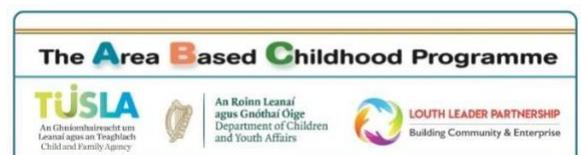


Supporting Parents and Families through the Days and Weeks Ahead



For the most up to date information COVID-19, please visit the HSE website at www.hse.ie



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Introduction

We know that these are very unsettling and anxious times for parents and children alike.

The Genesis programme in Co. Louth developed this useful guide for parents “Supporting Parents and Families Through the Days and Weeks Ahead”. With the project’s permission we are reproducing the document to include key information about services in Co. Clare. Tusla’s Prevention Partnership and Family support programme and the Genesis Programme are all committed to delivering better outcomes for children and families living in the areas we serve.

Along with our partner agencies in these challenging times, we continue to support parents and children as best we can and we endeavour to reach out via our online platforms and telephone contact.

With this in mind, we have put together this resource document. We hope you will find it useful in the days and weeks ahead.

Contact details for Tusla PPFS Team and other services supporting Children and Families in Co. Clare are available at the end of this document.

Stay safe everyone.

Tusla Prevention Partnership and Family Support Team
July 2020



065 686 3902

Here are a few key sites that have lots of excellent information and supports for parents and families.



www.helpformychild.ie



www.tusla.ie/parenting-24-seven



www2.hse.ie/my-child



www.gov.ie

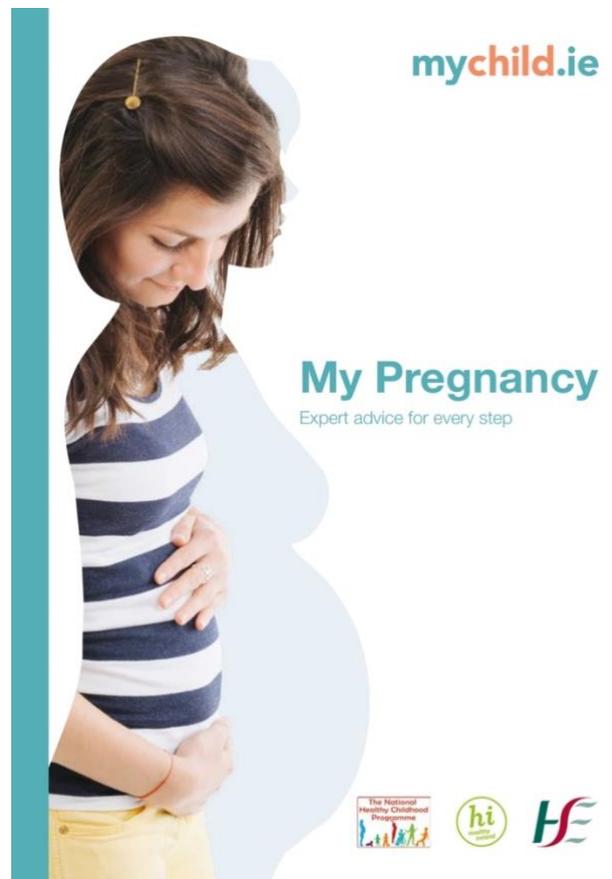
Support and Advice for Expectant Parents

Pregnancy while very exciting can be a daunting time for expectant parents. Many may experience anxieties about delivery, whether or not their growing baby is developing as they should be and all the practicalities around getting their baby home and in getting their existing family prepared for their new arrival.

All these anxieties alongside the current public health crisis can be overwhelming for expectant parents. Taking care of your mental wellbeing as well as your physical health is essential during these challenging times.

www.mychild.ie was developed by professionals and parents to address many of these issues. This site is a guide to pregnancy, baby and toddler health, including an updated section on the Coronavirus and pregnancy:
www2.hse.ie/pregnancy

For advice and strategies to keep you and your growing baby healthy you can visit The Flying Start website by following the link at www.flyingstart.ie This site is designed specifically with parents in mind and provides information to parents from the stages of pre-birth and beyond. Flying Start focuses on all the major transitions in a child's life. 0-12 years and has useful up to date information, tips and advice for parents in the light of the COVID-19 health crisis.



Promoting Toddlers Social and Emotional Development: Child Directed Play



Whilst the stresses and strains on parents and children in this current climate are challenging there is a need to embrace a positive mind-set. Babies and Toddlers are like sponges. They learn through their environment and from the actions of others. As parents, we need to ensure that we model positive actions and coping strategies in these challenging times.

Try to take this time to focus some of these positive energies into spending quality time with your baby or toddler. This is a great time to focus on using some Child Directed Play strategies with babies and toddlers alike.

More Help & Information – Child Directed Play

www.gov.ie

www.mychild.ie

www.incredibleyears.com/download/resources/parent-pgrm/Preschool-Basic-Handouts-Updated-2019-WEB.pdf

www.parentsplus.ie

www.parenting24seven.ie

www2.hse.ie/babies-and-toddlers

www2.hse.ie/my-child

Play Ideas for Children 0-3 Years



- Old wallpaper rolls? Turn it over and let the children draw on them using chalks, pencils or paint. (you could also tape a few A4 pages together if you don't have wallpaper)
- Have a spare box? Let the children use their imagination using it for a rocket, car, train or just for climbing in and out of!
- An empty shoebox can be great to 'post' stuff in. Cut a hole in the top and let children put pasta or any shape into it.
- On a tray, get some grass, leaves and twigs and put some toy dinosaurs onto it, let the children have their own small world in their home.
- Pots, pans and wooden spoons.... A classic that never goes out of style. Why not add some pasta or metal spoons just to add a different element.
- A saucepan filled with pasta (can be any toy shapes if you do not want to use real food) and give a big spoon to transfer to other pots or bowls.
- Sofa forts and tunnels... get a sofa cushion and place it between a coffee table and the sofa or two chairs creating a tunnel. Maybe try pushing a ball through it to each other or put a blanket over the top to make a fort.
- Messy play- not all children like it but some love it. Instead of shaving foam etc., why not try a big tub of natural yoghurt on a big tray, that way if the children eat some of it, it will not do them any harm. Why not add texture to it by adding frozen peas or sweetcorn. You can draw faces, shapes, letters or anything you like, just remember to strip them first and maybe have a wipe or two nearby!

