
6. count the sounds (lay on the ground with your eyes closed and count how many different sounds you can hear)

Six things to do on a river walk

1. play Poohsticks over any bridges you come across
2. do a scavenger hunt
3. look for fish
4. feed a duck (no bread, please – try lettuce, sweetcorn, frozen peas, oats, seeds or rice)
5. make a boat out of sticks and leaves
6. splash in puddles

www.playfulchildhoods.wales

#SummerOfPlay

Playful Childhoods is a Play Wales campaign

THE TINY
Happy
PEOPLE

SUMMER BOREDOM BUSTER

THE ACTIVITY JAR



PULL OUT **ONE**
ACTIVITY A DAY

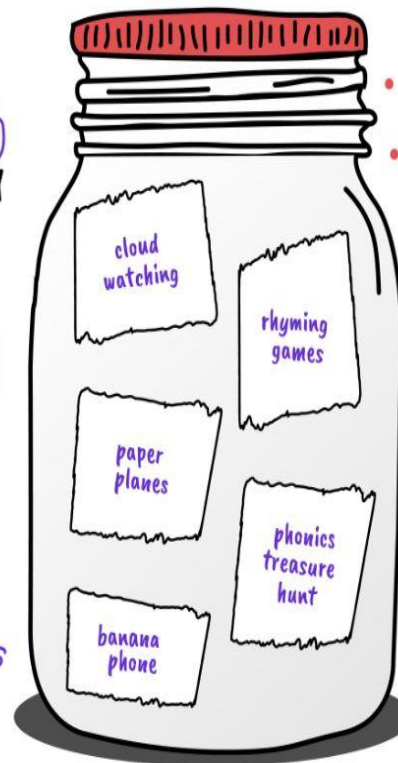
FOLD UP **PAPER**

ADDS ELEMENT OF
SURPRISE

PICK ACTIVITIES
THAT **WORK**
FOR YOU

ACTIVITIES ARE
FREE AND FUN

PERFECT FOR
SUMMER HOLIDAYS



NEW

SUMMER ACTIVITY IDEAS & RESOURCES

Summer Survival

Tips for the summer holidays 2022.

HSC Belfast Health and Social Care Trust

Child & Adolescent Autism Service

Section 1 - Resources

- Communication Strategies
- Schedules and Routines
- Choice Boards
- Countdowns
- Treasure Hunts
- Creative Resources for Home

Section 2 - Activities

- Eating Out
- Swimming
- Shopping Centres
- Airports & Planes
- Youth Clubs
- Places to Visit NI
- What's on in Belfast?
- Starting/Returning to School

Section 3 - Extra Support

- Autism Awareness Identification
- Carer Identification and Extra Support
- Support for Siblings
- Tips from Parents!
- CAAS Contact Information

The Child and Adolescent Autism Service alongside parents and carers in Belfast Trust has developed this Summer Resource full of ideas and strategies to fill sunny (and rainy!) days and help you support your child/young person in the transition back to school ☀️🌧️🏫

<https://belfasttrust.pagetiger.com/summersurvival/1>



Summer Family Screen Time Activities Pack

While we can't guarantee sun time, we can predict high levels of screen time for our children and young people during the school holiday season.

Have a read of Safer Schools NI's screen time article, along with a range of resources, including videos, family pack and shareable's. All designed to help you monitor screen time this summer.

👉 <https://bit.ly/3Ag3tDp>

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NEW

SUMMER ACTIVITY IDEAS & RESOURCES



Tips to stay cool



Stay hydrated!
Drink LOTS of water!



Avoid the midday sun - but if you have to go out wear sunscreen, sunglasses and a sun hat...



Remember to apply sunscreen 30 mins before you go out & top up every 2 hours!



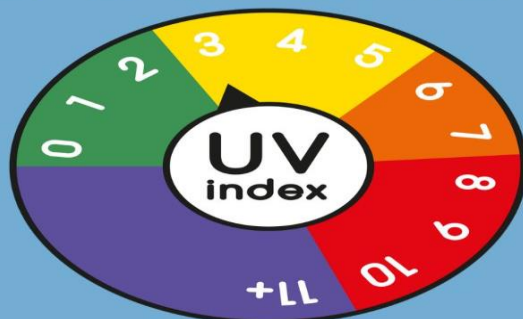
Stay in the shade, slow down and take it easy

