

Dear Parent,

I hope you are all keeping well and safe.

The following are some suggestions that may help your child at this time at home.

You are under no obligation to engage with any of these options or activities.

Please do not stress or worry about anything that is outlined below.

NEPS:

The National Educational Psychological Service(s) have offered guidance to parents on daily routines:

<https://www.education.ie/en/The-Department/Announcements/guide-for-parentssupporting-children.pdf>

NCSE:

The National Council for Special Education offers help with Sensory, Regulation, Speech and Language, Occupational Therapy

<https://ncse.ie/online-resources-for-parents>

Wellbeing:

Time to Come In, Bear: A Children's Story About Social Distancing

[https://www.youtube.com/watch?v=DA\\_SsZFYw0w&feature=youtu.be&fbclid=IwAR2ctPaI8Bzlt5656fe0AmOX0CrVfVuE1ROoiMISZbOzR88JzW4cv4hR88g](https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=youtu.be&fbclid=IwAR2ctPaI8Bzlt5656fe0AmOX0CrVfVuE1ROoiMISZbOzR88JzW4cv4hR88g)

Meditation:

<https://www.louiseshanagher.com/guidedmeditations>

Life Skills:

- Tie laces
- Cycle bike
- Skip using skipping rope/ball skills
- Set the table/cooking/baking

Games:

Board games e.g. Snakes and Ladders, Scrabble etc.

Guess Who? /cards/Bingo

Jigsaws

Construction: Lego

Creative play

Please feel free to contact me,

Ms Golden

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Promise me you'll always remember:  
You're braver than you believe, stronger  
than you seem, and smarter  
than you think



A A Milne