

# Resource and Information Pack

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In response to COVID-19



Website: [WWW.MWCDS.ie](http://WWW.MWCDS.ie)

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# Mid-West Children's Disability Services

## Resource and Information Pack

Hi There,

The following is a list of resources for you, parents and your children, sourced from a number of local, national and international sources to support you in these COVID-19 times. We hope that you find them useful and if you have questions please do not hesitate to contact your Early Intervention / School Age team. It is planned that as new resources become available then this document will be updated so please check in frequently for any updates.

We currently have the following sections, so hopefully you will find something that will assist you during this time.

<b>INFORMATION</b>
<b>UNIVERSAL STRATEGIES</b>
<b>UNDERSTANDING CORNAVISUS</b>
<b>HEALTH, EXERCISE &amp; HOW To</b>
<b>BOOKS &amp; TECHNOLOGY</b>
<b>EDUCATION / SCHOOL SUPPORT</b>

Wishing you and your families all the very best during these difficult times.

Stay safe.

*Mid-West Children's Services.*

<b>INFORMATION Section</b>		
<b>General Area</b>	<b>Short Description</b>	<b>Click Link below to see content</b>
<b>Information</b>	The HSE website is the key source for health advice. Check for regular updates	<a href="#">Link</a>
<b>Information</b>	What to do if we are concerned Psycho-social Support prepared by HSE Heads of Psychology	<a href="#">Link</a>
<b>Information</b>	TOP PARENTING TIPS – For Parents and Carers in uncertain times	<a href="#">Link</a>
<b>Information</b>	Parental Guide to Working from Home How to keep your kids happy while you're working at home?  In order to contain the coronavirus, both schools and businesses are closing meaning that many parents, who are used to working in a nice, calm office, will be forced into unchartered territory: working from home with kids around.  Before you run for the hills, here are some tips on how to keep the kids occupied so you can get some work done and stay sane.	<a href="#">Link</a>
<b>Information</b>	Manual Wheelchair and Assistive Technology users: Precautions during Covid-19 Peter Axelson, wheelchair user and leader of Beneficial Designs has published	<a href="#">Link</a>

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	<p>this precaution document for wheelchair users during Covid-19.</p> <p>It discusses the unique precautions that wheelchair users should take during this time in relation to clean hands, clean wheelchair and social distance.</p>	
<b>Information</b>	<p><a href="#">Give Back</a> Directory of free products / services available during COVID-19</p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Children's Art Competition</a> organised by the National Safeguarding Office – Theme: <a href="#">Keeping connected in times of COVID19</a></p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Multilingual COVID-19 posters</a> Translated resources to help share the messaging about coronavirus (COVID-19) in various languages. These posters and booklets are available for download and printing.</p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">A podcast for parents</a> Dr Jon Goldin on the Corona virus and child mental health (PODCAST)</p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">St. Gabriel's Centre</a> Treehouse Early Intervention Team (<b>Covid-19 Support</b>)</p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Western Care Association</a> – Multiple Supports Information including:</p> <ul style="list-style-type: none"> <li>• School Closure Toolkit</li> <li>• Home Setting Visual Schedules</li> <li>• Board maker Online (1 month Free Trial)</li> <li>• Items from Little Puddins (The Autism Educator)</li> <li>• Stage learning Materials</li> <li>• Etc.</li> </ul>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Picky Eater / Problem Feeder</a> Managing Stressful Times</p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Communication Passport</a> (Parent Guide)</p>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Communication Passport</a> (Template <a href="#">West Limerick Children's Services</a>)</p>	<a href="#">Link</a>
<b>Information</b>	<p><b>SUPPORTING PATIENTS AND FAMILIES</b></p> <ul style="list-style-type: none"> <li>• Here are two websites that have basic, simple information that can be helpful for supporting patients and families</li> </ul>	<a href="#">Link</a> <a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Information for employers, employees and the self-employed</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Citizens Information have brought information together very useful information on social welfare, employment rights, etc.</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Information about social welfare and immigration for migrant workers, documented and undocumented</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Information, advice and an Emergency Care Plan Booklet for family carers</li> </ul>	<a href="#">Link</a>
<b>Information</b>	<p><b>SUPPORTS TO MENTAL HEALTH</b></p> <ul style="list-style-type: none"> <li>• HSE LIVE Phone, Twitter, Find a Service</li> <li>• HSE - Minding your mental health during Covid-19</li> <li>• Managing Anxiety (St. Patrick's Mental Health Service)</li> <li>• Coping with the Impact of Covid-19 (Jigsaw)</li> <li>• The Mindfulness Centre</li> <li>• Headspace</li> <li>• Looking after yourself during the corona virus pandemic (Mental Health Foundation UK)</li> </ul>	<a href="#">Link</a> <a href="#">Link</a> <a href="#">Link</a> <a href="#">Link</a> <a href="#">Link</a> <a href="#">Link</a> <a href="#">Link</a>
<b>Information</b>	<p><a href="#">Limerick Activity Hub / Limerick Sports Partnership</a> Limerick Sports Partnership are delighted to launch our ACTIVE LIMERICK HUB where you will find lots of resources, ideas and information that will help you and your household stay active over the coming weeks.</p> <p>'Home Workouts'</p> <ul style="list-style-type: none"> <li>• 'Children's Activities &amp; Family Fun'</li> <li>• 'Keeping Active As We Age'</li> <li>• 'Minding Your Mental Health'</li> <li>• 'Local Parks/ Walks/ Trails' (if you are lucky enough to live within 2km of these)</li> <li>• 'Online E-Courses, Resources &amp; Opportunities from Sport Ireland/NGB's/Other Organisations'</li> </ul>	<a href="#">Link</a>
<b>Information</b>	<p><a href="#">Down Syndrome Ireland Supports</a> – This is a list of useful resources that parents/teachers can avail of for free online – they will help with educating and entertaining</p>	<a href="#">Link</a>

