



## **HOW CAN PARENTS SUPPORT THEIR CHILD'S LEARNING**

**Free Online Training Course:** [Learning at Home by The National Parents Council \(www.NPC.ie\)](http://www.NPC.ie)

As your child develops and grows most of their learning happens at home. You are the primary educator and the main role model for your child. Your attitudes about education and learning can inspire them to take charge of their own educational journey.

You make a real difference to your child's learning outcomes. Your child receives support with their learning from you and often you provide this support at home without even realising it. This session is divided into four main areas:

- Explore why learning at home is important.
- Explore how your child learns and where.
- Explore your role as a parent in supporting your child's learning at home.
- Develop a plan to continue to support your child's learning at home.

### **Additional Supports for Parents**

- [Getting Involved in your child's education \(www.NPC.ie\)](http://www.NPC.ie)
  - [Supporting your child's learning at home \(www.NPC.ie\)](http://www.NPC.ie)
  - [Homework \(www.NPC.ie\)](http://www.NPC.ie)
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## **INTERNET SAFETY**

The National Parents Council - Primary (NPC-P) is the nationwide organisation for parents of primary school children and is recognised by the Education Act 1998. Membership of the NPC provides Parents Committees with access to support systems and training programmes. For more information go to their website [National Parents Council](https://www.npc.ie/).



[Parents Guide to a Better Internet](#) This booklet will help parents to help their children have a positive experience when they are online. It provides information, advice and conversation starters about the benefits and risks they need to be aware of when using the internet. Topics explored in the guide include cyberbullying, screen time, sexting, social media and online pornography. Download your copy for free [A Parent's Guide to a Better Internet](#) **\*RECOMMENDED READING FOR ALL PARENTS BY OUR PARENTS' ASSOCIATION\***

**Free Online Training Course:** [Internet Safety - Online Course for Parents provided by The National Parents Council \(www.NPC.ie\)](#)

Parents will be introduced to strategies to help their children be responsible, effective and safer Internet users. This session also looks at cyber bullying.

As parents, it is vital to have good, open communication with your child about their internet lives. Like all other aspects of their lives. We need to talk to our children about the potential dangers that they may come across online as well as the many benefits they will find.

Setting rules and boundaries around children's Internet usage is an important aspect of keeping them safe online.

**Free Online Training Course:** [Supporting your child to build healthy friendships and relationships by The National Parents Council \(ww.NPC.ie\)](#)



This session explores what Relationships and Sexuality Education (RSE) means to you as a parent. It looks at the aims of the RSE Programme and outlines the Social, Personal and Health Education (SPHE) curriculum and how your child is taught in school. Some of the topics covered in the training are:

- Active listening.
- Picking good times to talk to your child.
- How the school supports your child to build healthy friendships and relationships.
- The aims of the Relationships and Sexuality Education in school.
- Relationships and Sexuality Education and Special Education needs in school.
- Creating a caring and strong relationship with your child.

### **WebWise**

Become a Webwise Parent with our free expert advice, how to guides, explainers and talking points. Get extra support with our free internet safety guide for parents.

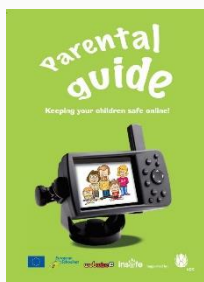
- [Parents Hub \(www.webwise.ie\)](http://www.webwise.ie)
- [Advice for Parents \(www.Webwise.ie\)](http://www.Webwise.ie)
- [Advice Videos for Parents \(www.Webwise.ie\)](http://www.Webwise.ie)
- [Apps explained for Parents \(www.Webwise.ie\)](http://www.Webwise.ie) **\*RECOMMENDED READING FOR ALL PARENTS BY OUR PARENTS' ASSOCIATION\***
- [Have the Chat - Talking Points for Parents \(www.Webwise.ie\)](http://www.Webwise.ie)
- [How to... guide to setting parental controls on devices etc \(www. Webwise.ie\)](http://www.Webwise.ie) **\*RECOMMENDED READING FOR ALL PARENTS BY OUR PARENTS' ASSOCIATION\***
- [Parental Guide \(www.Webwise.ie\)](http://www.Webwise.ie)

### **Additional Supports for Parents**



**Online Safety Tips for Parents** The leaflet has useful tips for parent to ensure that their children have a positive experience online. It includes advice on having an open and ongoing conversation, agree rules, and leading by example. Download your copy for free here [Parents Online Safety Checklist](#)

**\*RECOMMENDED READING FOR ALL PARENTS BY OUR PARENTS' ASSOCIATION\***



**Family e-Safety Kit** Aimed at six to twelve year olds, The [Family e-Safety Kit](#), was created to help parents share the benefits and risks of surfing the web in a fun and engaging way. Download your copy for free here [Family e-Safety Kit Parental Guide](#)