- Homemade sensory tray - using a shoebox or a tray you can make your own sensory basket. Pop some items such as an empty plastic bottle half filled with rice (ensure the top is tightly closed) a nail brush, plastic cups, tin foil scrunched into large balls, ribbons and laces, some keys and anything else safe and let them explore.
- Got spare balloons? Blow up a few and draw funny faces on them and let your little one bash it around, catch it or if you want to use a paper or plastic plate and try hitting the balloon with their 'bat'.
- Hide the toy; get three cups/buckets/bowls and three small toys. Hide them under each and reveal them to your little one. Move the cups around and see if they can still find it. If they get bored, try putting the toys on top and see if they can knock them off. Scrunched up tinfoil is good for this as well.
- Stepping stones.... Get as many cushions as you can and lay them in a line on your floor. Hold your little one's hands and help them bounce across each one counting as you go. Make it into a mini obstacle course with a tunnel at the end. Ready steady go!
- Recycling water play - all those plastic tubs and bottles in the recycling bin, dig them out (if cleaned), fill them with water, and put out in the garden for the children to empty. Why not add a washing up bowl of coloured water and let them refill and pour until their heart is content? If it is a wet day, supervising them at the sink works just as well.
- Place light balls on top of old toilet rolls holders or kitchen roll holders and giving them a water sprayer, let them knock the balls of the top. Its great way to build up the muscles in their hands by letting them pull the handle themselves.
- Nursery rhymes and stories. They never go out of fashion. Choose some quiet time for cuddles and go through some of the classics such as Ba Ba Black Sheep, Incy Wincey Spider, Round and Round the Garden, Twinkle Twinkle to name a few. Alternatively, grab a book and read them a story. Make story time fun and interactive.

For more tips on interactive reading, you can download tip sheets from The Incredible Years here:
www.flyingstart.ie/preparing-for-pre-school/free-literacy-activities-and-online-resources

- Songs if they have more energy- why not try some action songs such as Shake your Sillies Out, Baby Shark, Head Shoulders Knees and Toes, If You're Happy and You Know It, Hokey Cokey. See who can last the longest, you or your little one!



More Ideas for Toddlers



- Treasure hunt outside- to collect a stone, leaf, 5 twigs, flower, grass.
- Gloop made using corn flour (maybe add few drops of food colouring)
- Painting outside on walls/ paths using water and paint brushes
- Chalking outside on path
- Colouring in pictures
- Draw new things using art book/try junk modelling.
- Take a bath
- Go online to CBeebies stories or online story sites
- Make paper aeroplanes
- Do leaf drawings
- Play cards- snap, matching same suits etc.
- Make a card for relatives
- Hold an indoor treasure hunt gathering shaped objects or particular items
- Hold an indoor teddy bear's picnic using blanket on the floor
- Make a picture book, stapling a few pages together and drawing a comic style story.
- Do a jigsaw
- Build projects with lego-bridge, house, hotel etc.
- Use playdough and get creative
- Build a den/fort
- Wrap up warm and have an outdoor picnic
- Read a new book
- Make up a new game
- Chill out time with favourite teddy or toy
- Complete some chores around the house, maybe helping to clean/ put away clothes

More Help & Information - Promoting Toddlers Social and Emotional Development



Active for Life

www.activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4

Help my Kid Learn

www.helpmykidlearn.ie

Stay at Home Mum

www.thestay-at-home-momssurvivalguide.com/toddler-activities

The Busy Toddler

www.busytoddler.com/2016/11/40-super-easy-toddler-activities

Teaching 2 and 3 Year Olds

www.teaching2and3yearolds.com/20-fun-and-easy-toddler-activities-for-home

Reconnecting as a Family



Whilst these are unprecedented times and ones that are challenging for both parents and children alike, we need to stand back and embrace some of the positive elements. The business and stress of daily working lives often leaves little time for 'quality family time'. How many times have we as parents wished for 'more time' or 'just a day to spend together'. Try making a conscious effort to embrace a positive mind-set over the days and weeks ahead and try to make some positive memories with your family.

Some fun family activities to try might be:

- Revisiting traditional games such as draughts, chess, card games, board games etc.
- Make mealtimes a family event and involve everybody in the preparation. See our nutrition websites at the bottom of this page for easy and affordable meals that the whole family can try. Nevin Maguire one of Ireland top chefs is also offering to send recipes out to families who get in touch @macneanhouse
- Weather permitting avail of your garden if this is possible. Try having a picnic for lunch or organize a treasure hunt in the garden.
- Maybe you could even take advantage of the time to give the garden a makeover and involve the whole family in the process. Gardening and painting is very therapeutic for parents and children alike. Connecting with nature can have a positive impact on you and your family's mental wellbeing.
- Train to be Ireland's Fittest Family! Whether this be making an indoor or outdoor obstacle course or following one of the many online Fitness Expert on YouTube. Exercising together is a great way to keep the mind and body healthy. Keeping children physical can also aid their concentration levels and ability to focus on their prescribed schoolwork throughout the course of the day. Check out the following online resources for fun physical routines that the whole family will enjoy: Daily P.E for Children and Adults with Joe Wicks www.thebodycoach.com/blog/pe-with-joe-1254.html. Super Troopers also offers a health homework programme that encourages an active lifestyle. Please visit www.supertroopers.ie

- If you have the space, try to play as many outdoor games as possible hail, rain or snow. Embrace nature and all of its elements. Frisbee, tennis, football and catch are just a few outdoor sports that the family can enjoy together.
- Get Crafty! Arts and crafts is a fun way to be kind to the planet and make use of recyclable materials. Try to be creative as possible. Having time to really put on your thinking cap can result in amazing pieces of art. For more ideas of how to get crafty with recyclable materials you can visit: www.fiveminutemum.com

Irish comic artist Will Sliney has suggested an art challenge where kid's drawings are sent to him and he shares them online at the end of each day. Follow Will and enter at www.twitter.com/WillSliney/status/1239863488534720512

- Have an old-fashioned family movie night. With the newest technology such as Netflix and Smart TV, movies may not be as special for some families as they once were. Try to recreate the excitement and try to pick some old classics accompanied by popcorn and homemade healthy pizza.
- Technology is part of our everyday life. As parents, we know that limiting screen time is essential, as too much can have adverse effects on our children's physical and mental health. However, we can embrace screen time also and be selective about how we do this. Now organisations like Dublin Zoo are trying to reach out to families via their online platforms.
- Why not have your children learn about Feeding Time in the Zoo by following the link at www.dublinozoo.ie/animals/animal-webcams.
- Another similar site you can try is www.switcheroozoo.com
- Listen to music as a family. Take the opportunity to share with your children and teenagers your taste in music. You never know they could love Bowie as much you.
- Encourage your children to be reflective and write just for the fun of it. Maybe they could be Ireland's next young author.

For more inspiration check out Emu Ink Schools' Publishing Programme www.facebook.com/EmuInkSchools
Emu Ink is an independent publisher that strives to turn primary school pupils into real published authors.

