

NEPS Supports for Parents:

The Department of Education National Educational Psychology Service (NEPS) have many resources that you may find useful while the school is closed. These resources can be found on the Department website [here](#)

The screenshot shows a webpage from gov.ie with the title 'Wellbeing advice and resources during COVID-19'. It includes a list of categories: 1. Parents - Primary Schools, 2. Parents - Post-Primary Schools, 3. Students, 4. School Staff - Primary Schools, and 5. School Staff - Post-Primary Schools. There are also social media sharing options for Email, Facebook, and Twitter. A 'Part of' section lists 'Campaigns', 'Back to School', and 'Policies'. At the bottom, a note states: 'The Department of Education NEPS psychologists have developed the following advice and resources for parents, students and school staff to support them during school closure due to COVID-19.'

Plan for a Day

A plan for the day template is available [here](#) to help you and your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity.



Advice for Young People

NEPS has published *Advice for Young People while Schools are Closed* which is available [here](#)



Relaxation Techniques Podcast

[This link](#) will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



Advice for Parents

NEPS has also published *A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed* which is available [here](#)

