



North Tipperary Children's Disability Network Team (CDNT)

Waiting List Support Initiative



10th September 2026

Dear Parents/Guardians,

We are writing to you because your child is currently on the waiting list for the North Tipperary Children's Disability Network Team (CDNT).

We are pleased to let you know that we are running another webinar for families waiting on our service:

Helping your Child Plan, Remember, Organise, & Cope with Daily Life Situations

Online, 15th October at 10.30am OR 7pm

See flyer below for more information

To secure a place on one of these webinars you must book by Wednesday 30th September as places are limited.

**To book a place please email groups.ntcs@hse.ie advising us which time slot you wish to book for.
As places are limited places will be allocated on first come first served basis.**

Please note that you will only receive the link to the webinar if you have booked a place, and this will be sent to you the week before.

Webinars are only available to families who receive an invitation.

We hope these webinars provide useful support while you await services.

If you have any questions, need to update your contact details, or no longer require our service, please contact 067 40130 or email reception.ntcs@hse.ie.

It is important to note that these webinars do not affect your child's place on the waiting list and unfortunately does not mean that we are able to take your child off the waiting list just yet.

At our last Waiting List Initiative webinar we had a large number of people who booked places but did not turn up on the day so please only book a place if you are available to attend, or if you do book a place and cannot attend, please let us know so that we can offer the place to someone on the waiting list.

Yours sincerely,

Ann Somers

North Tipperary Children's Disability Network Team Manager

Helping Your Child Plan, Remember, Organise & Cope with Daily Life Situations



Understanding Executive Function Skills in Everyday Life

Executive function skills are the brain's "behind-the-scenes" skills that help children get things done. These skills support planning, organisation, working memory, impulse control, and emotional regulation.



This webinar will provide practical ideas and supportive strategies you can use every day to help your child build independence and confidence in daily activities and life situations.

In this webinar, you'll learn:

- ✓ What executive function skills are and why they matter
- ✓ How these skills show up in everyday routines and life situations
- ✓ How the environment, routines, and relationships support independence and developing executive functioning skills for children.
- ✓ How to break tasks down and provide the right support
- ✓ How to build confidence and resilience one step at a time



Who is this webinar for?

Parents and carers of children of any age who want to better understand executive function skills and learn practical ways to support their child at home and in daily life.



DATE

15th October



TIME

10.30am – 12pm or 7pm – 8.30pm



FORMAT

Live online webinar



FACILITATED BY

Dr. Áine O'Dea



Join us for
practical ideas,
real-life examples
and supportive
strategies you can
use every day.



About your facilitator Dr. Áine O'Dea

Occupational Therapist, Clinical Supervisor,
Coach & Neurodiversity Educator

Dr. Áine O'Dea is an Occupational Therapist with extensive clinical experience supporting children and families with executive functioning challenges. She is passionate about empowering parents and carers with practical strategies that build confidence, independence and wellbeing in everyday life.



When we understand the skills behind daily life, we can support our children to thrive. ❤️