The well-known children's author Sarah Webb is also running just-for-fun writing workshops via her Twitter account [@SarahWebb](https://twitter.com/SarahWebb)

More Help & Information – Reconnecting as a Family

Activities and Home Projects

Make Playdough

<https://youtu.be/oAIAm6BF0fs>

Make a Fort

www.wikihow-fun.com/Build-a-Fort-in-Your-Room

Indoor Scavenger Hunt

www.scavenger-hunt-fun.com/indoor-scavenger-hunts.html

50 Rainy Day Indoor Activities

www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids

100 Things to Do Indoors

www.thebestideasforkids.com/indoor-activities-for-kids

What Else Can You Do?

Remember to laugh, have fun and enjoy this special time together as a family

- A picnic in the garden or somewhere random
- Build a fort
- Camp in the garden
- Paint stones
- Paint fence
- Plant flowers
- Obstacle course in the garden
- Make muck pies
- Collect worms and slugs
- Dig for buried treasure
- Scavenger hunt
- Frisbee
- Bubbles
- Water fight
- Family Date Night
- Wellies in puddles
- Make a bug hotel
- Bike ride
- Play with pots and pans

- Dress up day
- Baking
- Chalk drawing outside
- Art and craft
- Make a Mr Blobby (Fill a rubber glove with water and draw a face on them)
- Dance or Sing
- DVD night
- Make paper planes
- Make slime/playdough
- Feed ducks
- Take the dog for a walk
- Fly a Kite
- Get a wooden pallet, paint it and make it into a plant holder
- Make a bird house
- Make a fairy garden
- Make fruit ice lollies
- Make wind chimes
- Make a piñata



Cookery Inspiration

Cake Pops

www.bbcgoodfood.com/recipes/cake-pops

For meals that will not cost the earth and will tickle all the families taste buds

www.mummyspages.ie/budget-recipes

For easy and healthy recipes, you can follow Daniel Davey Health and Wellness

www.instagram.com/daveynutrition

Get Kids Cooking with Jamie Oliver

www.jamieoliver.com/features/category/get-kids-cooking

Baking Inspiration

www.bbcgoodfood.com/recipes/collection/kids-baking

101 square meals

www.first1000days.ie

First 1000 days

[www.safefood.eu/Recipes/101-Square-Meals-\(PDF\).aspx?gclid=EAlaIQobChMI5I-pzbbW6QIVhrHtCh1rbQ7ZEAAYASAAEgJfoPD_BwE](http://www.safefood.eu/Recipes/101-Square-Meals-(PDF).aspx?gclid=EAlaIQobChMI5I-pzbbW6QIVhrHtCh1rbQ7ZEAAYASAAEgJfoPD_BwE)

Keeping Active with Your Family

Another great way to connect with your family is by keeping physically active. This will help relieve stress in the house and also keep us feeling happier. With the present restrictions on distance and meeting other people outside of your family, we have to be creative in how we achieve this, be it in our living rooms, back gardens or our communities. Please see the following ideas from Clare Sports Partnership on how to keep physically active:

- Active Story time: Buddy the dog wants to help you get your children active whilst reading a story about his amazing adventures. The stories are designed to ensure that your child can be active in a small space and the activities can be modified if your friend has a disability. An example would be where buddy crawls, just wheel around the room! Woof, woof!!
- Take on the 'My Fitness Challenge' and see how good you are at catching/throwing/jumping/running. Practice the skills and see can you improve on your score. Get the entire family involved and try the family challenges too. Families can register for free through www.register.primoevents.com/ps/event/MyFitnessChallenge. Once registered, you will gain access to a challenge book.
- 21 Days of games aiming to achieve 60 minutes of physical activity daily called "Let's Play Clare"
- Clare Sports Partnership, Sports Development Officer Pat has created 4 videos to help children improve their cycling skills, similar to our Cycle Right and Sprocket Rocket programmes that we deliver in schools.
- Fancy an active treasure hunt with the children? To get you started, you can download the template www.claresports.ie/about-clare-sports-partnership/downloads. You can use a small or large garden or even indoors! Make up your own clues with the blank template.
- Why not get your children to design their own active obstacle course? Use whatever you have in your garden or house. You can do this in the sitting room or garden. Let them make up the rules! We have 2 videos on our website with examples
- All of the above resources can be found on www.claresports.ie



Check out these other online resources for fun physical routines that the whole family will enjoy:

- Daily P.E for Children and Adults with Joe Wicks
www.thebodycoach.com/blog/pe-with-joe-1254.html
- Super Troopers also offers a health homework programme that encourages an active lifestyle. Please visit www.supertroopers.ie
- www.gonoodle.com movement and mindfulness videos for children

Managing School and Learning



Parents and children have made enormous efforts since school closed on March 12th 2020 to keep teaching and learning going from home. On July 27th 2020 the government published “Reopening Our Schools - The Roadmap for the Full Return to School” to guide how schools can safely reopen for all students from the end of August. The Department of Education and Skills will be providing schools with educational materials that are age appropriate to help support your child’s return to school. Information will also be available on [Gov.ie/backtoschool](https://www.gov.ie/backtoschool).

In this section we have included:

- Some tips from our local HSE Clare Primary Care Psychology service to help prepare your child for the transition back to preschool/school
- Educational resources for younger children



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Supporting my child to return to Preschool/School

Many children will feel anxious at the thought of returning to preschool/school.

It has been a tough few months for everyone. Parents may also be anxious about their child returning to preschool/school. We have never experienced something like this before and we are trying to work out how best to cope and support the children. Here are some tips on how to support them in their transition:

Let them know what they are feeling makes sense

Your child is doing something difficult and it is OK to feel worried or anxious. It is a sign they are about to do something brave, meaningful and important.

Be a positive Role Model

It's normal to feel anxious about your child returning to preschool/school. It is helpful to remember that children will react and follow our reactions. **Managing our own anxiety will help our children to manage theirs.** Get the information you need from preschool/school to alleviate your own concerns, so you and your child know what to expect and you can be confident your child will be safe and in good hands.

Be Strong

Our children feel secure when they feel that we are in charge and we know what is happening. Let them know that the Preschool leaders/their school teachers will be there to look after them and play with them, just like before. Show them that you are confident they will be looked after and there is no need to worry.

Big Emotions are OK

If they are getting upset or really angry, remember that this is their anxiety and their calm will start with yours. If they are begging to stay at home or refusing to go in, acknowledge their feelings and validate how hard it is. Reaffirm you know they will be taken care of in preschool/school.

"I get how scary it is going back, you haven't been there in SO long. I know that you will be safe, and your teacher will take care of you. I am here, and I know you can do this. I'll walk you in and help you settle and then I will collect you later and I can't wait to hear how you got on".