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	children while helping them to improve their skills in writing, reading, vocabulary etc.	
<b>Information</b>	<a href="#">Understanding Covid 19- Children's Roadmap to re-opening Ireland Phase 1</a> This road map from Barnardos lets children know the plan for re-opening Ireland	<a href="#">Link</a> <b>**NEW**</b>
<b>UNIVERSAL STRATEGIES Section</b>		
<b>Fine Motor Skills for Older Children and Teenagers</b>	Here are many enjoyable ideas for projects to engage older children and teenagers during this time. Projects such as these not only develop fine motor skills but many other important skills such as problem solving, sequencing, planning, organising, memory, attention control, imagination and sense of fun. There is a lot choice here for your son or daughter to pick even one project that captures their imagination.	<a href="#">Link</a>
<b>Occupational Therapy Activities</b>	Occupational Therapy activities for March/April	<a href="#">Link</a>
<b>Occupational Therapy Activities</b>	<b>Thera-putty:</b> How to make thera-putty at home, hand exercises to strengthen hands and provide heavy sensory input (proprioception) and thera-putty activities and mats to print out.	<a href="#">Link</a>
<b>Occupational Therapy Activities</b>	<b>Fine motor activities at home:</b> using household objects	<a href="#">Link</a>
<b>Occupational Therapy Tele-Health Activities</b>	<a href="#">Activities that can be done online as well as printables focusing on visual motor integration, visual perceptual skills, fine motor skills, typing, handwriting and executive functioning.</a>	
	<ul style="list-style-type: none"> <li>• Visual memory colour pattern game</li> </ul>	<a href="#">Link</a> / <a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• matching picture recall game</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Hidden objects game</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Spot the difference game</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Tangrams</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Word search that increases in difficulty</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Grid picture mosaics</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Escape Block Game</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Visual motor worksheets</li> </ul>	<a href="#">Link</a> / <a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Fine motor activities</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Cup stacking typing game</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Typing</li> </ul>	<a href="#">Link</a> / <a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Boom cards student zones of regulation daily check in</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Personalized writing worksheet generator</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Dotted letter trace</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Handwriting without tears online- <b>free for 90 days</b></li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Online homework planner</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li>• Graphic organizer generator</li> </ul>	<a href="#">Link</a> / <a href="#">Link</a>
<b>Daily Living Skills</b>	Resources to support children with developing independence and participation in Daily Living Skills and everyday routines	<a href="#">Link</a>
<b>Mobility</b>	<a href="#">Get Kids Moving</a> - Free videos and websites to get kids moving at home, yoga and mindfulness	
	<ul style="list-style-type: none"> <li>• <a href="#">Cosmic Kids</a> (Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world.)</li> </ul>	<a href="#">Link</a>

