



## Wexford CYPSC Newsletter

July 12th 2024

For information on services and supports for children, young people and families see [Wexford CYPSC](#)

For information on parenting supports and programmes, see [Wexford Parents Hub](#) or access on [Facebook](#)



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## WEXFORD CYPSC WEBSITE

### → Wexford CYPSC Website : Service Updates



Wexford CYPSC website is an online directory of services and supports for children, young people and families in Co. Wexford. The website can be accessed [here](#).

If your service is included on the website, can you please take a few minutes to review your service details [here](#) to ensure that the information is accurate. The website contents can be updated simply by completing and returning the “**Service Details Update**” form which is available to access on the website [here](#).

New services can also be included on the website by completing [this form](#).

Thank you for your assistance in keeping the website up to date.

## CHILDREN & YOUNG PEOPLE

### ► Plugged In Switched Off : Exploring AI with Children & Young People



#### *Plugged In, Switched Off: Exploring AI with Children and Young People*

A solution based event providing advice for parents, educators and professionals alike.

 Tuesday 5th October, 10am

 Online & Live from The Foundry, Dublin

 Registration Details Coming Soon!

The Barnardos Online Safety Programme is excited to share some details of our annual conference: ***Plugged In Switched off: Exploring AI with Children and Young People*** which will be online and live from [The Foundry, Dublin](#) at 10am on 15<sup>th</sup> October 2024.

With support from Google.org ***Plugged In Switched Off*** is a solution-based event providing advice for parents, educators and professionals alike. Thanks to the insights we get from our workshops with children, each year we aim to tackle a different topic from the world of online safety and hear from a variety of perspectives such as young people, schools, industry professionals and experts.

#### **This event is for:**

- Primary & Secondary School Teachers and Principals
- Professionals working with children and young people
- Parents and Families

#### **Choose Your Participation:**

- **Virtual Access:** Stream the event live from The Foundry, Dublin
- **In-Person Audience:** Be part of the live event at The Foundry (limited availability)

Join us as we delve into the world of Artificial Intelligence (AI) and its impact on children, families, and educators.

**Registration details coming soon!**

**Online Safety Programme**

**Email:** [onlinesafety@barnardos.ie](mailto:onlinesafety@barnardos.ie) [www.barnardos.ie/osp](http://www.barnardos.ie/osp)

## ► National Play Day (13 – 21 July)

National Play Day 2024 takes place on any day or a combination of days between Saturday 13 July to Sunday 21 July (inclusive).



### **National Play Day**

An opportunity to promote play and recreational opportunities for children and young people all across the country.

This year's theme is 'time to play!'. This recognises the importance of both making and taking playful opportunities in your day.

The Department of Children, Equality, Disability, Integration and Youth will support local authorities in delivering a programme of activities for the day.

Find information on how children learn and develop through play at [mychild.ie](https://mychild.ie)

## ► Notice Me, Think About Me, Ask About Me

Barnardos are delighted to announce the launch of new resources to highlight and create awareness for the impact of domestic violence and abuse on the young child (pregnancy to 5 years).



A 3 minute animation is available on YouTube here:

<https://www.youtube.com/watch?v=UNt-U--xDzY>

It has been developed to look at the impact of domestic violence and abuse on babies in utero and on small children. The animation challenges us to think about the needs of very young children and there is an attached practice guidance leaflet to support professionals.

**NOTICE ME, THINK ABOUT ME, ASK ABOUT ME** - features:

An accompanying practice guidance document (attached) and also available on Barnardos website [here](#):

(note: there are 2 versions online – 1 PDF for viewing and printing off your computer & 1 pdf specifically for your local area printers)

Officially launched on Thursday June 13th, 2024, these resources are a result of practitioners identifying need to enhance understanding of the impact of domestic violence and abuse on the very young (children aged 0-5 years old) including pregnancy. The recording of the full 90 minute launch event, which featured an address by Minister for Justice Helen McEntee TD and key note by Dr Wendy Bunston (author of *Helping Babies and Children Aged 0-6 to Heal After Family Violence: A Practical Guide to Infant- and Child-Led Work*), can be viewed [here](#)

To create these new resources, over the course of 3 years, the project team collaborated with mothers surviving domestic violence and abuse, young children in early years and pre-school settings, academics and our colleagues across the early years services, infant mental health and specialist domestic violence services and the result is a powerful glimpse into the lived experience of the very young child.

This project was made possible by funding from the Department of Justice and is a collaboration with the following partner services, our valued colleagues in the creation of this resource:





The information in this practice document is informed by mothers who are surviving domestic violence and abuse, adults who look after and work with young children, and current research.

