

Clontarf Children's Disability Network Team Newsletter

December 2023



Message from the Children's Disability Network Team

Welcome to the Clontarf Children's Disability Network Team newsletter. We hope all of you and your family are enjoying the run up to Christmas. I know it is an exciting time for some children and a more difficult time for others. Please contact the team if you are experiencing difficulties, or with any queries, by emailing cdntclontarf@crc.ie

Correspondence

If you are getting this correspondence in letter form, we would appreciate if you would consider updating your email address for future distribution of this letter. Additionally, if you have any changes you need to inform us of, such as change of address or school, please use the cdntclontarf@crc.ie email address so we can update your child's records or call us on 01 – 8542000.

Family Forum Update

Our next Family Forum will be held in the New Year. The Family Forum is an opportunity for parents to contribute their ideas about the services our CDNT provides and discuss issues. Please send questions or topics you would like a focus on in the forum to cdntclontarf@crc.ie Stacey Dooley and Deirdre Murphy, Clontarf's CDNT Parent Representatives will be formally introduced to you during this meeting in conjunction with an external facilitator. Elaine Doherty, Clontarf's Children's Disability Network Manager will provide an update on the teams work since the last forum. We look forward to seeing you in the New Year.



Christmas Fun

We have linked some useful websites where you may find fun activities, and educational and functional toys for Christmas time.

[PlayEasy Approved Toys – SpeakEasy SLT](#)
Speak Easy, Speech and Language Therapy, have an educational toy shop which are all hand-selected by a Senior Speech and Language Therapist/ Montessori Teacher, Sarah Kelly.

[Calming Toys & Tools | Sensational Kids](#)
Sensational Kids sell child development and learning toys, and 100% of the profits go towards subsidising therapy services for children. You can source soothing toys such as a “Calming Weighted Sloth” (teddy) and fun books and jigsaws.

[Thinking Toys - Special Toys for Special Kids](#)
Thinking toys sell fun kits and toys specifically tailored for specific skills/ needs. Categories include motor skills, communication and sensory aids.

[Sesame Street | Preschool Games, Videos, & Coloring Pages to Help Kids Grow Smarter, Stronger & Kinder](#)
Sesame street have fun games and videos for children, and printable colouring sheets



Resources for your child

<https://littlepuddinsprints.com/>
Little Puddins have digital and physical products: including “starting school” e-books, communication passports and school transition schedules. You can get a “Communication Passport” which are designed for autistic children/ children with other additional needs. This can support children to share information about themselves should they be in a new environment.

As I Am also provide Autism ID passports
<https://asiam.ie/how-we-can-help/autism-id-card/>

[Helpful Therapy Tips | Sensational Kids](#)
Sensational Kids have lots of useful information

Online Webinars/ Workshops (Free)

The CDNT in CRC Waterford have kindly put together several helpful online workshops, linked below.

Importance of Sleep in Children:
[Waterford South City CDNT- Sleep Workshop](#)

Anxiety and Autism Workshop:
[Waterford South City CDNT- Anxiety and Autism](#)

Emotion Regulation Workshop:
[Waterford South City CDNT- Understanding and Managing Emotions](#)

Navigating Adolescence in Young People with a Disability (Part I):
[Waterford South City CDNT- Adolescence Workshop Part 1](#)

Navigating Adolescence in Young People with a Disability (Part II):
[Waterford South City CDNT- Adolescence Workshop Part 2](#)

Relationships, Sex & Sexuality Workshop:
[Waterford South City CDNT- Relationships Workshop](#)

Self-Care For Caregivers:
[Waterford South City CDNT- Self Care workshop](#)

Enable Ireland have a host of resource on their website, including a four-part series about emotion regulation **delivered and kindly recorded by the psychology team in Bray.**

[Webinar Recording: Emotional Regulation Part 1/4 | Enable Ireland](#)

Community Resources

We have included some community-based resources and social activities which may be of interest to you and your children.

Snowflakes: [Services \(snowflakes.ie\)](#). Based in Swords. Snowflakes runs support groups for parents of children with autism, teen youth club, parent/ child coffee mornings, family fun days, days out, subsidized activities. Support for all ages.

Parent led autism network: [Parent Led Autism Network Dublin 5, Dublin 13, Dublin 17 | Facebook](#). Provides information sessions/ workshops from professionals.

Disability fit: Fitness classes in Killester for autistic people/ those with an intellectual disability age 12+ (Instagram: [@disabilityfit](#))

Spectrum kids' fitness - [Spectrum Kids Fitness | Mulhuddart | Facebook](#). Movement classes for autistic children based in Mulhuddart.

All Abilities Ireland: [We nurture ability through creativity \(allabilities.ie\)](#). Runs a series of online groups/ supports for kids, teens and adults with a disability. Includes social groups (<12 years and <12 years), mindfulness groups, public speaking, creative writing, dance/ drama classes, transition to secondary school programme, peer programme, moonlight family mindfulness.

Remember Us: [Social Club for People with Special Needs | Remember Us](#) run social groups for children and teens with additional needs and parents and carers support groups.

Dublin city library services: There are a range of sensory and AT resources for children in Dublin libraries. There are children's history book clubs and other events in Dublin libraries. [Libraries | Dublin City Council](#)

Autism friendly cinema screenings: ODEON cinemas host special autism friendly screenings one Sunday morning each month)

Para Athletics (IWA Clontarf): enquires to Joanne Wall
joanne.wall@iwa.ie

Connecting family activity

Christmas can be a very busy time, with lots of exciting activities. With that may come lots of lights, noises, and sensory stimulation. Taking time to slow down and be mindful throughout your day can be very regulating for both you and your children.

Mindfulness describes being focused on the present moment. Below are some examples of how you can incorporate daily mindfulness practice into your family's day.

Five Senses: With your child, take a few moments to explore the morning through your senses. You can talk to your child about things you see, hear, feel, taste and smell. If they can, you can ask your child to do the same. Try to notice things you would normally tune out, like the noise of the wind, or the smell of bedsheets.

Body Scan: With your child, start with your toes and working your way up to the top of your head, start noticing the sensations in each part of your body. For example: notice the feeling of your clothes on your body, or cool air on your face. You can look up an example on YouTube.

I Spy: Take some time to notice things in your environment while in the car or travelling. You can narrate "I see something green: it's a tree!" or ask your child to point out something. This can help you both take in and notice your surroundings.

Sensory Box: With your child, you can decorate and fill a box with several small objects. You can include items found around the home (e.g. feathers, sponges) or make sensory toys (e.g. fill a water bottle with rice). Here is some more information about making sensory boxes:

[Sensory Boxes | Sensational Kids](#)



Thank You

Thank you for taking the time to read our newsletter

We wish all families receiving this a very Merry Christmas!

Please get in touch if you require information or support:

cdntclontarf@crc.ie

The Clontarf Children's Disability Network Team