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	<ul style="list-style-type: none"> <li><a href="#">Go Noodle</a> (Videos get kids moving to be their strongest, bravest, silliest, smartest, bestest selves. Kids each month are dancing, stretching, running, jumping, deep breathing, and wiggling with GoNoodle.)</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li><a href="#">The Kids Coach</a> (This is an app developed by an Occupational Therapist and Personal Trainer to get your child up and moving with fun, regular fitness programming in the comfort of your own home.)</li> </ul>	<a href="#">Link</a>
	<ul style="list-style-type: none"> <li><a href="#">P.E with Joe Wicks</a> (Body Coach TV posts weekly HIIT workouts to help you get fitter, stronger, healthier and lean. You don't need a gym and most of the workouts can be done anywhere with no equipment.)</li> </ul>	<a href="#">Link</a>
An Idea a Day	<p>A new idea to try each day for:</p> <ul style="list-style-type: none"> <li>Toddlers</li> <li>Pre-schoolers</li> <li>School Going Children</li> <li>Children with Special Needs</li> <li><b>And even Parents / Carers</b></li> </ul>	<a href="#">Link</a>
Access to Lámh Signs	With children and families staying home amid the pandemic, Lámh is offering free and open access to Lámh Signs Online until May 31st, 2020. This resource has videos of all 580+ Lámh signs, including timely signs like Wash Hands, Space, Hot, Clean, and Doctor.	<a href="#">Link</a>
Sensory Processing	<b>Visual Supports</b> - Activity Cards for <b>Sensory Support</b>	<a href="#">Link</a>
Fine Motor Skills	<b>Visual Supports</b> - Activity Cards for <b>Fine Motor Skills</b>	<a href="#">Link</a>
Numbers	<b>Visual Supports</b> - Activity Cards <b>Numbers with Playdough</b>	<a href="#">Link</a>
<b>UNDERSTANDING CORNAVISUS Section</b>		
<b>Understanding COVID 19</b>	<b>Comic Book:</b> What is the Coronavirus?	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>My Name is Coronavirus:</b> (story/workbook for kids)	<a href="#">Link / Other languages available</a>
<b>Understanding COVID 19</b>	<b>Visual Supports</b> - "First-Then visuals" for COVID 19 testing	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Desensitisation Protocol (Swab Test):</b> This is a programme that can help prepare your child for the swab test if they need to go for one. It would generally be used if they are showing symptoms and have an appointment for a test. It includes visuals that may help	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> - What is a Swab Test – Cartoon Version	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> - What is a Swab Test Photo Version 1	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> - What is a Swab Test Photo Version 2	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> - 'Aslam' published a social story/visual guide to explain what the new Coronavirus measures mean. It's framed in a reassuring and positive light. The inclusion of the Gardai is especially beneficial and may provide reassurance to some children at this uncertain time	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> – When someone in my house gets Coronavirus	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> – COVID-19 Testing (TEXT ONLY)	<a href="#">Link</a>
<b>Understanding COVID 19</b>	<b>Social Story</b> – If your child needs to be tested for the COVID 19 there is a cartoon that you can read with them a few times before going to the appointment that may help them (and you!) in preparing for it.	<a href="#">Link</a> (Short Version) <a href="#">Link</a> (Long Version)
<b>Understanding COVID 19</b>	<b>How to talk to children about Coronavirus:</b> Video guidance from child psychologists	<a href="#">Link</a>