Having a domestic violence informed lens means being aware of and understanding the impact domestic violence and abuse can have during pregnancy, and on the development and wellbeing of babies and young children.

By adopting the key practice principles of Notice Me, Think About Me, Ask About Me professionals, in partnership with families and support agencies, can support children to recover.



Responding to Trauma in Early Learning and Care: Domestic Abuse (Barnardos E-book)



Supporting women and babies after domestic abuse Women's Aid Federation of England

CHY 6015 | RCN 20010027

## Stay Informed Notice Me



Pregnancy is often a time of increased violence and abuse.



The women we spoke with highlighted the following:

- Low birth weight
- Increased risk of miscarriage
- Premature baby
- Baby stops growing
- Lack of movement in utero
- Being forced to conceal the pregnancy

Infants are especially vulnerable to experiences of domestic violence and abuse.

The feedback highlighted the following:

- Lack of expected cooing/babbling
- Unsettled, irritable baby
- Difficulty feeding - short feeds
- Erratic sleeping patterns - short naps
- Hypervigilant state - eyes darting around the room
- Startled if someone walks into the room
- Resists being held and holding breath
- Zoning out - quiet, eyes half closed but not asleep

For toddlers, the following pointers were highlighted:

- Screaming if separated from non-abusing parent
- Constantly seeking closeness to non-abusing parent
- Poor sleeper
- Presenting very differently when the abusive parent present
- Seeking comfort from older sibling



For those in the early years and pre-school age range, the following were highlighted:

- Delay in reaching developmental milestones
- Separation anxiety
- Hypervigilant, anxious and easily startled by loud noises
- Trying hard to please those around them
- Quiet and withdrawn
- Aggressive, acting out behaviour
- Difficulty engaging in imaginary play or re-enacting experiences through play

### Next steps

- Consider that the presence of these indicators may not always mean that domestic violence and abuse is present
- Remember to ask about the babies and younger children in the family
- Share your concerns with your supervisor/line manager and agree next steps together
- Link with other key professionals involved with the family
- Your local area family support and domestic violence specialist services will be valuable sources of advice about discussing your concerns with the child's parent



To access the resource above, [click here](#)



## ► Parenting events taking place during August 2024

Dear colleagues,

School's out for summer!

Yes it is that time of year again and we are seeking details of upcoming events or initiatives that are designed to assist parents/guardians in their parenting role. Parents will no doubt be searching for events to keep their children active and entertained during the coming weeks. With this in mind, we welcome details of any parenting initiatives which will be taking place this August.

As with previous months, a selection of these events will be promoted across DCEDIY social media channels to raise awareness among parents of the supports available to them in their locality. Details of upcoming events can be provided via a short survey by clicking [here](#).

It would be appreciated if details of any events taking place in August could be provided by **Friday 26 July** to allow time for the DCEDIY Communications team to develop content for sharing across DCEDIY social channels. We have received information on a number of events taking place this month however, if you do have a parenting event happening later in July, you can still complete the survey and we will do our best to schedule it for promotion where possible.

You can check across DCEDIY social channels for your event and please feel free to like and share our social posts. We also encourage you to circulate this email to any service within your network that may have an upcoming parenting event which they wish to promote.

May we request that information on upcoming events is submitted through the survey link above. However, if you experience any issues using the survey or if you have any particular queries, please do not hesitate to email [parentingsupport@equality.gov.ie](mailto:parentingsupport@equality.gov.ie) for assistance.

A selection of posts which were promoted across DCEDIY social media channels last month can be viewed in the document : [Supporting Parents June Social Media Posts](#).

We wish to sincerely thank you for your continued support of this initiative.

Kind Regards

The Parenting Support Policy Unit

## SUPPORT GROUPS

### ► South East Regional Family Support Network Bereavement Group 2024

#### South East Regional Family Support Network Bereavement Group 2024

The bereavement support group provides a safe space for family members who have experienced the death of a loved one because of problem substance use or related issues. A place to share their experience of loss and grief amongst peers, and to help them find support for themselves and their family at this difficult time.

It can help to feel you are not alone.

The group is facilitated by two trained psychotherapists and will include respite and other opportunities that may be relevant.

This is a free service specific to the South East Regional Family Support Network

Commencing: Tuesday 27<sup>th</sup> of August 2024 at 10.30am - 12.00pm  
and will continue for 8 weeks

Where: Millennium Building, Church Rd, Lisduggan,  
Waterford. X91 FN5V

Contact Details: Riona @ 086 6045805

Catherine @ 083 0162069 Email: info@serfsn.org