



Summer Activities Songs and Nursery Rhyme Time



Summer Activities Music and Movement

Hi Everyone

Once again it has been a very busy few months for team CVSS. As with our last edition, our Autumn Newsletter contains information on how we have responded and continued to help support our children and families through Covid 19. In this edition we continue with our Speech and Language message of the month, hopefully you have had a chance to follow these on Facebook and our Website. We have another play bubble for you to try out at home as well as reflecting on our summer activities, breast feeding celebration and an update from "Two's Company". On that note, a very warm welcome to all our new children as they begin their journey in the Developmental Programme for 2-3 yr olds. We also have some great information on resilience and bouncing back for all our parents/ carers out there, as well as the START campaign's "getting bedtime back on track". The focus for CVSS team is now about returning to face to face services as safely as possible, so keep an eye out on Dates for Diary for October. As always if you need any help or support just lift the phone or drop us PM/email and someone will be in touch.

Mairead and all the team.

Survey Monkey

We listened to what you had to say and we delivered!!

Thank you to all our Parents who completed our Survey Monkey. It was lovely to get back to a new normal and great to see you all out at our Summer Activities and Baby Sensory, albeit adhering to strict social distancing, hygiene measures and reduced numbers. The weather wasn't always on our side, but however it was great to see our families having fun and making the most of our outdoors!!



Look who we have found!



We have found Fairy Tree Lodge

Our Speech, Language and Communication Message of the Month for October is

“Add some words to what I say, I’ll learn to use sentences as we talk and play”.



Image Copyright of BBC Tiny Happy People

Research has shown that when adults add a word(s) to what a child says, it significantly increases children’s vocabularies and ability to speak in sentences #yourwordsworkwonders #bbctinyhappypeople #slcmessagethemonth

Annual Breast feeding Event Celebration 2020

We held our Annual Breast Feeding Celebration on Wednesday 5th August outside, being mindful of Covid restrictions Mums and babies enjoyed a relaxed picnic lunch and much needed catch up, socially distanced of course!!

Well done and a big thank you to all our brilliant breastfeeding mums.



CVSS Home Play Bubble

An Adventure right on your doorstep?

What you need:

Pots, pans, jugs, mugs and a large saucepan of water (you could add lemons to extend their imagination and role play)

The sky is the limit with outdoor play and by providing children with indoor kitchen utensils some water and just the good old soil and muck, you are providing them with multiple opportunities for role play.

They use their imaginations and creativity by recreating the home scene from their perspective, this can be anything from, pretending to make tea/lemonade or bake buns and cakes (Using muck, leaves or anything they find in the garden)

This activity will help build on your child’s fine motor skill and enhance their imagination during role play.

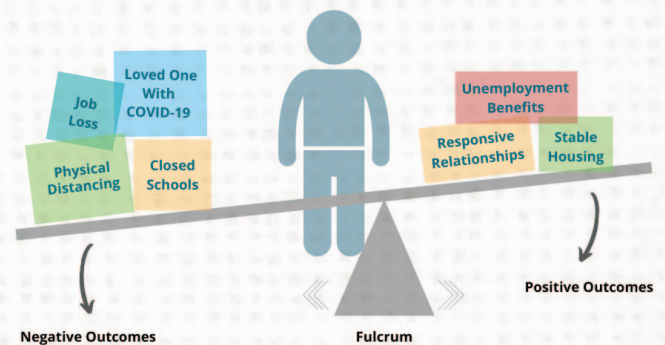


Good Mental Health and Wellbeing - Bouncing Back (Resilience)

When we experience sudden or unsettling change, such as the outbreak of Covid 19, one thing that can help us cope is resilience. Resilience helps us deal with the emotions a new situation may cause and helps us bounce back from difficulties we might encounter.

Being resilient is an emotional skill and while it is not something we are born with, it is something we can develop and build, both as children and adults. That's why we all respond to stress and adversity like that from the COVID-19 pandemic differently.