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<b>Understanding COVID 19</b>	<p><b>The Gruffalo</b> creators share new cartoons to help children understand the Coronavirus. They introduced social distancing into their stories e.g.</p> <ul style="list-style-type: none"> <li>• Room on the Broom : "You better be safe, you'd better be smart. Stay on the broom but stay well apart".</li> <li>• Also, Julia Donaldson hosts a weekly live video session for kids on Facebook every Thursday at 4pm</li> </ul>	<a href="#">Facebook – The Gruffalo</a>
<b>Understanding COVID 19</b>	Book - a free information book explaining the coronavirus to children, illustrated by <b>Gruffalo</b> illustrator Axel Scheffler	<a href="#">Link</a>
	Book - a free information book explaining the coronavirus to children, illustrated by <b>Gruffalo</b> illustrator Axel Scheffler (PDF Version)	<a href="#">Link</a>
<b>HEALTH, EXERCISE &amp; HOW To... Section</b>		
<b>Health &amp; Exercise</b>	Time for a movement Break	<a href="#">Link</a>
<b>Health &amp; Exercise</b>	<a href="#">The importance of good Hand Hygiene</a>	<a href="#">Link</a>
<b>Health &amp; Exercise</b>	<a href="#">Hand and Finger Therapy Putty Exercises</a>	<a href="#">Link</a>
<b>Health &amp; Exercise</b>	<p><a href="#">Active Storytime with Buddy the dog by Marian Rodgers.</a> Clare Sports Partnership have created two active stories:</p> <ul style="list-style-type: none"> <li>• "Buddy's Big Space Adventure"</li> <li>• "Buddy's Big Jungle Adventure"</li> </ul> <p>As you read about Buddy the dogs adventure, there are movements your child can perform as part of the story e.g running on the spot. For older children, they can practice their reading skills too!</p>	<a href="#">Link</a>
<b>Health &amp; Exercise</b>	<a href="#">Play</a> - Handout on children's play ideas for both indoors and outdoors. It will help them to have fun and to develop their gross motor skills.	<a href="#">Link</a>
<b>Health &amp; Exercise</b>	<a href="#">Play</a> - Fancy an active treasure hunt with the children? Clare Sports Partnership have created templates to get you started. You can use a small or large garden. Make up your own clues with the blank template. There is a pre-filled template to give you some ideas to get started!	<a href="#">Link</a>
<b>Health &amp; Exercise</b>	<p><a href="#">Yoga</a> - Free on-line yoga classes for children on Tuesdays and Fridays :</p> <ul style="list-style-type: none"> <li>• @ 11.00 for 3 - 5 year olds</li> <li>• @ 11.30 for 6 - 10 year olds</li> </ul>	<a href="#">Facebook: Cetz Yoga for Kids Free Online Class</a>
<b>How To ...</b>	<a href="#">Dressing Workbook</a>	<a href="#">Link</a>
<b>How To ...</b>	<a href="#">Buttons Bows and More</a>	<a href="#">Link</a>
<b>How To ...</b>	<a href="#">Wash your hands</a>	<a href="#">Link</a>
<b>How To ...</b>	<a href="#">Visual schedule for handwashing</a>	<a href="#">Link</a>
<b>How To ...</b>	<a href="#">Brush your teeth</a>	<a href="#">Link</a>
<b>Playdough</b>	<a href="#">How to Make Playdough</a>	<a href="#">Link</a>
	<a href="#">The Benefits of playing with Playdough</a>	<a href="#">Link</a>
	<a href="#">Play Dough Recipes</a>	<a href="#">Link</a>

