

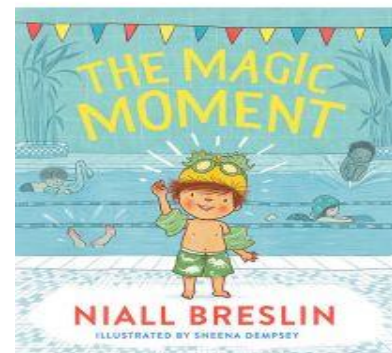
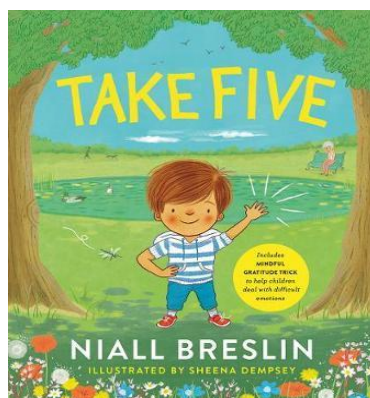
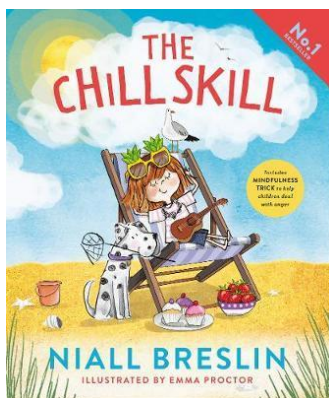
Dear Parent,

We all have times in our lives when we may experience anxiety. Finding ways to deal with these difficulties is hugely important, especially from an early age. I have up skilled in the areas of anxiety and trauma and I would like to recommend the following. They may prove to be beneficial in providing your child support if they are exhibiting symptoms of over-worrying or anxiety

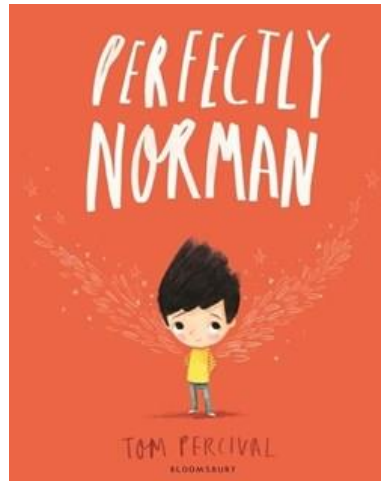
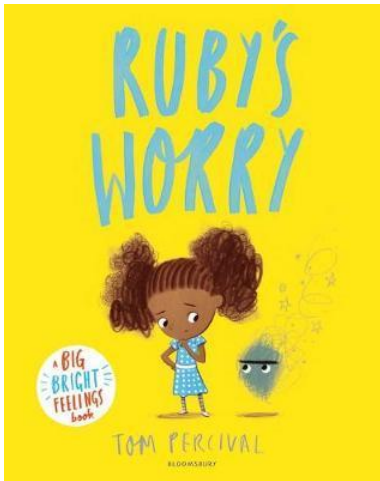
Ms Fleming

Helpful Books

The following books are available in the Book Depot and Eason's. You will also be able to order them online. The stories are based around children who are finding it difficult to deal with their feelings. They provide them with simple tools to help with self-expression and regulation.



I have also found the following books helpful in supporting the pupils with self-awareness and resilience ie they provide a supportive tool to provide the children to deal with negative feelings



Niall Breslin also has an excellent podcasts on Spotify called “Mindful Moments for Children” which I very much recommend. They work alongside his books.

Cosmic Kids Yoga



Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can **improve focus, memory, self-esteem, academic performance, and classroom behaviour**, and can reduce anxiety and stress in children.

I recommend the website Cosmic Kids to teach yoga to your child. It is child friendly and the gentle movements are taught through story and song. The children absolutely love it!

