

Speech and Language Message of the Month

Research has shown that a baby's brain develops faster in the first 2-3 years of life than at any other time.

By the time your child is about Nursery School age, they will have developed **90% of the brain connections** they will ever make.

That means that right from the time your baby is born and in their first 3 years of life, we can be doing everything we can to help them make really good brain connections

It sounds so simple but chatting with your child builds those brain connections

Your words really do work wonders for your child's developing brain and make a lifelong difference to your child's learning. It's never too early to have a conversation with your child. Studies have shown that children who hear more words and have more conversations at a young age, develop better language skills later in life.

Children don't need to have words to have a conversation. When you talk to your baby they can communicate back to you using body language, smiles, sounds and movements.

These early conversations are essential for your child to learn language.

By age 6, the average child understands about 10,000 words!

Chat with your child right from the start everyday about everything!

Your words work wonders.

For more information visit:

<https://small-talk.org.uk/2-3-years/>

<http://www.wordsforlife.org.uk/baby>

<https://ican.org.uk/i-cans-talking-point/parents/>

<https://www.bbc.co.uk/tiny-happy-people>

<http://connectedbaby.net>



Hi Everyone

I hope you and your family are keeping well and you have had the opportunity to engage with us in our online virtual services. This is our first addition of our electronic version of E-Allboard so we hope you like it. We as a staff team continue to be very busy delivering our services in a different way. We have tried to be innovative and reflect what you as parents and children like to engage in during these challenging times. During this time we finalised and launched our website so if you haven't had a chance to check it out please go to: www.cloghervalleysurestart.org. We will continue to increase our range of interactive activities with you and your children using Microsoft Teams, Zoom and facebook live. I hope you get a chance to join in. Of course not everything we do in CVSS is online, we are still providing telephone and other forms of support to families, so please get in contact with us if you think this can be of benefit to you and your child. We will be issuing a survey to our families to find out if CVSS has supported you during COVID-19 lockdown and get your feedback on how we can continue to support you, we would love to hear your thoughts. Finally I would like to thank the entire CVSS team for their creativity, passion and quickly adapting to a new way of working that still ensures we deliver a high quality service to the families of Clogher Valley.

Mairead

Celebrating in the face of Adversity

"How CVSS is staying connected with you and your family"



Humpty Dumpty
by Sierra-Ellen Corey and Tori



★ Ducks
by Olivia



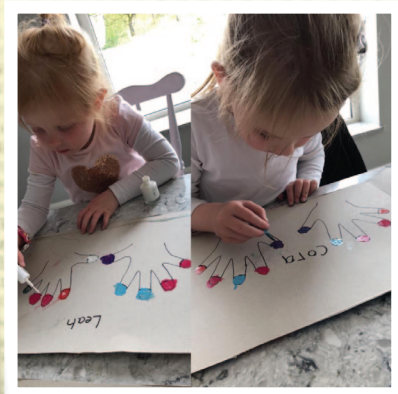
★ Bird House
by Andrea



★ Bird House
by Ruairi



★ Bubble Snake
by Orlagh



★ Cora and Leah's
Manicures

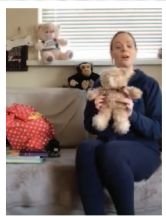
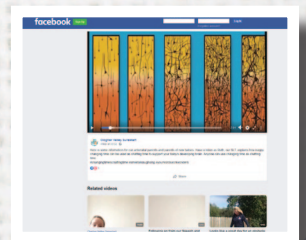


