

March 2020

Staying healthy and well is important, particularly now when we all need to mind ourselves and each other a little more. We have included a list of resources for children, young people and families while we work together to stay safe.

Gets the Facts on COVID-19:

Go to websites below for updates, information and advice:

HSE.ie

- www.hse.ie
- Find health services in your area.
- @HSElive or 1850 24 1850 for information

Department of Health

- www.gov.ie
- @roinnsainte

Department of Education & Skills

- www.education.ie
- @Education_Ire
- Child-friendly Posters and education updates



5 Ways to Wellbeing

- Stay Connected** (by phone, FaceTime, email, social media) with friends, family and services.
- Be active** (regular exercise like walking, or cycling) ; **Eat Healthy** (fruit, vegetables, and water) and **Get Sleep!**
- Take Notice** (be aware of how you are feeling, talk to someone you trust).
- Keep Learning** (learning or developing talents or skills; or studying)
- Giving** (such as a phone call or text to a loved one just to check in).

COVID-19. Staying Well. Staying Safe.

Talking to Children about Covid-19

Stay Calm - Take some time for yourself or talk to another adult, if you need to

Talk to your Child - Ask your child what they know, and how they are feeling. Be open and honest.

Answer Questions - Share simple age-appropriate facts and information that you know from trusted sources like the HSE.

Create a Safe Environment - Reassure your child, and talk to them about what you and they are doing to stay safe (e.g. hand washing)

Daily Routines - Keep a daily routine to manage consistency and stability. Mix it up with learning, movement, relaxation, creative and play time

Limit use of social media and get the facts at www.hse.ie

Try a Relaxation or Mindfulness App like "Headspace"

Routines can be mixed with Morning Time, Reading, Maths, Brain Breaks, Creative Time, Walks, Bath time, Music, Relaxation, etc.

Parents and Children can practice breathing exercises to stay calm

Reach out remotely for support - to someone you trust, or a service.

Many Community and Local Services are still available for support by phone and email.

Check out: www.dublincypscdirectory.ie or local services websites.

Service Type	Service Name	Contact Details	Description
Mental Wellbeing	This can be a stressful and confusing time for all, including children, young people and parents. For supports, please go to www.yourmentalhealth.ie or visit www.dublincypscdirectory.ie or crisis support . Some text and phone lines for children and parents are available below:		
	Childline	1800 666 666 Message on childline.ie Text TALK to 50101	Support children and young people up to 18 years of age.
	TeenLine	1800 833 634 www.ISPCC.ie	National active listening service for children and young people up to the age of 18 in Ireland.
	Spunout	Text SPUNOUT to 0861800280	For young people aged between 16 and 25.
	Jigsaw Online	Talk to Someone	For young people 12-25 who would like to ask a question about mental health.
	Turn 2 Me	turn2me.org	One to One online counselling for people 18+.
	Parentline	LoCall 1890 927 277 or 01 8733500	Confidential helpline for parents which offers support, guidance and information on all aspects of being a parent.
	Pieta House	1800 247 247 Text 51444 www.pietahouse.ie	A suicide support service providing phone and text support.
Learning and Education	While schools are closed, it's important that children and young people have opportunities to continue learning. Schools or third-level institutions can be contacted directly with specific queries. Below are some additional online resources that may be useful for parents or caregivers during this time. Ideas for planning and scheduling at home during school closures can be found here .		
	Scoilnet	scoilnet.ie	Useful resources for primary and secondary school students to access curriculum support

Play and Relaxation	Khan Academy	khanacademy	A U.S. based website to help children continue to practice literacy and numeracy. No account is needed to practice the exercises.
	Studyclix	studyclix.ie	For Junior and Leaving Cert Students revision and subjects.
	World Book	World Book Link via Scoilnet	From pre-primary to secondary and beyond, World Book has a database for every learner at every level for an immersive learning experience.
	Twinkl	twinkl.ie/school+closure	1 month free resources for primary school learners while schools are closed.
	BBC Bitesize	www.bbc.co.uk/bitesize	A UK website for primary, secondary and over 16 year olds to use to learn, revise and access curriculum topics
	Help My Kid Learn	helpmykidlearn	To support 0-12 year olds to learn by age.
	National Association for the Education of Young Children	NAEYPC	Tips and ideas on fun activities with children
	National Council for Curriculum and Assessment	NCAA	Resources and tips for parents on fun activities that will help child development
	<p>For activities and fun games that can be used as a family, or just for kids. Play and recreational activities will help children to feel calmer and more relaxed. Ideas:</p> <ul style="list-style-type: none"> • Take a walk or bike ride or read a favourite book together • Let your child teach you something that they like to do. • Have a “dream staycation” • Build a den together; have a dance competition • Use space, where you can, to create a fun environment and • Use arts and crafts to support children’s imagination. Further ideas: 		

Keeping Children Safe and Protected	Scratch	scratch.mit.edu	Create stories, games, and animations online
	GoNoodle	gonoodle.com	Games to play with children to ensure they get some physical exercise while at home
	Parent Map	parentmap.com	25 Sure-fire Indoor Play Ideas from a Preschool Teacher's Bag of Tricks
	Today's Parent	todaysparent.com/toddler/20-fun-indoor-games/	20 indoor Games to keep the kids entertained on a rainy day
	Cosmic Kids Yoga	Cosmic Kids Yoga	Mindfulness and Yoga for children 3+ years available on YouTube #cosmickidsyoga
	"Create, Don't Contaminate"	#Createdontcontaminate	14 Day Challenge for young people with RTE 2fm– one challenge a day!
	Employment and Social Protection	<p>Tusla Child and Family Agency continue to provide services and supports to children, young people and families including Child Protection and Welfare services. You can report a concern for a child's welfare or protection or contact An Garda Síochána for out of hours queries or concerns, or for emergency situations. Community services such as Family Resources Centres are contactable by phone.</p> <p>Check out www.dublincypscdirectory.ie for information on services in Dublin.</p> <p>The Department of Employment Affairs and Social Protection has issued a range of measures to provide income support to people affected by COVID-19 (Coronavirus).</p>	

For information on Children and Young People's Services Committees (CYPSC), visit our national website www.cypsc.ie. You can also visit [Dublin City North CYPSC](#) and [Fingal CYPSC](#) webpages for contact information.

Disclaimer: Information correct as of March 18th 2020. The resources and links included here are not exhaustive, and are only designed to signpost to ideas for supporting children and young people and their families. Information is updated daily on the main governmental, World Health Organisation, and HSE websites. National health or safety advice takes precedence over this listing.