Your Tone Matters!

Let your tone be loving, warm and strong where you can. Children pick up more from the way we say something than what we say.

Don't forget to look after yourself!

Remember that these are tough and challenging times for everyone. Parenting is hard and it is important that you mind yourself. Just like your child, you need someone to support you when the going gets tough. Having a friend, family member or partner that you can confide in is important.

Mindfulness and breathing activities are great ways to alleviate some of the physical symptoms of anxiety that you or your child may be experiencing. Below are some useful resources online which are suitable for preschool and school aged children.

Preschool Children

Seesame Street have teamed up with Headspace and offer a number of videos on mindfulness and emotion regulation.

<https://youtu.be/mQAWSXQ1xOU>

<https://youtu.be/yhRWp0wOLyo>

School aged Children

MyLife Youtube Channel has loads of videos on mindfulness and breathing activities for kids

<https://youtu.be/DSgOW879jjA>

Fablefy Youtube Channel also has loads of videos on mindfulness and breathing activities for kids

https://youtu.be/ihwcw_ofuME

More Help & Information



The following is a list of useful sites where you can download educational and age appropriate resources and access educational and fun games for children. Your own school may have their own website or Facebook page where they may post useful tips, advice, activities and websites, which may not be listed here.

Scoilnet

www.scoilnet.ie

www.Worldbookonline.com

RTÉ

www.rte.ie/learn/home-school-hub

Twinkl - Educational Resources

www.twinkl.ie

www.twinkl.ie/offer and enter the code IRLTWINKLEHELPS

Free eBook Library

www.oxfordowl.co.uk/foe-home/find-a-book/library-page

www.connect.collins.co.uk/school/Portal.aspx

CLETB

www.familylearning.ie

Literacy

www.jollylearning.co.uk

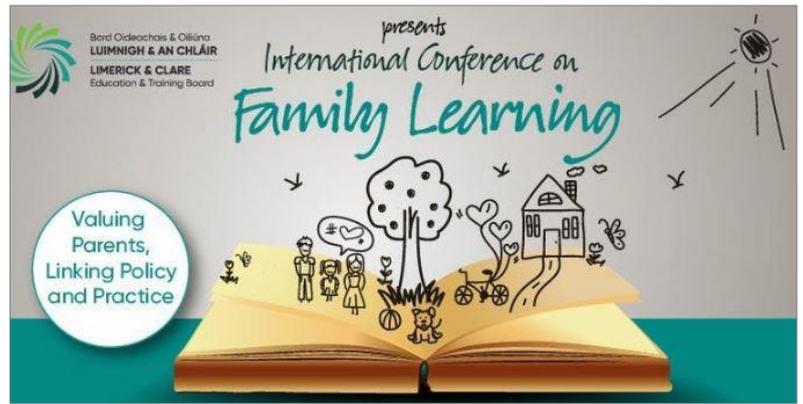
www.letter-and-sounds.com

www.topmarks.co.uk

www.sparklebox.co.uk

What do you want to find out?

www.dkfindout.com



Elevenses with David Williams Audio

www.worldofdavidwalliams.com/elevenses

Child Mind Institute

www.childmind.org/coping-during-covid-19-resources-for-parents

STEM (Science, Technology, Engineering & Maths) Activities

www.thestemlaboratory.com/stem-activities-for-kids

www.sciencebuddies.org/stem-activities

www.littlebinsforlittlehands.com/easy-simple-stem-activities-challenges

Fun Brain

www.funbrain.com

Star Fall

www.starfall.com

Story Online

www.storyonline.net

Highlight Kids

www.highlightkids.com

ABC YA

www.abcya.com

Seussville

www.seussville.com

Into the Book

www.reading.ecb.org

Structures, Routines and Parenting Info



Children and teenagers crave structure. When disrupted this can have an adverse impact on behaviour and compliance with parent's demands. It is essential that during the days and weeks that parents strive to incorporate routines and schedules into the household environment. These routines and schedules do not only apply to schoolwork and instead need to be put in place in a consistent manner throughout the week.

This will help provide children with a sense of stability and security that can reduce their levels of anxiety, frustration and boredom.

Some key tips to follow when putting in place structures and routines:

- Get up and go to bed at the same time as you normally would. Children and adults alike need this routine to keep their body clocks regular.
- Get dressed and have a nutritious breakfast as a family. This may sound funny but there may be the temptation to leave children in their pyjamas. However psychologically this is not beneficial as does not help to create a focused mind-set.
- Try to limit sugary snacks and screen time in between work tasks. Again being in your home environment the temptation is there to raid the kitchen cupboard and stick on the T.V. However, it is important that you treat this as a working environment for you and your children.
- Be Consistent in your demands. You may not be a teacher, but you are a parent and you must follow through on your word. "When you make a promise, stick to that promise!"

- Schedule in physical activity breaks throughout the day. This aids concentration and will make children more productive in their learning. Go Noodle has movement and mindfulness videos created by child development experts and used worldwide by teachers. Please visit www.gonoodle.com
- Children do have the ability to work on their own for the most part. Do not feel that you have to be sitting with them for the whole duration. Teachers have assigned work that they are familiar with. However, do check in regularly and praise their efforts periodically when they are staying focused and completing work tasks. Predict their success and offer assistance when it comes to difficult subject areas.
- Have a visual schedule for each individual child. Visual schedules give children a concrete mental image in relation to what lies ahead. This gives children a sense of security and safety. Run through children's schedule with them on a daily basis. Schedules work the same for adults and should be utilised where possible.

More Help & Information – Structure and Routines

For more advice on setting boundaries and implementing daily routines you can find further information @

- Clarecare Parent Support Line – 065 6828178
- www.ncse.ie
- www.incredibleyears.com/download/resources/parent-pgrm/School-Age-Handouts-Web-2014.pdf
- www.parentsplus.ie/post/resources-for-families-and-parents-during-covid-19-crisis
- www.parentsplus.ie/post/resources-for-individuals-families-and-parents-during-covid-19-crisis
- www.foodoppi.com (food- fussy eater routines)

Seven General Messages for Family Wellbeing



The Parent Child Relationship is Key.

Activities to help build the child/parent bond.



Buy Well, Eat Well, Be Well.

Information on diet and advice on encouraging healthy eating.



A Positive Parenting Style Works.

Advice on how to be a positive parent.



Child Safety Practices Reduce Injury.

Information for keeping children safe on the road, around water, on the internet and more.



Baby See, Baby Do.

Advice on how parents can be good role models for their children.



Name It and Tame It.

Advice for supporting children in times of stress and solving problems together.



Parents Need Good Social Networks.

Information on building support networks for parents.