★ Bubble Snake
by Emily

CVSS Check out some of our posts on Facebook, click on the links below

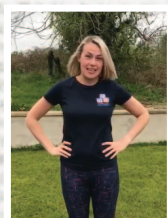
Ruth's Changing Time is Chatting Time

<https://www.facebook.com/690666627683730/videos/262740688192762/>



Julie's Rhyme Time

<https://www.facebook.com/690666627683730/videos/1571155749700573/>



Would you like to go on a Bear Hunt

<https://www.facebook.com/690666627683730/videos/542955073072327/>

Useful APPS



APPS	Name	Category	Cost	Information
	Catch It	Mental Health	Free	Learn how to manage feelings like anxiety and depression with catch it. It will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.
	Stress and Anxiety Companion	Mental Health	Free	Learn how to handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, it helps you change negative thoughts to help you better cope with life's ups and down
	Calm Harm	Mental Health	Free	Calm harm is designed to help people resist or manage the urge to self-harm. It's private and password protected.
	Meetwo	Mental Health, Online Community, Child Health	Free	Meetwo provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.
	Peanut	Pregnancy and Baby, Online Community	Free	Peanut aims to make sure no one must navigate womanhood alone, especially the hard parts. It gives you access to a social network to connect with other women across fertility and motherhood. It aims to make it easy to meet, chat and learn from like-minded women.
	Pzizz	Sleep	Free	Pzizz helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research to help you sleep better at night or take power naps during the day.
	Couch To 5K	Health and Lifestyle	Free	Walk and run your way to 5k this couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Presented in association with BBC get inspired, it builds you up gradually with a mix of running and walking.
	Calm	Meditation and Relaxation Aid	Free	In the calm app, the daily calm is a 10-minute meditation that's new every day. Relaxing nature sounds from the calm app for relaxation, deep sleep and focus
	My Affirmations	Live Positive	Free	Life does not happen to you; it happens for you. Your life is your creation. What you believe in will become your reality. Affirmations help you to change the outlook of your life by impregnating positive thoughts in your subconscious mind. Once you believe in a thought, that thought begins to manifest into reality.
	Head Space	Sleep and Guided Meditation	Free	Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.
	7 Cups - Anxiety & Stress Chat	Mental Health	Free	7 cups connect you to caring listeners for free emotional support. Grow at your own pace. Explore self-help guides & growth paths for proven tips and advice on how to feel better.
	Lets Meditate	Sleep and Guided Meditation	Free	A very straightforward approach to guided meditation; no clutter, no distraction. Just choose a track and hit play. It's as simple as it can get.

Health and Safety Executive for Northern Ireland
Sponsored

With the schools closed and children spending more time on the farm, it's more important than ever to ensure they have a safe and secure play area away from the main farm activities and machinery.



For additional information :

<https://www.hseni.gov.uk/articles/be-aware-kids-child-safety-farms-campaign>

SHSCT

Staying Connected Helpline

The Southern Health & Social Care Trust has introduced a new Helpline for children, young people and families during the Covid-19 lockdown.

Trained social care staff will answer calls to provide practical advice to those who may be socially isolated.

The service is open from 9am-5pm Monday to Friday and the number is

02837 567150

Stay safe, healthy and connected!

Reach out, contact:

- **Mid-Ulster Women's Aid**
028 8676 9300
(Mon-Fri 9am - 5pm)
- **The Freephone 24hr Domestic and Sexual Abuse Helpline**
Tel: 0808 802 1414 (Managed by Nexus NI) is open 24/7
- In an emergency call the PSNI on 999



women's aid

ParentingNI

Grandparents role during COVID-19 pandemic

Studies show that when grandparents are actively involved in their grandchildren's lives, children have fewer emotional and behavioural problems and so it is important that this involvement continues during these challenging times. Here are some suggestions to help you stay connected.

Write letters

This is an exciting way to send news on what you are both doing, express emotions and make plans for fun activities after the pandemic. Children can send drawings and cards and grandparents can use their creative talents to make letters colourful and interesting. Letters can be kept and re-read to remind us of the connection and love you share.

Social media

If you use social media this is a good way to keep in touch and see what your family are up to. You can also share messages, photos and videos for your family to see what you are up to and how you are keeping.

Family dinners

In many families meal times provide an opportunity for everyone to talk about their day and share family news. Set up family dinners via Skype or another video calling platform. Arrange a time for everyone to sit down for dinner in their respective homes and share virtual family time.

Phone calls

Phone calls can alleviate feelings of isolation and anxiety about family members health and well-being so use these if technology is not possible.

Bedtime stories

Record yourself reading a short bedtime story for younger grandchildren and send it to be played at bedtime. This will create a bedtime routine and help your grandchild know that you are thinking of them.

Family trees

It can be challenging to find an activity that interests teenagers. This is a perfect opportunity to ask for their help to capture family history and stories and will provide ample opportunities for communication and connection and instil a sense of belonging in them.

Technology

While some grandparents may struggle to understand and use technology, for children and young people technology is their natural communication tool. Ask them to give you guidance on how to download apps and use social media. This is a perfect opportunity to bond and also to build their self-esteem.

Engaging through video calling platforms allows grandparents and the child to see each other and know they everyone is safe and well. Family scavenger hunts or a quiz allows the whole family to take part. Choose a time that suits everyone as this will provide routine to the child's day.



parentingni.org
Support Line: 0808 8010 722