Think of resilience as a seesaw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes. For some people during the COVID-19 outbreak, the resilience scale may look like this:



The point where the scale balances is called the “fulcrum,” and if it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive. Everyone’s fulcrum is in a different spot which explains why each person is different in how easily we can counterbalance hardships in life. The good news is that the fulcrum can be moved by developing a toolkit of skills you can use to adapt and find solutions. (Source Centre for the Developing Child, Harvard University 2020)

So, what can we do to build up and maintain good mental health and resilience?

We can lighten the load on the negative side of the resilience scale by reducing sources of stress.

We can add to the positive side of the resilience scale by piling on positive experiences—especially through responsive relationships.

We can make it easier for a scale to tip toward positive outcomes by strengthening core life skills.

Practical ways to do this:

- **Participate in regular physical activity.** Regular physical activity and exercise can help reduce anxiety and improve mood.
- **Eat healthily.** Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress and anxiety.
- **Avoid tobacco, alcohol and drugs.**
- **Limit screen time.** Turn off electronic devices for some time each day, including 30 minutes before bedtime.
- **Relax and recharge.** Set aside time for yourself. Even a few minutes of quiet time can be refreshing and reduce anxiety.
- **Keep a regular routine.** Maintaining a routine is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, work and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.
- **Limit exposure to news media.** Constant news about COVID-19 from all types of media can heighten fears about the disease. Limit social media that may expose you to rumours and false information.
- **Stay busy.** A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home or clean out that closet you promised you’d get to! Doing something positive to manage anxiety, is a healthy coping strategy.
- **Set reasonable priorities.** Don’t become overwhelmed by creating a life-changing list of things to do while you’re home. Give yourself credit for every step in the right direction, no matter how small.
- **Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on the negative.
- **Make connections.** If you need to stay at home and distance yourself from others, avoid social isolation. Talk to people you trust about how you are feeling. Find time each day to make virtual connections by email, texts, phone, or FaceTime.
- **Reach out for help and support.** The Clogher Valley Surestart team continue to provide a wide range of online programmes and services, alongside telephone and home/garden gate visits to support you and your family at this difficult time. Your G.P, Midwife and Health Visitor are also available for advice.
- **Remember, yes, these are trying times - but they do offer a valuable opportunity to build on resilience and emotional strength.**

Clogher Valley SureStart -Covid 19 Response

The Covid-19 pandemic has presented a challenge like no other to Programmes like Clogher Valley SureStart. CVSS recognised that the children and families we support needed our services now more than ever.

Children, parents and families were and still are, experiencing and feeling the impact of COVID-19 in a number of different ways - from changes to their education, to staying home with families, changes to the way a range of services such as how CVSS support them as well as changes to their emotional health and wellbeing.

To ensure we fully understood the impact that Covid 19 was having on children and parents, families were issued a parental survey. A common theme that emerged was the impact lockdown was having on the emotional health and wellbeing of families.

Our parents told us *“CVSS kept me and my boys going through it all”* *“online services have been a life saver for me, having a place I know I can find support”*, *“mental health tips were very valued”* and *“you provided a sense of contact and staying in touch”*.

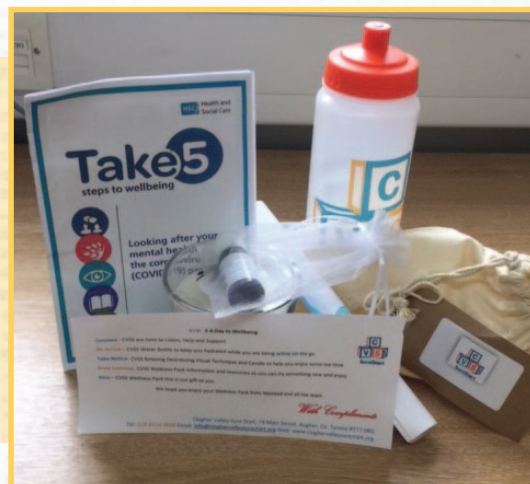
As a key part of our partnership with parents CVSS has a very strong Parents Group that feeds into the development and planning of all services.