For further information visit:

www.parenting24seven.ie



Clare Parenting Support Champions Project

In Clare the TUSLA Parenting Support Champions Project is an initiative which brings together practitioners who are who are very involved with parenting and family support throughout the county. The project has the aim of promoting and supporting parenting. Parenting Support Champions Project in Co. Clare are working together with parents, supporting them to access parenting information and supports. If you have any ideas that you would like to share with your parent support champions, please contact us at the services below.

Your Parenting Support Champions in Co. Clare are:

1. Mary Flanagan – Limerick/Clare Education and Training Board
2. Sinead Mullally – Clarecare
3. Breeda Hallissey – Clarecare
4. Gill Moses – Clarecare
5. Cora Brennan – Clarecare
6. Eleanor McInerney – Tusla Prevention Partnership and Family Support
7. Taryn Fitzpatrick – Tusla Prevention Partnership and Family Support
8. Sharon McGrath – ISPCC

Contact details for all of the above services are available in the contacts section at the end of this document.



Clare Children and Young People's Services Committee (CYPSC)

The Clare Children and Young People's Services Committee (CYPSC) is the key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland. Their age remit spans all children and young people aged from 0 to 24 years. The purpose of the CYPSC is to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in their area.

All major organisations and agencies working locally on behalf of children and young people are represented on the Clare CYPSC Committees. CYPSC endeavours to deliver interagency actions across Clare to ensure the following national outcomes for children are met:

1. Children and young people are active and healthy with physical and mental well being
2. Children and young people are achieving full potential in all areas of learning and development
3. Children and young people are safe and protected from harm
4. Children and young people have economic security and opportunity
5. Children and young people are connected, respected and contributing to their world

You can follow the Clare CYPSC updates on Facebook or on Twitter @ClareCypsc The Clare Children and Young People's Plan 2019-2021 can be accessed on www.cypsc.ie/your-county-cypsc/clare.227.html

Dealing with Conflict in Families

Arguments take place in every house and are very normal particularly if we feel stressed. However, when we are having an argument it is important to know how to talk it out or “fight fair”, here are some tips for you to talk through with your child/teenager so that they can learn what appropriate behaviour is during an argument.

Fighting Fair Rules

Take a deep breath

Know when your upset. If you’re too angry you might need to walk away and calm down before talking to someone about what is bothering you. If you need time to calm down, ask the other person if they can give you some space.

Talk about how you’re feeling

Explain how you are feeling, why you are upset and what has happened to make you feel that way.

Listen

Listen to what the other person has to say. Don’t interrupt.
It’s important that everyone gets their chance to explain how they are feeling.

Be Respectful

Respect the other person’s opinion. Even if you don’t like what they’re saying, just like you, everyone is entitled to their own opinion.

Be nice

Don’t call names or say hurtful things, remember words can cause pain and you won’t be able take them back when the fight is over.

Hands off

No matter how big the argument or how angry a person may feel, it is important that people in the argument do not hit, push or touch each other in anger. Everyone has the right to feel safe. No one has the right to hit you and you don’t have the right to hit them.

One thing at a time

Try to stay on the subject of what is bothering you, talk about one issue at a time, this will allow you to resolve the argument quicker.

Be Truthful

It’s important to stay honest. Try not to lie to make your argument stronger. Honesty is the best policy.

Agree to Disagree

Everyone has a right to have their own opinions and at times you will have different opinions to people in your life. This doesn’t mean that either belief is right or wrong simply that you have different views.

Let it go

Arguments can make us feel angry and upset. When they are over it’s important to move on. Holding on to these arguments can continue to make us feel angry. If you are not feeling better after an argument and don’t feel like you can let it go, talk to a trusted adult for advice. Remember talking makes us stronger.

Solving Family Problems - Parents Plus 2016

Rather than letting a problem happen over and over again take time to pause and think through the best way to respond:

- **Press the Pause button**
Take a step back from how you react or how you normally react.
Think calmly. What is the best way to respond?
- **'Tune' in to what is happening**
What is going on for your children? How are they feeling?
What is going on for you as a parent? How are you feeling?
- **Make a plan**
What is the best way to respond?
What has worked well in the past?
- **Prevention Plan**
What will you do to prevent this problem happening again?
How will you teach your child the skills they need?
- **Step by Step Plan**
When the problem happens, how will you deal with this?
What will you do next if it continues?

Managing Challenging Behaviour



Children of all ages crave structure, routines and boundaries (whether they like to admit it or not). Structure, routines and boundaries create a sense of security and safety for children. When these are absent it can result in a sense of fear and add to feelings of anxiety. This applies to children of all developmental ages and stages. A normal reaction for children is to 'act out' and purposefully test the boundaries.

As a parent it is very difficult to separate the child from the behaviour. However, given these unprecedented and challenging times we must tap into our ability to take on a child's perspective and really see the root cause of the behaviour. Remember it is not always a personal attack on you as a parent but quite often children's common reaction to the stressors in their environment.

In some situations, children will engage in what is called a 'fight or flight response'. This is a psychological response to overwhelming stress particularly in young children. Quite often this results in temper tantrums and behaviours that may seem out of character for your child. As a parent it is important to remember that children are experiencing isolation from peers whilst absorbing the stresses of other people around them.

If you are finding your child/children's behaviours difficult to manage, you can contact Clarecare Parents Support Line on 065-6828178 or ISPC parent line 1890-927277 to speak to somebody who can help.

You can download The Changing Lives App. The Changing Lives Initiative works to create a better understanding about ADHD and provides an early intervention parent programme for families with children (aged 3-7 years) experiencing behaviours consistent with ADHD. Although specifically tailored for behaviours consistent with ADHD the programme promotes universal behaviour management strategies that all parent can apply within the home environment. The App is an invaluable tool to have during these challenging times.

Parent Support Line

www.clarecare.ie



Supporting parents and carers through Covid-19. Offering a listening ear, parenting tips and guidance and signposting to other relevant services.

Monday to Friday | 10am - 4pm

065 682 8178

parentingsupport@clarecare.ie



More Help & Information – Managing Challenging Behaviour

The Changing Lives Initiative App
www.changinglivesinitiative.com

Zero to Three
www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care

National Children's Network
www.ncn.ie/index.php/2-ncn/122-behaviour-management

Advice from the Expert: Dan Siegel
www.thechaosandtheclutter.com/archives/helping-child-fight-flight-freeze-mode



P: 1890 927277

P: 01 8733500

E: info@parentline.ie



Managing Children's Anxiety



Now more than ever adults and children worldwide are experiencing a certain amount of fear and anxiety. This fear of the unknown can be very challenging to cope with even for the most carefree child and adult.