**Play and Learn: Being Online** Intended for 4- to 8-year-olds, this book gives a glimpse of the impact of modern technology on everyday life, through 30 pages of fun and games. Above all it offers an opportunity for parents and teachers to sit together with their children and discuss these important issues. Download your copy for free here [Play and Learn: Being Online](#)



[Top 8 Tips for Parents](#) As parents, the most important thing you can do to reduce online risks is to engage with your child's digital lifestyle. These practical tips will help you to prepare your child to be a responsible internet user. Download your copy for free here [Internet Safety: Top Tips for Parents](#)



[Checklist: How to deal with cyberbullying](#) Help your child take control by not putting up with offensive content and by reporting it when you come across it. Here are some ways you can respond to unwanted messages. Download your copy for free here [Cyberbullying Checklist](#)



[Checklist: How to manage your online reputation](#) Help your child make the most of their time online with this useful checklist for managing their digital footprint. Download your copy for free here [Online Reputation Checklist](#)



#### [#TalkListenLearn Campaign](#) The #TalkListenLearn

**campaign for Safer Internet Day encourages parents to have open and regular conversations with their child about the internet.** To talk to them about benefits and the risks, but also to listen to what their child has to say and to learn about their life online. Research consistently shows that many children do not tell if something goes wrong online. Having conversations with your child is one of the most effective ways of ensuring that they have a safe and positive experience, and to help them to feel comfortable coming to you if they encounter an issue.

- [Learn more about the campaign](#)
- [Use the Topic Generator](#)
- [Download the Parent Toolkit](#)

#### Data Protection Commission (DPC) Parent Guides

- [My child's data protection rights \(www.DataProtection.ie\)](http://www.DataProtection.ie)
- [Children's data & parental consent \(www.DataProtection.ie\)](http://www.DataProtection.ie)
- [Protecting my child's data \(www.DataProtection.ie\)](http://www.DataProtection.ie)
- [Are there any limits on my child's data protection rights? \(www.DataProtection.ie\)](http://www.DataProtection.ie)



## **SUBSTANCE ABUSE**

### **Planet Youth**



Planet Youth is an international evidence-based primary prevention model in Galway, Mayo and Roscommon that has been developed in order to reduce substance use rates amongst adolescents. Click on the links to view the results of the 2022 report on Roscommon.

- [Roscommon: Growing Up in the West - Planet Youth 2022 Survey Results \(www.PlanetYouth.ie\)](https://www.PlanetYouth.ie)
- [Planet Youth County Roscommon Report 2022 \(www.PlanetYouth.ie\)](https://www.PlanetYouth.ie)
- [Planet Youth County Roscommon Infographic 2022 \(www.PlanetYouth.ie\)](https://www.PlanetYouth.ie)

The model works by isolating and directly targeting the risk and protective factors that determine their substance use behaviours and enhancing the social environment they are growing up in. By developing targeted interventions that seek to reduce the identified risk factors and strengthen the identified protective factors the problems associated with adolescent substance use can be reduced or prevented before they arise.

This comprehensive lifestyle survey is administered to the 15-16 year olds in each target community and it examines all aspects of their lives. There are questions on their substance use, physical health, mental health, family life, school experience, screen use, wellbeing, peer behaviours, and many other categories. There are 92 questions in the current Planet Youth questionnaire and a total of 1,972 variables; all of which can be examined and cross-tabulated.

The data returned from the survey is used to inform the development of suitable interventions in the community that will help address the known risk and protective for young people and thus improve outcomes. In this pilot phase of the project, there will be three initial Planet Youth surveys, conducted in 2018, 2020, and 2022.

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## **MENTAL HEALTH & WELLBEING**

[Parents guide to supporting your child's positive mental health & wellbeing\(www.NPC.ie\)](http://www.NPC.ie)

[The National Centre for Youth Mental Health \(www.Jigsaw.ie\)](http://www.Jigsaw.ie) provides mental health information for young people, their parents and guardians, and those who work with young people. Get practical advice from Jigsaw Clinicians who work with young people everyday. Click on the icon below to access a range of resources and advice.