We hosted a virtual Parents Group meeting on Tuesday 23rd of June. A key topic of discussion was the Covid 19 pandemic situation and the associated stress, anxiety, and fear factors impacting on our families which was evidenced by the results of our survey. One of our parents suggested that we compile a *“Wellness Resource Pack”* to acknowledge the challenges many parents were facing as well as providing something that would help them nurture and look after themselves. It was agreed we would include the following in our Wellness Packs:

- An essential oil
- A candle
- A CVSS Water bottle
- A Relaxation Visual Technique
- A description of essential oils benefits
- *“Take 5 Steps to Wellbeing during Pandemic”* Leaflets
- CVSS Card *“5 a day for wellbeing”*

These packs were then distributed to those identified families that CVSS staff had been working closely with during the pandemic. These families had all been impacted by Covid 19 lockdown and the Wellness packs were a most welcome resource in helping to alleviate anxiety and stress and also provide that ongoing connection to our services.

Below a snapshot of one of our Wellness packs and Carol CVSS Health Visitor delivering the packs to one of our parents.



Holly and our staff member Carol





Two's Newsletter

It has been a long 6 months since we had to close the doors of Two's Company due to COVID-19.

But... We are BACK!!!

We would like to wish all of our 19/20 group all the best with their year ahead at playgroup.

We have been very busy out in our garden, preparing for the arrival of our new children

We have had a fantastic first week meeting all of our 2020/21 children and are excited about all the fun that we are going to have together this year!!

START campaign encourages parents to get bedtime back on track and START their children on their way to a healthier life



The START campaign is a five-year public health awareness campaign from safefood, the Department of Health and the Public Health Agency.

The campaign is encouraging families to take the first step towards a healthier lifestyle for their children by supporting them with one daily win and to persist with the changes, no matter how difficult they become.

In identifying the positive starts that parents and families can take, the campaign advertising focuses on seven key lifestyle habits:

- **Minimise intake of foods high in fat, salt and sugar**
- **Establish water and milk as routine drinks**
- **Give appropriate child-sized portions to children**
- **Include more fruit and vegetables across the week**
- **Increase physical activity levels**
- **Limit screen time**
- **Increase sleep time**

Dr Marian O'Reilly, Chief Specialist in Nutrition at safefood when reflecting on the importance of sleep said: "Sleep plays a fundamental role in the health and wellbeing of children. Research shows that not getting enough sleep impacts on children's health in many ways including increased risk of excess body weight. Sleep influences appetite hormones and being up for longer means there are more opportunities to eat, which can impact their weight."

Thursday 20th August 2020: New safefood research has revealed that Northern Ireland children's sleep routine has been severely impacted by COVID-19

"Many parents have told us as part of the research that they have found snacking, managing treat foods and other healthy habits difficult over recent months and that getting the sleep routine right was the key to improving these behaviours."

Parents reported finding it a struggle to manage their children's healthy habits while being out of school, difficulty in getting their children to exercise regularly, and a constant battle to manage their kids' screen time.

In addition, the study showed that almost three-quarters of parents (71%) are concerned about getting their children back into a healthy routine for schools.

The campaign is encouraging parents to get bedtime back on track as the key to starting their children on the way to a healthier lifestyle for their return to school.

"Parents have faced huge challenges over the past few months, and they will once again in order to make the necessary changes to get our children back into a healthy routine for their return to school."

"We know it's not easy to tackle and will take time and effort to get it right. We are encouraging parents to follow the advice available at www.makeastart.org in helping to establish a good bedtime routine that will ensure your child gets enough sleep for a more active and healthier lifestyle."

Dr Colman Noctor, Child and Adolescent Psychoanalytical Psychotherapist, commented, "A fundamental role of childhood is building regulation in all aspects of life with sleep being the corner stone of this regulation process. The key to this is regularity and consistency with consistent sleep patterns assisting your child to regulate all other aspects of their lives including appetite, energy, emotions and physical activity."

"Sleep should be seen as a recharging process whereby if not enough sleep is achieved, there will be negative knock-on effects across all other aspects of a child's life. Sleep also has a significant impact on cognitive function, so concentration, memory and focus are also compromised with insufficient sleep."