If you can, have a Siesta in the afternoon



Keep an eye on pets & limit their time outdoors

Be UV Aware

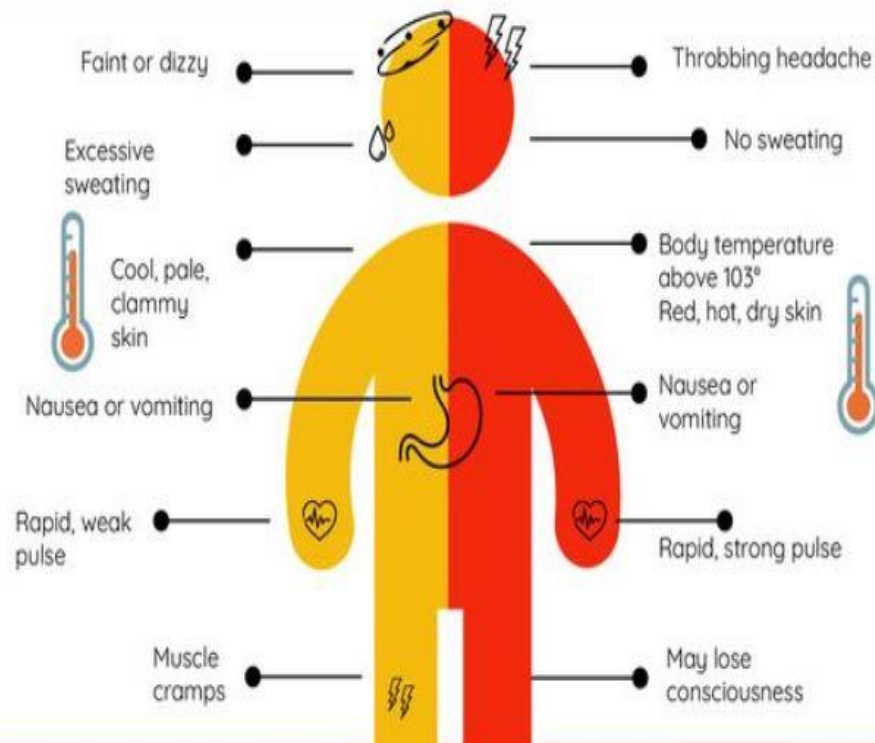


When the UV Index is 3 or more protect your skin and eyes



HEAT EXHAUSTION

HEAT STROKE



Get to a cooler, air conditioned place

Drink water if fully conscious

Take a cool shower or use cold compresses

CALL 999

Take immediate action to cool the person until help arrives



Inclusive Beaches

Inclusive Beaches in Northern Ireland offer free beach equipment loan schemes, operated as a partnership between Mae Murray Foundation and respective beach operators.

- Booking now open! - Cranfield, Portstewart Strand, Groomspoint, Benone & Portrush

Information on schedules and how to book

<http://www.maemurrayfoundation.org/projects/inclusive-beaches/>

6 Step Booking Process

1. Ensure you have membership of Mae Murray Foundation – which is free! Click [here](#).
2. Watch this online information and safety video. Click [here](#).
3. Read Frequently Asked Questions and Terms and Conditions.
4. Check beach schedules and equipment options for your preferred beach. If unsure about which piece of equipment is best for you, contact MMF office.
5. Complete the online booking request form. You **MUST** send your request 72 hours in advance.
6. Await confirmation email with further instruction. If no email is received contact Mae Murray Foundation office on 03006001166

June 2022
16th EDITION

HSC Northern Health
and Social Care Trust



Summer edition of the RISE NI NHSCT Preschool newsletter!

This edition of RISE & Shine focuses on what you, as parents/carers/families can do to promote your child's readiness for school over the summer months - [DOWNLOAD](#)



Summer Activity Ideas for Kids



Check out these activity ideas from BBC Good Food which should help with keeping the kids entertained during the Summer holidays - [35+ Summer activities for kids | BBC Good Food](#)

SUMMER ACTIVITY IDEAS & RESOURCES



Looking for a way to support your child with their wellbeing during the summer holidays?

These handy workbooks from Barnardo's Education Community might help: <https://bit.ly/36RNICy>



From 20th June – 31st August, Elmer and 30 of his uniquely decorated friends will appear on the streets of Belfast to form the biggest-ever public art trail the city has seen – [Further Information](#)

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SUMMER SURVIVAL SUITCASE!!

We might not be jetting off far but at Parentline we have packed a suitcase with a difference 🧳 😊

As schools start to finish up and summer months are nearing, are you starting to worry about filling your days with kids at home once again??!! 😊

We at Parentline NI know that summer can be long (and expensive) when it comes to keeping children entertained. So we are here to help 😊

Our Summer Survival Suitcase is a helpful resource pack full of fun activities, ideas and helpful hints to keep kids entertained at home and for free. As well as some tips for keeping calm and time for you 😊

How do I get it??

Find it on our NEW Parentline Resources page on our website; www.ci-ni.org.uk/parentline

Or give us a call for FREE on 0808 8020 400 📞 and we can arrange to send this out to you 👍
Please share so we can reach parents and carers in our communities 😊

Parentline is here for you throughout the summer and our dedicated staff are on the phone to offer a listening ear, support and guidance whatever your situation.