<https://cosmickids.com>

Sensory/Nature Walks



Nature walks promote wellness by meeting many different needs:

- Physical exercise and physical activity
- Relaxation
- Establishment of healthy habits in children
- Emotional management
- Mindfulness
- Facilitate engagement and an alert state of regulation
- Learning and cognitive benefits
- Play and activity
- Social interaction
- Rest and sleep

Some activities to do during your sensory walk

Sensory Nature Walk

- Play a game of I-Spy during your outdoor adventure.
- Organise a scavenger hunt and look for certain things found in your walk.
- Complete some nature rubbings with paper and crayons.
- Take a notebook and write down items you see in nature.
- Keep a diary of something you saw, smelled, heard and touched during your walk

This is a useful website that you may enjoy

<https://artfulparent.com/13-nature-walk-activities-for-kids-and-free-nature-scavenger-hunt/>

Essential Oils



Four aromatherapy oils have been determined to be both safe and effective for use with children over age 5: **lavender, peppermint, orange and ginger**. Of these, lavender is the one that I would suggest trying first. Many children like the smell, and it is generally effective in calming a child who is anxious.

A few drops of lavender added to a warm bath or placed on your child's pillow should help to calm and relax your child before bed. You can also put a few drops on a tissue and your child can have access to it whenever they think that it will help them

Bedtime Routine



Research shows that children who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep, sleep longer, and wake up less during the night. These benefits to sleep quality are still seen years later³ in children who followed bedtime routines when they were younger.

In addition to improving sleep, bedtime routines teach your child self-care and lay the ground for working memory, attention, and other cognitive skills. They also foster parent-child bonding and may help improve mood, stress levels, and behavioural skills.

Establish a bedtime routine



- Put away iPads or tablets early in the evening
- Prepare a warm bath with a few drops of lavender if your child likes the smell. Drop some lavender too on the pillow to aid a restful sleep
- Have your child's nightclothes and bath towel warming on the radiator while he/she bathes. This will supply positive sensory experience when getting ready to go to bed.
- Finish the routine with a bedtime story. Having a television or any other screen in the bedroom will affect sleep patterns.

Using screens can affect how quickly your child falls asleep and how long your child sleeps. This happens for several reasons: Screen use in the hour **before bed can stimulate your child**. Blue light from televisions, computer screens, phones and tablets might suppress melatonin levels and delay sleepiness.



If your young child wakes up during the night and is not sure if it is time to get up, it is worth investing in a Gro clock

How does the Groclock help? ... The Groclock uses **fun images of the stars and sun** to help your little ones learn when it's time to rise and shine and when it's time to go back to sleep! Throughout the night the Groclock will show its moon screen and the stars will countdown to the time you have set for the sun to come up.

Useful Local Services



Barnardos mission is to deliver services and work with families, communities, and our partners to transform the lives of vulnerable children who are affected by adverse childhood experiences.

“Barnardos work with children from 0-18 years of age in a variety of different ways. How we work depends on the individual child’s age and stage of development. Our work supports children to achieve their milestones and develop resilience to help them overcome any challenges they may face”.

Carlow Number: 0599132868

Website: <https://www.barnardos.ie/>



Rainbows is a free, voluntary service for children and young people experiencing loss following bereavement and parental separation. The Rainbows service is an inclusive service, supporting children and young people experiencing grief and loss resulting from bereavement/parental separation/parental relationship breakdown /divorce. Attending the programme provides children with an opportunity to meet with other children of a similar age and loss experience, at a minimum of 3 months after the loss.

Carlow Number : (Anne) 0876636499 (Nora) 0871269709

Website: <https://www.rainbowsireland.ie/>

Meditation for Children

Guided meditation has proven to be very beneficial for children from a young age. Areas that can show improvement are:

- sleep
- attention
- self-regulation
- focus
- retention of information
- creativity
- mood
- managing stress

An excellent free app is **Insight Timer**. Check out the parents tab where you will find stories, songs and guided meditation for children of all ages.

Website : <https://insighttimer.com/>

