

Resource and Information Pack

In response to COVID-19



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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.

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

Stay safe.

Mid-West Children's Services.

INFORMATION Section		
General Area	Short Description	Click on Link to see content
Information	What to do if we are concerned - Psycho-social Support prepared by HSE Heads of Psychology	https://www.mwcds.ie/wp-content/uploads/2020/03/Covid-19-What-to-do-if-we-are-concerned.pdf
Information	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 uncharted 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.	https://www.mwcds.ie/wp-content/uploads/2020/03/Working-from-home-advice.pdf
Information	Manual Wheelchair and Assistive Technology users: Precautions during Covid-19 - Peter Axelson, wheelchair user and leader of Beneficial Designs has published this precaution document for wheelchair users during Covid-19. It discusses the unique precautions that wheelchair users should take during this time in relation to clean hands, clean wheelchair and social distance.	https://www.mwcds.ie/wp-content/uploads/2020/03/WC-AT-COVID-19-Precautions-1mb-2020-03-27-0745.pdf
Information	Give Back - Directory of free products / services available during COVID-19	https://covid19.shanehastings.eu/giveback/
Information	Multilingual COVID-19 posters - Translated resources to help share the messaging about coronavirus (COVID-19) in various languages. These posters and booklets are available for download and printing.	https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/
Information	A podcast for parents: - Dr Jon Goldin on the Corona virus and child mental health (PODCAST)	https://www.acamh.org/podcasts/dr-jon-goldin-on-the-coronavirus-and-child-mental-health/?utm_source=Subscriber&utm_campaign=cfd158968b-EMAIL_CAMPAIGN_2019_12_02_03_10_COPY_01&utm_medium=email&utm_term=0_f59ca1eb20-cfd158968b-119553073
Information	Middletown Centre Webinar Series March - April 2020 - In order to provide support during the suspension of our face to face delivery Middletown is offering a series of twice weekly live webinars (with a week's break for Easter). These sessions will feature members of our own multi-disciplinary team and	https://www.mwcds.ie/middletown-centre-webinar-series-march-april-2020/

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	international speakers on a series of themes.	
Information	Kildare Art Gallery - Art Competition (Open to All Ireland)	https://www.mwcds.ie/wp-content/uploads/2020/03/20200330-The-Kildare-Gallery-ART-COMPETITION.pdf
Information	St. Gabriel's Centre , Treehouse Early Intervention Team (Covid-19 Support)	https://www.mwcds.ie/treehouse-2/
Information	Picky Eater / Problem Feeder : Managing Stressful Times	https://www.mwcds.ie/wp-content/uploads/2020/03/20200320-Stressful-Times-Picky-Eaters-Problem-Feeders.pdf

UNIVERSAL STRATEGIES Section

General Area	Short Description	Click on Link to see content
Fine Motor Skills for Older Children and Teenagers	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.	https://www.mwcds.ie/wp-content/uploads/2020/03/OCCUPATIONAL-THERAPY-FINE-MOTOR-CHALLENGES.pdf
Occupational Therapy Activities	Occupational Therapy activities for March/April	https://www.mwcds.ie/wp-content/uploads/2020/03/Occupational-Therapy-activities-for-March-April.pdf
An Idea a Day	A new idea to try each day for: <ul style="list-style-type: none"> • Toddlers • Pre-schoolers • School Going Children • Children with Special Needs • And even Parents / Carers 	https://www.mwcds.ie/wp-content/uploads/2020/03/An-Idea-A-Day-Speech-and-Language-Therapy-Team-Complete.pdf
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.	https://www.mwcds.ie/wp-content/uploads/2020/03/Lamh-Signs.pdf
Sensory Processing	Visual Supports - Activity Cards for Sensory Support	https://www.mwcds.ie/wp-content/uploads/2020/03/Messy-play-sensory-activity-cards.pdf
Fine Motor Skills	Visual Supports - Activity Cards for Fine Motor Skills	https://www.mwcds.ie/wp-content/uploads/2020/03/Fine-motor-skills-activity-cards.pdf
Numbers	Visual Supports - Activity Cards Numbers with Playdough	https://www.mwcds.ie/wp-content/uploads/2020/03/Number-Playdough-Mats-1-10.pdf

UNDERSTANDING CORNAVISUS Section

Understanding COVID 19	Comic Book : What is the Coronavirus ?	https://www.mwcds.ie/wp-content/uploads/2020/03/The-Autism-Educator-Coronavirus-Social-Story.pdf
Understanding COVID 19	My Name is Coronavirus : (story/workbook for kids)	My Name is Coronavirus Other languages available:
Understanding COVID 19	Visual Supports - "First-Then visuals" for COVID 19 testing	https://www.mwcds.ie/wp-content/uploads/2020/03/First-Then-visuals-for-COVID-19-testing.pdf
Understanding COVID 19	Desensitisation Protocol (Swab Test) : 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	https://www.mwcds.ie/wp-content/uploads/2020/03/Desensitisation-Programme-for-COVID-19-testing.pdf