In some instances, this anxiety can become overwhelming especially for children. Every child is unique, and some have better coping mechanisms than others do. No parent wants to see their child stressing or worrying about life and quite often parents can try to take on board to sort their worries out. As parents, we need to model calmness and embrace a positive mind-set in front of children throughout these challenging times. It is important that parents make a conscious effort not to exacerbate the anxiety. Here are some tips for parents to consider:

- Introduce coping mechanisms to practice with your child when he/she becomes anxious. Some things to consider might be deep breathing exercises, awareness of how the body feels when they are anxious, positive forecasting/predicting positive outcomes and helping your child visualize in the mind's eye what this positive outcome will look like.
- Validate their fears or concerns. Listen to them. Try not to be dismissive of their feelings. Instead, really try to hear their worries and help them frame the worry in a positive light. Predict your child being successful in overcoming their worry and focus on the positives to be found in everyday life and all the things they are coping well with.
- Try to limit the amount of exposure to media surrounding the current COVID-19 situation but at the same time be honest with your child/children. Hiding away from real life situations is not helpful in the long term.
- Allow your child to express their feelings and use their own words. Sometimes we may ask leading questions such as 'Is it making friends you are worried about'. Give you child the time and space to communicate with you in their own words what is actually worrying them.
- Fun social stories are a great way of giving children a concrete mental image of what to expect. For many children having a plan and knowing what to expect can alleviate many fears.

- Model positive ways of coping with anxiety. Be honest with children about your own worries and try to model to them positive ways of reducing this anxiety. Practicing deep breathing and predicting your own success in terms of overcoming anxiety in front of your child sends a very powerful message. Always remember not to allow your stress to become your child's stress.
- Sometimes we become worried about our own or our Child's mental health and may need extra support. If so please contact the HSE, Adult Mental Health Services, the Child and Adolescent Mental Health Service or Community Psychology Services. Contact details for these services are available at the end of this document.

More Help & Information – Managing Children's Anxiety

Advice from Mental Health Advocates such as Niall Breslin
www.alustforlife.com

Mental Health Advice for older Children amidst COVID-19
www.spunout.ie/news/article/mental-health-supports-covid-19

Advice from Dr. Bruce Perry - COVID-19 Stress and Resilience
<https://youtu.be/orwln02h6V4>

Advice from Gabor Mate: Working with Collective Trauma
<https://youtu.be/FhIVihjZj4k>

Dr. Karen Treisman - Survival Modes and Trauma
<https://youtu.be/msNO7ZmLXns>

Mental Health Support during COVID-19
www.zerotothrive.org/covid-19

Support for Children and Teenagers
www.childline.ie

Mental Health Ireland
www.mentalhealthireland.ie

Mental Health Support for Older Teens
www.jigsawonline.ie

Building Resilience and Keeping Children Mindful



Children are never too young to start practicing mindfulness. There is a body of research that indicates mindfulness can help children improve their abilities to pay attention, to calm down when they are upset and to make better decisions. In short, it helps with emotional regulation and cognitive focus.

Take time as a family to follow a guided meditation or even just listen to calming music and practice taking deep breaths. Remember to keep the process simple. Mindfulness is a big word for young kids to understand. Put simply, mindfulness is awareness. It is noticing our thoughts, feelings, bodily sensations, and anything that is around us and happening *right now*. This is an extremely effective way to bond as a family and to switch off from the stresses and strains of modern life.

More Help & Information - Building Resilience and Keeping Children Mindful

Head Space

www.headspace.com

Let's Meditate App

http://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_IE

Positive Psychology Keeping Children Mindful

www.positivepsychology.com

Mindfulness Tips and Practices for Parents

www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips

10 Tips on How to be Mindful Right Now

www.mindful.org/10-tips-for-being-mindful-right-now

Mindful Kids Ireland

www.mindfulkidsireland.com

7 Cups – Anxiety and Stress Chat

www.7cups.com

Calm

www.calm.com

Pzizz

www.pzizz.com

Catch It

www.psyberguide.org/apps/catch-it

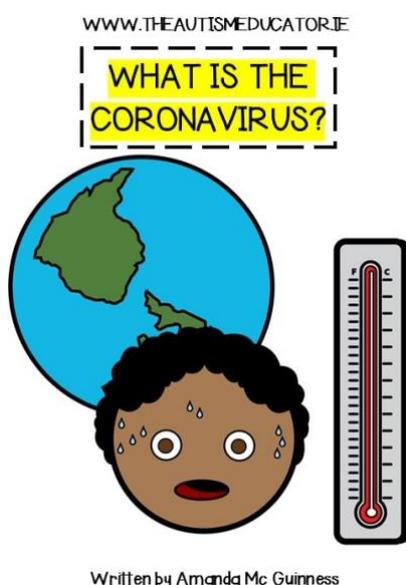
Stress and Anxiety Companion

www.good-thinking.uk/resources/stress-anxiety-companion

Child Trends - Supporting Children's Emotional Wellbeing

www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic

Speaking to Your Child about COVID-19/Current Situation



Social Stories – Explaining to Children the Current Situation

Social Stories are a learning tool that supports the safe and meaningful exchange of information between parents, professionals and children of all ages. They are particularly useful for children with additional needs as they visual.

Social Stories are a great way to explain to children what is happening now in relation to COVID-19. Social Stories are particularly effective for younger children and children with communication difficulties. Similarly, to Visual Schedules the Social Stories provide children with a clear mental image of what is happening or what is going to happen. They can relate to the pictures.

Some parents may even want to make their own Social Stories and include photos of their child and their home environment in order to make it more relatable for their child.

Nickelodeon has also launched a site to help children understand COVID-19. It has videos, tips and ideas all free of charge. Some of the networks characters can be seen doing relevant activities, such as SpongeBob practicing social distancing, the PAW Patrol puppies doing dance moves to promote exercise, or the Bubble Guppies showing children how to wash their hands properly.

More Help and Information on Social Stories:

www.childdevcenter.org/news/social-stories-for-kids-about-covid-19

www.stphilipwestbrook.co.uk/wp-content/uploads/2020/04/Lucys-in-Lockdown.pdf

www.ncse.ie/wp-content/uploads/2020/05/Coronavirus_-_A_Book_For_Children.pdf

Advice from the Experts

Dr Malie Coyne

Clinical Psychologist and NUIG Lecturer

Author of 'Love In, Love Out – A Compassionate Approach to Parenting your Anxious Child'

For advice on your child's anxiety, you can visit Malie's Facebook page by following the link below:

www.facebook.com/drmaliecoyne

How compassion and calm are contagious too: COVID-19 - Resilience Tips

www.independent.ie/life/health-wellbeing/health-features/compassion-and-calm-are-contagious-too-dr-malie-coyne-39061421.html

Dr Colman Noctor

Child and Adolescent Psychoanalytical Psychotherapist with St. Patrick's Mental Health Service

Surviving COVID-19 Anxiety

www.todayfm.com/podcasts/weekend-breakfast-with-alison-curtis/advice-child-adolescent-psychotherapist-help-children-understand-covid19

Dr Mary O'Kane

A leading expert in the field of Early Childhood

Mary also provides training seminars for preschool providers and parents in the areas of well-being and self-esteem, resilience in young children, anxiety and childhood worries, positive behaviour management, and preparing children for primary/secondary school. Mary has a monthly parenting slot on Ireland AM and is a regular contributor on various Irish radio stations discussing parenting and early childhood education issues.