**Free Online Training Course:** [Mental Health Awareness Course for Parents \(www.Jigsaw.ie\)](http://www.Jigsaw.ie)

### **Additional Resources for Parents**

- [Parents Supporting Students in a time of War NEPS Advice \(www.gov.ie\)](http://www.gov.ie)
  - [How to Calm and Support your Child Advice for Parents & Guardians \(www.gov.ie\)](http://www.gov.ie)
  - [Managing Stress and Anxiety A Guide for Parents & Guardians \(www.gov.ie\)](http://www.gov.ie)
  - [Tips to a better Night Sleep \(www.HSE.ie\)](http://www.HSE.ie)
  - [Going To Big School \(www.NPC.ie\)](http://www.NPC.ie)
  - [Bullying \(www.NPC.ie\)](http://www.NPC.ie)
  - [Helping someone else \(www.HSE.ie\)](http://www.HSE.ie)
  - [Wellbeing Catalogue of Resources Primary \(www.gov.ie\)](http://www.gov.ie)
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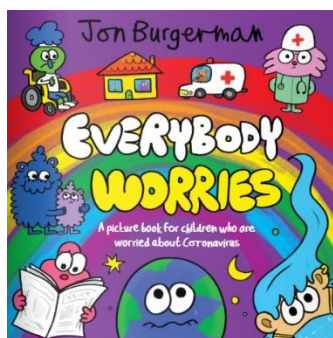


## **PHYSICAL WELLNESS**

### **Covid 19 Advice for Parents**

- [Safe Schools Advice for Parents \(www.gov.ie\)](https://www.gov.ie)
- [Returning to Primary School: Junior Infants to 2nd Class \(www.gov.ie\)](https://www.gov.ie)
- [School, childcare and COVID-19 \(www.HSE.ie\)](https://www.HSE.ie)

### Everybody Worries



“Everybody Worries” is a free ebook, by Jon Burgerman. In this bright and friendly picture book, children learn that it’s okay to worry about coronavirus. *Everybody Worries* offers your child the reassuring message that this crisis will pass, we are there for them, and we will get through this together. Click on the book cover to read the ebook.

### **Ask the Pharmacist**

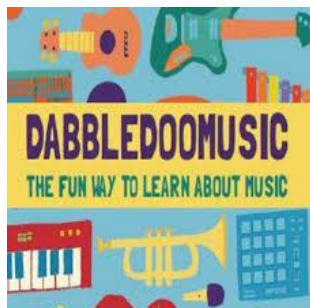
- [A Pharmacists Guide to Managing Children’s Coughs \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [A Pharmacists Guide to Soothing Sore Throats \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [A Pharmacists Guide to Managing a Fever \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [A Pharmacists Guide to Helping Nasal Congestion in Children \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [A Pharmacists Guide to Ear Infections in Children \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)

### **Additional Advice for Parents**

- [Head Lice \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [Bedwetting \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [Night terrors \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [Vitamin D \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [School Bugs and how to avoid them! \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [Colds & Kids \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [Know the Signs of Respiratory Syncytial Virus \(RSV\) \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)
- [Hay Fever in children \(www.SchoolDays.ie\)](https://www.SchoolDays.ie)

## **ACTIVITIES**

### **Dabbledoo – Musical Fun for families**



St Comán's Wood have introduced Dabbledoo to the children. Dabbledoo is a new method of teaching music in the classroom, specifically designed for Irish Primary Schools. The system has been designed to make music more accessible, fun and creative for teachers and their students while comprehensively covering all areas of the Primary Music Curriculum.

No musical experience is required, and all participation will be in context of group performance using simple classroom instruments.

All parents have access to this course for free. If any parents would like to sign-up, they can do so through this [link](#). Here you will find lots of fun musical activities to keep the children entertained. Below is a selection of content parents & children can enjoy at home.



[DabbledooMusic Radio](#)



[Irish Music Course](#)



[Pride Party Resources to help primary schools celebrate pride](#)



[Sing-Along Folk Songs](#)



Learn Irish Tin Whistle with Whistleberry Tunes



Seachtain Na Gaeilge

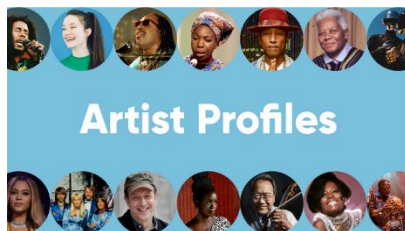
*Sing-along songs in Irish and two 10-page Irish music resources.*



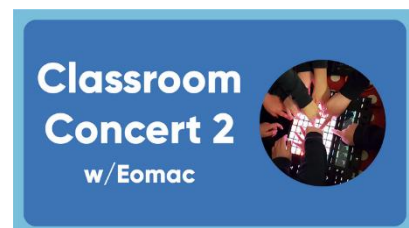
Pop Songs for Children



Classroom Concert 1 - Joe McKenna



Artist Profiles



Classroom Concert 2 - Eomac



Jazzy Christmas Songs



Classroom Concert 3 - Guitar with Shane