



S U M M E R 2 0 2 6



Children's
Disability
Network
Team

Newsletter

East Limerick Children's Disability Network Team

Message from CDNM

Dear Families,
Welcome to our summer newsletter edition. While summer often brings a change in routine, we also know it can be an important time of preparation for children moving on to preschool, primary school/secondary school in the coming months.
We hope this newsletter offers helpful information and resources to support those transitions. As always, thank you for your continued engagement and collaboration.
We wish you and your families all the best for the summer months ahead.

Best regards,
Melissa Murtagh
Children's Disability Network Manager
(CDNM)



EAST LIMERICK CDNT FAMILY NETWORK MEETING

DATE: **THURSDAY 23RD JULY 2026**
TIME: **10:30-12:30**
LOCATION: **KILMURRY LODGE**

PLEASE REGISTER YOUR INTEREST WITH **EVENTBRITE**



You can review information from previous **Family Network Meetings** by scanning this QR Code



FOCUS TOPICS

- **STARTING PRESCHOOL / SCHOOL.**
- **TRANSITIONING TO SECONDARY SCHOOL**



Entry to Services Booklet Launched

We are delighted to announce the launch of our

"Entry to Services Booklet".

A copy can be accessed on our website. www.mwcds.ie Please remember, there are also continuously new resources and links to information, added to the website.

SCAN ME



It is important that we have the correct contact information on file for you and your child, so if any address, email or contact number details change, please advise us by:
emailing elcs.reception@avistaclg.ie or ringing **061-603400**.

Starting School



For a lot of families, this summer is an **exciting** but for some a **worrying** time, as their child is “leaving the nest” and heading for Pre-School / School for the 1st time.

We wish your son / daughter the very best in this exciting journey. The following resources may be of help as you prepare for this event during August.

Starting School - Resources

For parents and guardians preparing their children for the transition to school, there are numerous hints and resources available to support this important milestone. Here are some key points to consider:

1. **Emotional Preparation:** Talk about the excitement and fears of starting school. Create a journal to express feelings and concerns.
2. **Practical Skills:** Help children practise independence in daily routines, such as using the toilet and washing hands.
3. **Routines:** Establish a regular bedtime routine and morning routine to help children adjust to school schedules.
4. **Communication:** Encourage children to express their needs and feelings, and reassure them that teachers are there to help.
5. **Support:** Utilise resources from educational websites and local services for additional guidance and support.

These hints and resources aim to provide a supportive environment for children as they begin their educational journey, ensuring they feel confident and prepared for the new school experience.



BACK TO SCHOOL

Back to School Preparation

Many children and families begin preparing for the new school year during August.

Helpful Supports

- Visual schedules.
- Social stories.
- Transition planning.
- Routine building.
- School readiness activities.

Getting ready for Preschool
and Primary school



Transition to Primary and Secondary
school information for children with
special educational needs



Transitioning to Secondary School

This involves

- new routines,
- a larger environment,
- more teachers,
- and increased independence

Many students feel both excited and nervous during this change. Common concerns include:

- getting lost,
- making friends,
- and managing homework,

but resources such as transition workbooks, induction days, and support from teachers and family can make the move smoother.



Information on Entitlements / Benefits

You may be able to apply for the following benefits and allowances. The detail below is shared as a general guide. It is a three-part video series, which will guide you through some of the various benefits and entitlements related to supporting a child or young person with a disability. The series was created in 2023, so some of the figures will have changed since.

Benefits & Entitlements when Supporting a Child or Young Person with a Disability

Courtesy of CDNT Collegues in Dublin South / Kildare / West Wisklow

AsIAM also share short videos (3-5 minutes each) about:

- Carer's Allowance,
- Disability Allowance,
- Domiciliary Care Allowance, and
- Incapacitated Child Tax Credit.

You'll find them under '**Financial Supports**' on their webinars page.

Our Vision

Supporting children and young people to achieve their potential, participate fully in their communities and experience a sense of belonging, inclusion and hope.

We wish all children starting their school adventure, returning to school or transitioning to a new school all the very best and if we can assist in any way, please contact us.

From All in East Limerick CDNT



East Limerick CDNT Team Updates

We would like to welcome to our team

Vusi – Senior Physiotherapist

We have vacant posts in

Psychology,
Physiotherapy,
Occupational Therapy,
Speech and Language Therapy,

Recruitment campaigns are underway to fill these vacancies.

Children's and Young Person's Services

For more information on community services in your area visit the, Children and Young People's Services Committee website by following the link or scanning the QR code **www.cypsc.ie**



East Limerick CDNT Unit 4, Crossagalla,
Eastway Business Park, Ballysimon Rd, Limerick

Eircode: V94 E179 Tel: 061-603400
Web: www.avista.ie / www.mwcds.ie ----->>> Scan QR

SCAN HERE



SCAN HERE



SCAN HERE