For advice on your child's anxiety, you can visit Mary's Facebook page by following the link below:

www.facebook.com/MOKEarlyYears

More Help & Information – Speaking to Your Child about COVID-19

Department of Education & Skills

www.education.ie/en/The-Department/Announcements/information-for-schools-preschools-and-third-level-institutions-on-the-coronavirus.html

Walk in my Shoes

www.facebook.com/walkinmyshoes

Mental Health Ireland

www.mentalhealthireland.ie

HSE

www.hse.ie

Childhood Anxiety Disorder

Keeping Your Child Safe Online during COVID-19

Your child may be spending more time online due to them being out of school and having their usual routine interrupted.

Supervise children with screens – It is likely that children and young people will be using screens more often over the coming weeks e.g. phones, tablets, gaming consoles and the internet. If this is the case, make sure they are supervised. Ensure appropriate content filters are active – the UK Safer Internet Centre offers guidance on setting up parental control. Try to ensure all children have a balanced range of activities each day. Involve children and young people in these discussions so that they feel part of the plan.

For this reason, it is important that both you and your child are aware of safety precautions that you can take to prevent your child from being bullied online.

Cyber Bullying can come in many different forms and it is important that you know what to do should it happen you or your child.

It is important to talk to your child about their online activities – so have that conversation! Open communication is key to providing a safer online experience for your child.

Check out the parental controls on ALL devices and decide which ones you wish to put in place. Be aware of the privacy settings on your devices and on the various Apps.

It is also important that you limit screen time for both yourself and your child as much of the current news can be overwhelming for both adults and children alike.

Finally, carry out joint activities with your child online.

More Help & Information – Keeping Your Child Safe Online during COVID-19

WebWise

www.webwise.ie

Spun Out

www.spunout.ie/life/article/cyber-and-text-bullying



KiVa Anti-Bullying Programme

www.kivaprogram.net/parents

The Incredible Years

www.incredibleyears.com/resources/gl/parent-prog

Taking Care of Yourself

www.spunout.ie define self-care as “a general term for treating yourself right. This can be anything from positive self-talk to playing your favourite sport to taking a break from social media. Try to treat yourself as you would treat someone you care about. It’s easy to forget about your own needs when you are busy but it’s good to get in the habit of taking some time out for you everyday”.

Parents Caring for Themselves

There was a man working furiously in the woods trying to saw down a tree.
He was making very little progress as his saw was blunt and becoming blunter with each stroke.
The man was hot and frustrated and continued to work harder and harder.
A friend of his noticed what was going on and he asked him.
‘Why don’t you stop for a few minutes, so you can sharpen your saw?’
‘Don’t you see,’ replied the man ‘I’m too busy sawing to take any time off.’

Stephen Covey (Author of ‘The Seven Habits of Highly Effective Families’) uses the above story to illustrate the futility of working non-stop and the importance of parents’ taking time off for rest and relaxation to renew themselves. So many parents become martyrs to their children, devoting all their time and energy to the task of parenting without thinking of their own needs and wishes. Other parents become excessively focused on the problems and conflicts they have with their children and all their energy is spent in disagreeing with their children or correcting and rowing with them. In both these positions, not only is the parent liable to ‘burn out’ from stress and exhaustion, but their parenting becomes increasingly counter-productive, negative and resentful.

Take time for self-care

As the story above suggests it is crucial to take time out to sharpen the saw. Parents should press the pause button and take time to look after their own needs as well as attending to the needs of their children. When a parents’ own need for care comfort and fulfilment are met, they are freed up to attend fully to the parenting role. Children need cared for parents as much as they need parents to care for them. The best way to help your children grow up to be confident people with high self-esteem is for you as their parent to model this - that is to take steps to value, love and prioritise yourself.

Make time in your busy schedule

You may protest in your busy life you simply can't afford to take time out for yourself. The reality is that you can't afford not to. Think about the times you have been run down or exhausted or feeling low and how it was impossible then to do any of the more important tasks. Remember the times you felt energetic and good about yourself and how easy it was to achieve things and be kind and loving to others. A little bit of self-care goes a long way.

Family reunion renewal

Taking time as to sharpen the saw is something that applies equally to family life. Healthy families find time to renew and recharge themselves insuring you have regular quality time by yourself, with your partner, with your children and with your family as a whole. This can be a way of not only eliminating stress but also in finding personal meaning and happiness.

Parental Self Care - Parents Plus 2016

Self-care and personal renewal are basically about achieving balance in your life. They are about trying to ensure each week that you address the different needs in a balanced way. There are four dimensions of self-care and personal renewal that we need to address weekly in order to have balanced and stress-free life.

Read through the list below and circle the things that you do already, and make a note of things you would like to do more of:

Physical

- Exercise (such as walking, jogging, playing sports).
- Eating well and healthily.
- Getting good rest and relaxation.

Mental

- Keeping your mind stimulated with other interests (such as reading, movies, theatre, etc.).
- Learning new things.

Emotional

- Keeping in contact with friends.
- Connecting with intimate family (e.g. special night out with partner).
- Doing self-nurturing things (e.g. treating yourself to a special bath or a shopping trip).

Spiritual

- Time alone/Time in nature.
- Time for personal reflection.
- Meditating, prayer
- Goal Setting, reconnecting to your values.