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	an appointment for a test. It includes visuals that may help	
Understanding COVID 19	Social Story - What is a Swab Test – Cartoon Version	https://www.mwcds.ie/wp-content/uploads/2020/03/Swab-Test-Social-Story-Cartoon-Version.pdf
Understanding COVID 19	Social Story - What is a Swab Test Photo Version 1	https://www.mwcds.ie/wp-content/uploads/2020/03/Swab-Test-Social-Story-Photo-Version-1.pdf
Understanding COVID 19	Social Story - What is a Swab Test Photo Version 2	https://www.mwcds.ie/wp-content/uploads/2020/03/Swab-Test-Social-Story-Photo-Version-2.pdf
Understanding COVID 19	Social Story - '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	https://asiam.ie/wp-content/uploads/2020/03/Lockdown_Social-Story-1.pdf
Understanding COVID 19	How to talk to children about Coronavirus: Video guidance from child psychologists	https://gozen.com/coronavirus-anxiety/

HEALTH, EXERCISE & HOW To... Section

Health & Exercise	Time for a movement Break	https://www.mwcds.ie/wp-content/uploads/2020/03/Time-for-a-movement-break-visual-support-cards.pdf
Health & Exercise	The importance of good Hand Hygiene	https://www.mwcds.ie/wp-content/uploads/2020/03/Hand-hygiene.pdf
Health & Exercise	Hand and Finger Therapy Putty Exercises	https://www.mwcds.ie/wp-content/uploads/2020/03/Hand-and-Finger-Therapy-Putty-Exercises.pdf
How To ...	Dressing Workbook	https://www.mwcds.ie/wp-content/uploads/2020/03/Dressing-workbook.pdf
How To ...	Buttons Bows and More	https://www.mwcds.ie/wp-content/uploads/2020/03/Buttons-Bows-and-more.pdf
How To ...	Wash your hands	https://www.mwcds.ie/wp-content/uploads/2020/03/How-to-wash-your-hands.pdf
How To ...	Brush your teeth	https://www.mwcds.ie/wp-content/uploads/2020/03/Teeth-Brushing.pdf
Playdough	How to Make Playdough	https://www.mwcds.ie/wp-content/uploads/2020/03/Playdough-recipe.pdf
	The Benefits of playing with Playdough	https://www.mwcds.ie/wp-content/uploads/2020/03/The-benefits-of-playing-with-playdough.pdf
	Play Dough Recipes	https://www.mwcds.ie/wp-content/uploads/2020/03/PLAY-DOH-RECEIPES.pdf
	Play Dough Activity Ideas	https://www.mwcds.ie/wp-content/uploads/2020/03/Play-Dough-Activity-Ideas.pdf

BOOKS & TECHNOLOGY Section

Books	Babies and toddlers - 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.	https://usborne.com/play-and-learn-at-home/babies-and-toddlers/babies-and-toddlers/
Books	World Book Online – 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.	https://worldbook.kitaboo.com/reader/worldbook/index.html
Books	Oxford Owl - Free eBook Library available to all	http://www.oxfordowl.co.uk
Technology	Our children and teenagers may well be spending more time than usual on their phones, iPads etc. using social media during the	https://www.webwise.ie/parents/explainer-whatsapp/

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	current Covid 19 pandemic. Webwise have put together some very useful resources for parents which may be of interest	https://www.webwise.ie/parents/privacy-on-facebook-the-key-points/ https://www.webwise.ie/parents/explained-what-is-messenger/ https://www.webwise.ie/parents/facebook-live/
Technology	How AT and mainstream technologies can be used to support service users and staff during this COVID 19 pandemic (Enable Ireland)	https://www.mwcds.ie/wp-content/uploads/2020/03/Creative-use-of-technology-to-support-people-with-disabilities.pdf
EDUCATION / SCHOOL SUPPORT Section		
General Area	Short Description	Click on Link to see content
School Resources	National Council for Special Education (NCSE) - Online Resources for Children with Special Educational Needs	https://ncse.ie/online-resources?fbclid=IwAR0Gzg6rLg_pKDEQTD8mq9gHv117ICuz3Vj6RkUH1loj2CYiSREtE4ejOrl
School Resources	National Council for Special Education (NCSE) - Online Resources for Parents	https://ncse.ie/online-resources-for-parents
School Resources	Twinkl - 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.	https://www.twinkl.ie/resources/roi-resources
	homeschool.ie - 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.	https://homeschool.ie/
	StudyNotes.ie is a free, user friendly educational service for both Junior and Leaving Certificate students and teachers.	https://studynotes.ie/
	Studyclix was created with the hope of bringing forward an innovative method of studying for the Junior and Leaving Cert exams.	https://studyclix.ie/
School Resources	Autism Northern Ireland - New Educational Resource Kit	http://www.autismni.org/educational-resource-kit.html
School Resources	FolensOnline (Supporting Teachers and Parents)	Instructions / Account Setup