



**An Roinn Oideachais**  
Department of Education

# **Directory of Wellbeing Supports and Resources for Primary School Parents**

**The following is a list of supports and resources available for parents. Click on underlined sections for further information on resources and services.**

### **National Educational Psychological Service (NEPS)**

#### **On-line Wellbeing Guidance and Advice**

Wellbeing guidance and advice for parents , including the following:

- managing stress and anxiety
- reluctant attenders/school refusal behaviour
- panic attacks
- understanding the response to stress in children
- managing thoughts feelings, behaviours
- self-regulation for pupils

#### **Support for Students**

NEPS psychologists will work with teachers and parents regarding their concerns about specific children and offer advice and support to address these needs. While public health measures are in place NEPS will endeavour to minimise in person contact without compromising the quality of the service. This means some elements of work will take place face to face and other elements remotely. . When schools are closed all work will take place remotely. Contact your school principal for appointments.

#### **Supporting Children to Cope with Loss and Grief**

Booklet on supporting bereaved students and staff returning to school following COVID-19 public health restrictions and includes signposting to services and supports.

### **HSE Health Promotion for Schools**

**HSE Minding Your Wellbeing:** Online Programme, made up of five online sessions of 20 minutes each, focusing on self-care practices for promoting wellbeing.

Available on HSE Health and Wellbeing Youtube <https://www.youtube.com/channel/UCGWXSPzwl8-lqDbHMMg42hw>

#### **HSE Wellbeing - Stress Control Training**

6 x 1.5 hour online sessions in an evidence based programme teaching practical skills to deal with stress.

#### **Minding your wellbeing**

HSE Health & Wellbeing has launched a free, online mental health and wellbeing programme called Minding Your Wellbeing. This evidenced based programme, focusing on the promotion of mental wellbeing, has been adapted from a face-to-face programme into a series of online videos for everyone at this time.

<https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html>

## **HSE Understanding Self – Harm**

This booklet provides useful advice to parents, carers and teachers who may be concerned about a young person self-harming. These booklets can be ordered from [healthpromotion.ie](http://healthpromotion.ie)

<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/selfharmparents.pdf>

## **Professional Development Service for Teachers (PDST)**

### **Primary Wellbeing Resources**

The Primary Wellbeing Online Resource portal contains links to 100's of resources that schools can draw on to support pupil wellbeing including:

- PE and SPHE Resources including some new to PDST
- Resources to support children through Grief and Loss
- Resources that support children's psychological health and wellbeing
- Links to relevant Webinars, Podcasts and to the Primary Wellbeing Resource Portal
- Supplementary cross curricular resources that support wellbeing development across the areas of physical activity, Literacy, art, SESE, music and culture
- Resources for children with SEN
- Learning and development opportunities for teachers
- Resources to support Teacher Wellbeing

### **Resources to support pupil wellbeing through the SPHE and PE curricula**

- **Breathe** - Self-Regulation and Relaxation Techniques for Children.
- **RSE Tips for Parents** - how to support your child's learning at home
- **SPHE Tips for Parents** - how to support your child's learning at home
- **Stay Safe for Parents** – how to support your child's learning at home
- **NEW Updated Busy Bodies RSE Workbook** - designed for use at home or at school, to accompany the Busy Bodies (HSE) resource
- **PE Homework - Active Every Day - practise your PE skills at home and track your progress using the PE Homework Charts** <https://www.scoilnet.ie/pdst/pehomework/>
- **PE at Home - videos to support strand-based learning in PE at home** <https://www.scoilnet.ie/pdst/peathome/>
- **Beyond the Classroom - how to develop Fundamental Movement Skills at home** <https://www.scoilnet.ie/pdst/physlit/beyond/>

## The National Council for Special Education (NCSE)

### Behaviour Support Pack for Children and Young People with Additional Needs

Downloadable resource to support parents to:

- understand behaviours of concern
- support parents to implement strategies to promote positive behaviour and learning at home.

### Getting Back To What We Know

Suite of resources and supports for young people with complex needs to help them with the following:

- understand and learn new routines and transitions e.g. handwashing, school transport etc
- support the development of functional life skills and occupational well-being
- support the development of language and communication skills

### Visiting Teacher specialist support for pupils - blind/vision impaired or deaf/hard of hearing

Visits by the Visiting Teachers to support students, parents, and staff to meet the needs of pupils who are blind/vision impaired or deaf/hard of hearing.

### Trusted information on health topics from HSE websites.

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|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| • <a href="#"><u>Ask about alcohol</u></a>                     | How alcohol affects your health and wellbeing                                                        |
| • <a href="#"><u>Explore Sexual Health &amp; Wellbeing</u></a> | Includes Tips for Parents, Sample Questions and Answers, etc.                                        |
| • <a href="#"><u>Get Up, Get Out and Get Active</u></a>        | Information for Family Members of all ages and relevant professions                                  |
| • <a href="#"><u>Healthy Ireland</u></a><br>in Ireland         | Government-led Initiative aimed at improving the Health and Well-Being of everyone living in Ireland |
| • <a href="#"><u>Quit smoking</u></a>                          | 8,330 People have quit smoking this year with the Quit Plan                                          |
| • <a href="#"><u>yourmentalhealth.ie/</u></a>                  | Mind your mental health during the coronavirus outbreak                                              |
| • <a href="#"><u>Drugs.ie</u></a>                              | COVID-19 impact on people who use drugs.                                                             |

See the [Gov.ie In this Together](#) site for more information

### Mental health supports

It is recognised that some children and their families may need support that is additional to the support provided by schools. This leaflet published by the Department of Health and the HSE contains the details of a range of mental supports for young people today. This leaflet will signpost and provide details of a number of HSE funded national organisations that provide various mental health supports and services to young people and their parents around the country.

[www.yourmentalhealth.ie.](#)

## **Children's Books Ireland**

The Mind Yourself reading guide is a resource that can be used by adults – parents, guardians, caregivers, teachers – to support and educate young people in relation to mental health and wellbeing. The guide contains reviews and recommendations of over 400 books for children and young people from birth to age eighteen and is designed as a 'first-aid kit' for worries, sadness, loneliness, anxiety and any number of feelings that a young person may want to explore.

**[www.childrensbooksireland.ie](http://www.childrensbooksireland.ie)**