My Self-Care Plan

1. Things I do on a daily/weekly basis that help me feel energised and nurtured?
2. Things I would like to do more of?

Contact Information

Organisation	Service Provided	Contact details
Shannondoc	Urgent out of Hours GP care	1850 212 999 www.shannondoc.ie
Emergency Services	Garda Síochána, ambulance service, fire service and Irish Coast Guard	112 or 999
Emergency Department	University Hospital Limerick	061 482 120
Clare Community Response Team	Covid Support Helpline – non emergency queries and advice, support for people self-isolating and require additional supports, referring you to the right supports and agencies	1800 203 600 - Freephone Open 7 days a week 9am – 5pm Email: covidsupport@clarecoco.ie
Tusla Social Work Department	Supports for Families and Children	065 686 3907 065 686 3908
Tusla Prevention Partnership and Family Support	Family Support/Meitheal	065 686 3902
Clarecare	Family support /Parenting/ Child and Youth support	065 682 8178 - Clarecare Parent Support Line Email: parentingsupport@clarecare.ie Clarecare Parent support line – Facebook www.clarecare.ie/services/covid19-service-updates
Barnardos	Support for parents during COVID-19 crisis.	1800 910 123 - Freephone 10am to 2pm Monday to Friday during COVID-19 pandemic. Email: resources@barnardos.ie www.barnardos.ie
ISPCC	Supports for families and young people	01 676 7960 - Parent support line 1800 666 666 - Childline - text - 50101 1800 833 634 - Teenline www.childline.ie www.ispcc.ie
Clare Youth Services	Youth Work, supports for young people & offers Youthreach provision directed at unemployed early school leavers aged 16 to 21 years	065 684 5350 Email: info@clareyouthservice.org @clareyouthservice - facebook & Instagram
Spunout	Provides information to young people on many different topics including mental health	01 675 3554 Text 'SPUNOUT' to 086 1800 280 to talk to a trained volunteer - standard message rates may apply. www.spunout.ie
Jigsaw	Youth Mental Health Support aged 12 -25. Support and advice to Parents and young people	1800 544 729 Freephone 1pm to 5pm Monday to Friday. www.jigsawonline.ie
Clare Haven Services	Refuge supports and information for women and children experiencing domestic abuse	065 682 2435 - 24hr confidential helpline Email: clientcare@clarehaven.ie www.clarehaven.ie
Women's Aid	Supports for Women experiencing Domestic violence	1800 341 190 - Freephone 24-hour Support
Clare Traveller Primary Healthcare Project	Led by members of the travelling community the service aims to improve the health outcomes and quality of life of members of the Travelling community	087 104 1848 Email: bbrady@cldc.ie
Community Development Traveller Health Service	Community Development Traveller Health Service	065 686 5815
Designated Public Health Nurse for Travellers	Traveller Health Services	065 686 5810

North West Clare Family Resource Centre	Counselling, mental health, youth work, crèche, community work and practical supports for individuals, families and the Community	065 707 1144 Email: info@northwestclarefrc.ie
West Clare Family Resource Centre	Counselling, mental health and practical supports for individuals, families and the community	086 752 4377 Email: info@westclarefrc.ie
Shannon Family Resource Centre	Counselling, mental health, family support and practical supports for individuals, families and the Community	061 707 600 www.facebook.com/Shannon-Family-Resource-Centre-140467349301061
Killaloe/Ballina Family Resource Centre	Counselling, mental health and practical supports for individuals, families and the Community	061 374 741/085 889 9420 Email: info@kbfrc.ie www.kbfrc.ie
Obair – Newmarket on Fergus	Community Development Service, Meals on Wheels, Community Café, Crèche, Educational Programmes	061 368 400 Obair Newmarket On Fergus Facebook www.obair.org
Clare Community Substance Misuse team	Assists youth, families and communities to develop effective and supportive coping strategies to deal with substance misuse	061 318 904 www.csmt.ie
Clare Immigrant Support Centre	Support families and individuals who are Immigrants including Refugees and Asylum Seekers	065 682 2026 Unit 6, Clonroad Business Park, Ennis. Email: ciscennis@gmail.com www.clareimmigrantsupportcentre.com
Limerick & Clare Education and Training board	Family Learning provides courses for parents to help themselves and their children learn	065 689 7645 - Leave a message Email: mary.flanagan@lcteb.ie for more information www.familylearning.ie
Samaritans	Emotional support service	116 123 (Free) Email: jo@samaritans.ie www.samaritans.org
Aware	Mental health Support	1800 804 848 - Freephone Aware's Support Line. Available Monday to Sunday from 10am - 10pm Email: supportmail@aware.ie
Adult Mental Health Services	Adult Mental Health supports	065 686 3708 www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html
Child and Adolescent Mental Health Service (CAMHS)	Child and adolescent mental health support	065 670 6601 065 670 6621
HSE Primary Care Psychology Service	Psychological supports to children and young people to 18 and their families	065 686 7141
HSE Clare Children's Services	Clare Children's Services provide services for children with complex needs in Clare. The service offers both Early Intervention and School Age services	065 686 3500 Email: Reception.clarechildrensservices@hse.ie www.mwcds.ie
Clare Crusaders	Provides therapy and specialist services to children with special needs	065 689 6015 The Clare Crusaders - facebook
Special Education Support Service Council for Special Education	Online parent resources and education and entertainment resources for children	www.ncse.ie www.ncse.ie/parent-resources https://sites.google.com/cybersafeireland.org/csi-stuck-at-home/home

Tusla Education Support Service	Education and Welfare Service	021 242 8611
School Completion Programme	To support primary and post primary children and young people who have been identified as potentially at risk of early school leaving	086 059 7561 - Kilrush SCP 087 415 6338 - Ennis SCP (Ennis and Ennistymon) www.tusla.ie/services/educational-welfare-services/scp
One Family	Support for Lone parents	1890 662 212 - Local helpline https://onefamily.ie
Treoir	Support and information for unmarried parents, extended family and practitioners	085 859 7146 01 670 0120 - 10am to 4pm www.treoir.ie
Clare County Childcare Committee	Coordination and delivery of the national early education and childcare programmes. Providing support and guidance to providers and parents	065 686 4862 Email: info@clarechildcare.ie www.clarechildcare.ie
Clare Local Development Company (CLDC)	Provides supports to children & youth, community and voluntary groups, self-employed, entrepreneurs, the unemployed and farm families through the delivery of SICAP, LEADER, PHCP, Tús, RSS and Rural Recreation programmes	065 686 6800 www.cldc.ie
Clare Children and Young People's Services Committee (CYPSC)	Co-ordinates services to achieve the best outcomes for children and Young people aged 0 to 24 years in County Clare	For Clare CYPSC updates on Facebook or on Twitter @ClareCypsc www.cypsc.ie/your-county-cypsc/clare.227.html

Further Information

You can get detailed information on Ireland's response to COVID-19 and the latest updates on www.gov.ie

There are a variety of services available to help families through the COVID-19 emergency. Notably, the Government's 'In This Together' campaign provides guidance and information on a range of issues concerning families, from tips on how to cope together at home, to advice on staying active and eating healthily.

**Download the
COVID Tracker app
at covid tracker.ie**

Stay safe.
Protect each other.

HSE
Rialtas na hÉireann
Government of Ireland

Coronavirus
COVID-19
Public Health
Advice