To help get bedtime back on track, Dr Colman Noctor offers the following sleep advice to parents:

- **Consistent bedtimes are at the heart of the routine to provide regularity and predictability that over time will help a child to self-regulate.**
- **Reduce screen time and sugary foods and drinks in the hours leading up to bedtime.**
- **Encourage physical activity and fruit and vegetables during the day.**
- **Encourage relaxation skills and wind down activities.**
- **Value sleep time within the family culture.**

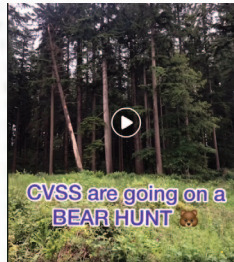
To find out more about the START campaign visit www.makeastart.org

If you are having challenges with your child's bedtime or sleep routine please contact CVSS for help and support.

A Snapshot of how CVSS has stayed connected with you and your family over the Summer period

Julie & Ita go on a Bear Hunt

<https://www.facebook.com/690666627683730/videos/561368367825060>



Valerie's home self-care tips

<https://www.facebook.com/690666627683730/photos/a.752215218195537/3341053205978379/>



Valerie's "Value of Cuddle Time"

<https://www.bbc.co.uk/tiny-happy-people/cuddle-time/zfgw92p?fbclid=IwAR19THd6at rLRr2BUKT6efOTE8JYaTsYjYnDQxaNgsQf0 IFWxjY21J-xnQc>



Valerie's Anxiety Reminders

<https://www.facebook.com/690666627683730/photos/a.752215218195537/3358764237540609/>



Ruth's "Babble and Bond"

<https://www.bbc.co.uk/tiny-happy-people/baby-babble/7jgbdm?fbclid=IwAR0uDBLFZ HHoa8uwekJ2prbqXQ12Ae2LEoUiHeJ682G VPKFVjhhN4TdE-J0>



Kerri's Mental Health Well-Being Campaign

<https://www.facebook.com/690666627683730/photos/a.752215218195537/3410049835745382/>



Carol & Julie's "Supporting our children going back to School"

https://www.youtube.com/watch?v=fc981Na-SDg&t=32s&fbclid=IwAR0xYq9k1_1O6KwvNw5kH3bfD_TaD_8wYubhWig-D40sL46ybwgXbY5zU7U



Julie & Jolene's Little Artists

<https://www.facebook.com/690666627683730/videos/902167513606595>





New Staff

A CVSS warm welcome to Ciara and Jolene



Hi my name is Jolene, I am the New Creative Development Worker within this wonderful team.

I am really looking forward to meeting you and all your little ones as we take on many adventures together turning every opportunity into a creative one.

Hi my name is Ciara and I am a new family support worker for Clogher Valley Sure Start, I look forward to meeting everyone over the next few months.

Farewell

Wishing Ursula and Sheila all the best for the future

Help Us All to Stay Safe

As we continue to get back to more face to face services in CVSS we need to be able to do this as safely as possible. If we all adhere to PHA and Government guidance we will be able to continue service delivery.

In order to support us, if the answer to any of the questions below is **YES** please **DO NOT** enter any of our services – you should stay at home and contact your GP by phone for further advice or call 111 if you need medical help.

Q1. Do you believe that you may currently have COVID 19? Yes /No

Q2. Have you or your child (delete as appropriate) had any of the following symptoms of COVID 19 in the past 14 days?

High temperature i.e. over 37.5 degrees Celsius?

A new continuous Cough?

Unexplained shortness of breath?

Loss of smell, of taste or distortion of taste?

Q3. Has anyone in your household been advised to self isolate?

Yes/ No

CVSS Office 028 85549898

Two's Company 028 85548286



New Birth
Congratulations to
Nuala and Fahrettin on
the birth of baby Ross

Save the date

Parents Week Begins Monday 19th October 2020

The theme this year is "Celebrating Parenting in Challenging times"

Watch out in Dates for Diary for CVSS Parents Week Event to book your place!!!