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	<a href="#">Play Dough Activity Ideas</a>	<a href="#">Link</a>
<b>BOOKS &amp; TECHNOLOGY Section</b>		
<b>Books</b>	<a href="#">Babies and toddlers</a> Babies love books and it's never too soon to start reading. To keep little ones entertained at home, below you'll find a wide range of activities you can do with babies and toddlers, from sensory play ideas and story time readings to That's not my... colouring sheets.	<a href="#">Link</a>
<b>Books</b>	<a href="#">World Book Online</a> They have just made their collection of over 3,000 ebooks and audiobooks available for free for children to access at home. They have books suitable for all ages.	<a href="#">Link</a>
<b>Books</b>	<a href="#">Oxford Owl</a> Free eBook Library available to all	<a href="#">Link</a>
<b>Technology</b>	Our children and teenagers may well be spending more time than usual on their phones, iPads etc. using social media during the current Covid 19 pandemic.  Webwise have put together some very useful resources for parents which may be of interest.	<a href="#">Link (RE: WhatsApp)</a>  <a href="#">Link (RE: Facebook)</a>  <a href="#">Link (RE: Messenger)</a>
<b>Technology</b>	How AT and mainstream technologies can be used to support service users and staff during this COVID 19 pandemic (Enable Ireland)	<a href="#">Link</a>
<b>EDUCATION / SCHOOL SUPPORT Section</b>		
<b>General Area</b>	<b>Short Description</b>	<b>Click on Link to see content</b>
School Resources	<a href="#">National Council for Special Education (NCSE)</a> - Online Resources for Children with Special Educational Needs	<a href="#">Link</a>
School Resources	<a href="#">National Council for Special Education (NCSE)</a> - Online Resources for Parents	<a href="#">Link</a>
School Resources	<a href="#">Twinkl</a> - Our ROI (Republic of Ireland) resources offer children and teachers the support they need to meet the Irish curriculum aims and objectives. These materials cater to Junior/Senior Infants up to 5th/6th class pupils, covering a range of core topics taught all over Ireland.	<a href="#">Link</a>
	<a href="#">homeschool.ie</a> - we provide an online tuition service for Primary, Junior and Leaving Certificate students that will allow each student to revise an entire subject syllabus over the course of a single year.	<a href="#">Link</a>
	<a href="#">StudyNotes.ie</a> is a free, user friendly educational service for both Junior and Leaving Certificate students and teachers.	<a href="#">Link</a>
	<a href="#">Studyclix</a> was created with the hope of bringing forward an innovative method of studying for the Junior and Leaving Cert exams.	<a href="#">Link</a>
School Resources	<a href="#">Autism Northern Ireland</a> - New Educational Resource Kit	<a href="#">Link</a>
School Resources	<a href="#">FolensOnline</a> (Supporting Teachers and Parents)	<a href="#">Link (Instructions)</a>
		<a href="#">Link (Account Setup)</a>
School Resources	<a href="#">For 6<sup>th</sup> Year Students</a> - In collaboration with Jump A Grade 6th Year students can access a 12-week revision courses focused on Exam Preparation for Leaving Certificate Maths, Irish and English. Students can sign up here and will need to use a code (Please contact Seán for Code 087 6286441). There will be separate programmes in both Ordinary	<a href="#">Link</a>

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	and Higher level across all 3 subjects. This is <b>specifically</b> for 6th years who are in DEIS schools and/or who are from low income families.	
	<a href="#">For Junior and Senior Cycle</a> - On-line resources can be found by clicking the link. Resources linked by level (Junior Certificate, Leaving Certificate) and subject and also come with notes.	<a href="#">Link</a>
	<a href="#">For Early Years, Primary and Secondary School</a> - Parents and students can get access to school books at any level until the end of the school term by clicking the link below for free. Free library access, audio books and other materials are also available for free.	<a href="#">Link</a>
	<a href="#">Exam Papers</a> : All exam papers for Junior and Leaving Certificate students are also available to access free, at all levels and subjects. This can provide a good structure for doing study.	<a href="#">Link</a>
<a href="#">Leaning From Home</a>	<a href="#">PAWS (Primary Aquatics Water Safety)</a> - Are you looking for ideas to entertain your children while restricted to staying at home from school?  Every child (from juniors to 6th class) can learn basic water safety skills at home that save lives. PAWS ( <a href="#">Primary Aquatics Water Safety</a> ) is complete free, fun and includes lots of puzzles, games and exercises. When your child has finished those newfound skills, they can become a PAWS Hero and get free certificate.	<a href="#">Link</a> <b>**NEW**</b>