



Winter



Newsletter

East Limerick Children's Disability Network Team

Message from CDN

Dear Families,

Welcome to the winter edition of our newsletter! This edition, we're focusing on emotional regulation and sharing some helpful ideas to support children and young people with their feelings and emotions. Inside, you'll find updates from across our service, sharing good news and progress, and information about upcoming events and developments within the service. Thank you to all staff, children, young people, and families for your continued commitment, collaboration, and support.

Best regards,
Melissa Murtagh - CDN

Next
Family Network Meeting



EAST LIMERICK CDNT FAMILY NETWORK MEETING

DATE: THURSDAY 12TH NOVEMBER 2026

TIME: 10:30-12:30

LOCATION: KILMURRY LODGE

PLEASE REGISTER YOUR INTEREST WITH **EVENTBRITE**

[HTTPS://BIT.LY/4JVH7OJ](https://bit.ly/4JVH7OJ)



FOCUS TOPIC

Emotional regulation

Emotional regulation is the ability to manage and respond to strong emotions. It's a skill that we all learn.

Emotional regulation for children is about how they:

- cope with difficult feelings like anger, frustration or sadness
- pause before reacting when they feel overwhelmed
- find ways to feel better when they're upset
- learn how to respond to emotions

It's also about helping children learn how to recover when emotions take over.

Use this link to access valuable information from the HSE and how to help your child



Entry to Services Booklet

The "Entry to Services Booklet" is now available on the website www.mwcds.ie or by scanning this QR Code.

Please remember, new resources and links to information, are continuously added to the website.



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@avistacdg.ie or ringing: **061-603400**.



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



With the festive season approaching, we've put together some top tips for families who celebrate Christmas. We hope you find these helpful!



Resources from our colleagues in other CDNTs:

Tips to support your child at Christmas
by CDNT 5 Rossecourt:



This Christmas communication board has
been created by CDNT 6 Palmerstown:



Resources from other organisations



The Autism charity, previously prepared these two resources:

Santa - A Visual Guide



Christmas - A Visual Guide



The **Middletown Centre for Autism** also shares these resources and ideas in the Social Media section of their website:

Top Tips for a Happy Sensory Christmas



A Sensory Winter Walk



**HAPPY
HOLIDAYS**



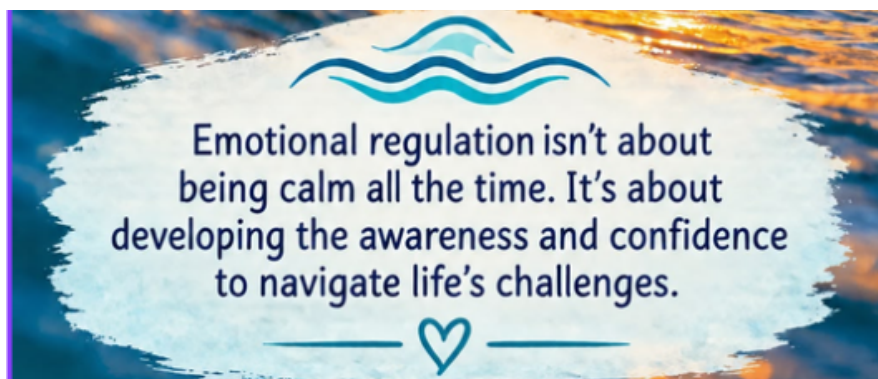
My name is **Emma Flynn, Senior Clinical Psychologist** on the Spraoi team.

At our next family network meeting, I will be exploring the wider concept of emotion regulation, with a focus on young children with additional needs.

I shall explain the neurobiology underpinning emotional responses, what factors impact a child's emotion regulation, and how parents can best support their child's emotion regulation in everyday life. I will also highlight the importance of parents' own emotion regulation as this has to come first!

I will share how we try to support emotion regulation for the children we support here in ELCS via our **'Big Feelings Group'** for children aged 7-10 years.

Looking forward to seeing you there!



EAST LIMERICK CDNT FAMILY NETWORK MEETING

DATE: THURSDAY 12TH NOVEMBER 2026

TIME: 10:30-12:30

LOCATION: KILMURRY LODGE

PLEASE REGISTER YOUR INTEREST WITH EVENTBRITE

[HTTPS://BIT.LY/4JVH7OJ](https://bit.ly/4JVH7OJ)



We wish all our clients and their families the best for the holiday season and New Year.

Our offices will be closed from Thursday, 24th of December until the 1st of January 2027 (inclusive).

From All in East Limerick CDNT



Waiting List - Webinar Initiative

We are pleased to let you know that East Limerick CDNT has received some additional funding to provide a Waiting List Support Initiative for families currently awaiting services. As part of this initiative, we have arranged webinars on a variety of topics as many parents who have attended our Family Network Meetings have told us that they would value more contact and support from our team while waiting for services.

Details of upcoming webinars and information on how you can book through Eventbrite will be sent by text message using the contact details we have on file.

Some of the Topics that have been delivered are as follows:

Toileting - Emotional regulation - **Executive Function**
Avoidant Eating - Anxiety - **Sleep** - Anxiety Support

It is hoped that these will be repeated in the early part of 2027 for those who may not have attended 1st time round or wish to see the topic again.

East Limerick CDNT Team Updates

We would like to welcome to our team

Sophie - Speech and Language Therapist

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