(And we all have our fingers crossed for some sunshine too ☀️)

PARENTLINE ARE HERE FOR YOU:

Monday-Thursday 9am-9pm

Friday 9am-5pm

Saturday 9am-1pm

0808 8020 400



Download to your phone to keep it handy!

<https://www.ci-ni.org.uk/parentline-resources/>

SUMMER ACTIVITY IDEAS & RESOURCES



A selection of outdoor activities that will entertain, teach and engage young children. Most can be set up with things you already have around the house. Click on image to view activity. More outdoor activity ideas from Happy Hooligans [available here](#)



Gadgeteers Summer Reading Challenge 2022 in your local library!

Taking place from 25 June until 3 September in all public and mobile libraries across Northern Ireland.

Children aged 4 – 11 are encouraged to spark their curiosity about the world around them by signing up in their local library from Saturday 25 June, picking up their free collector's folder, setting their own reading goals and then reading any books they enjoy throughout the summer to collect special stickers and other rewards along the way – all for FREE. [Further Information](#)

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Peanut Butter Snails

- 2 Medium celery sticks
- 1/2 cup Peter Pan creamy peanut butter
- 3 apple rings cut in half
- 4 pretzel sticks broken into thirds
- 12 mini semisweet chocolate morsels



Strawberry Ice Lollies



Ingredients:-

- 250g Strawberries
- 100ml Natural yoghurt, or apple or orange juice
- 1 teaspoon honey

Method:-

These are simple and quick to make, and are so much nicer than the commercially made ones.

Whizz up 250g ripe strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey in a blender or food processor. Taste, and add a little more honey if you think you need to. Divide the strawberry mixture between 4 ice lolly moulds, then pop a stick into each one.

Put the ice lollies in the freezer for at least 4 hours or until solid.

Summer Fruit Pops

(Makes 4 ice pops)

What you will need:

- Small plastic cups and wooden lollipop sticks or ice pop mould
- 2 kiwis, peeled
- 1 mango, peeled
- 8-10 raspberries

Instructions:

- Puree the fruits separately and put them in different bowls.
- Pour the raspberry into the bottom of the cups or mould.
- Freeze for 30 minutes.
- Pour in the Mango
- Freeze for 15 minutes, insert lollipop sticks and freeze for a further 15 minutes.
- Top with kiwi puree and freeze for 5-6 hours or overnight.

Top Tip:

- If you don't have time to make the tri-colour ice-pops you can just use 1 flavour or puree different fruits together and freeze all at once for a multi-fruit flavour.



milupa

Healthy snack ideas for the summer



Parentingni

Healthy Snacks

Many kids get hungry between meals. A healthy snack can provide your kids with energy and help them get the nutrients they need on a daily basis.

Healthy snack options:

Fruit: A piece of fruit is a convenient and healthy snack for kids. Most fruits contain fibre and important nutrients like potassium and vitamins A and C - Bananas, apples, pears, grapes, peaches, and plums are examples of fruits that can be used for grab-and-go snacks.

Fruit smoothies: A fruit smoothie is a good way to pack a lot of nutrients into a small snack.

Yogurt: Yogurt is an excellent snack for children and young people because it's a good source of protein and calcium. Calcium is especially important for developing bones. Try to avoid yogurts with high sugar content.

Cheese: Cheese provides children with high-quality protein, which is needed for proper growth. Protein will also help them feel full between meals.

Boiled eggs: Eggs are highly nutritious and an excellent snack for kids. They provide high-quality protein and several vitamins and minerals, including vitamin B12.

Simple snacks

A sandwich/roll

Sandwiches don't have to be just for mealtime. Half a sandwich can also make a healthy snack for kids. To build a healthy sandwich, start with whole-wheat bread, pick a source of protein, and include a fruit or veggie, if possible. Here are some examples of healthy sandwich combinations:

- cheddar cheese and thinly sliced apples
- cheese and tomato slices
- peanut butter and banana slices
- Chicken or turkey, cheese, and or pickle
- hard-boiled egg and tomato

Sweet potato fries (for one)

- 1 fresh sweet potato
- 1 teaspoon (5 ml) of olive oil
- Sea salt

Peel and slice the sweet potato. Toss the potato in olive oil and sprinkle it with sea salt. Bake on a cookie sheet at 220°C for 20 minutes.

Banana oat cookies

- 3 ripe bananas, mashed
- 80 ml of coconut oil
- 160 grams of rolled oats
- 80-90 grams of mini chocolate chips or dried fruit
- 1 teaspoon (5 ml) of vanilla

Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a grease proof paper and bake for 15-20 minutes at 175°C. Leave to cool.



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Always remember to clean your baby's teeth after feeding especially last thing at night.

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