

RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE

CHRISTMAS EDITION 2023



Contents

Activities

Disability

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Activities





CHRISTMAS BUCKET LIST

- | | |
|--------------------------------|--------------------------------|
| Write letter to Santa | Eat a candy cane |
| Pick out a tree | Wear an ugly Christmas sweater |
| Decorate Christmas tree | Do a Christmas craft |
| Make an advent calendar | Volunteer |
| Mail out Christmas cards | Build a snowman |
| Decorate house with lights | Make Christmas ornaments |
| Go sledding | Hang stockings |
| Make hot chocolate | Do a random act of kindness |
| Watch a Christmas movie | Wear fuzzy socks |
| Build a gingerbread house | Visit a Christmas market |
| Wrap gifts | Participate in Secret Santa |
| Sing Christmas carols | Make a gift for someone |
| Make treats for neighbours | Make peppermint bark |
| Go ice skating | Make reindeer food |
| Read a Christmas book | Bake cookies for Santa |
| Donate to your local food bank | Visit a retirement home |
| Visit Santa at the mall | Hang stockings on mantle |
| Take a family photo | Wear a Santa hat |
| Wear Christmas pyjamas | Make paper snowflakes |
| Donate a toy | Drink eggnog |

thecraftathomefamily.com

Salt dough is lovely to work with – soft and squidgy and it can be baked so it is perfect for making hanging decorations too. Here's a super quick and easy recipe to make your own salt dough.

You will need:

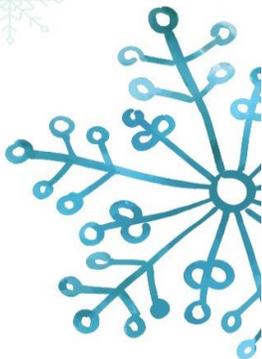
- half a cup of salt
- one cup of plain flour
- half a cup of water
- cookie cutters
- ribbon for hanging
- paint to decorate



WINTERY FESTIVE FUN



go on a winter scavenger hunt



donate pocket money, an extra present or food



make a gingerbread house and people

send a handmade Christmas card to someone who might be feeling lonely



wish for snow and build a snowman



play snowman bingo

build a bird feeder or a hedgehog house

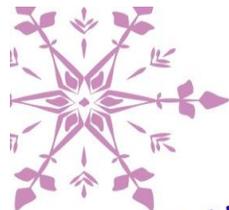


upcycle an old sweater and join Christmas Jumper Day

create paper chain bunting and paper snowflakes to decorate your bedroom



www.playboard.org



wrap up warm and set out on a frosty winter walk



try Christmas crafts - toilet roll Santa, handprint reindeer, pom pom penguins, lollipop stick stars, pine cone angels and mini twig trees



pin the nose on Rudolph



snuggle up with a hot chocolate and watch Christmas movies

enjoy a Nutella Christmas tree



fill squeeze bottles with water and food colouring and draw pictures in the snow



go sledding in the park

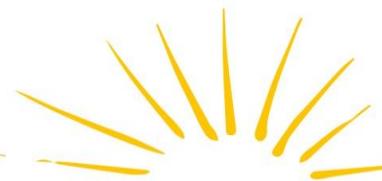


sing carols around a firepit, eat s'mores and gaze at the stars



whip up cookies or shortbread

design a Christmas wreath for your door



watch the sunrise or sunset on the winter solstice



organise a family games night, pamper night or disco



For ideas, recipes, and how-tos go to www.pinterest.co.uk/playboardni

Christmas Tree



balance
activity
THEINSPIREDTREEHOUSE.COM



25 DAYS OF CHRISTMAS PLAY

SIMPLE PLAY IDEAS FOR THE MONTH OF DECEMBER



1. Create a collage with wrapping paper scraps and glue
2. Create Christmas patterns using bows or assorted candy canes
3. Cut out circles from cardboard & decorate the "Christmas cookies"
4. Paint a paper plate with center circle cut out to make a wreath
5. Build the "North Pole" with blocks or magnetic tiles
6. Decorate a laundry basket and pretend it's Santa's sleigh
7. Cut a soft kitchen sponge into triangles. Dip in paint and stamp trees on paper!
8. Think of 5 acts of Christmas Kindness you can do together
9. Write letters to the North Pole
10. Draw basic outlines for Christmas sweaters + set out art supplies to
11. Do a Christmas color sort with bows
12. Wrap puzzle pieces for added puzzle challenge
13. Hide objects for a Christmas scavenger hunt
14. Create salt dough ornaments
15. Draw tree outline and decorate with fingerpaints
16. Stir up some "reindeer food" to play with and save it in a bag for Christmas Eve!
17. Decorate Christmas cards for neighbors
18. Play with playdough + cookie cutters
19. Play with a water sensory bin + scoops and plastic ornaments
20. Draw a face and use cotton balls + white paint to dot a Santa's beard craft
21. Decorate a cardboard "gingerbread" house
22. Do all your Little Ones Learn Christmas printables!
23. Make some Christmas cookies for Santa
24. Write a letter to leave out for Santa
25. Sing Christmas songs together



littleoneslearn



@LITTLEONESLEARN

Outdoor Winter Scavenger Hunt

How many items can you find?

			
Bird	Animal Tracks	Pinecone	Rabbit
			
Something you only see in Winter	Hat	Evergreen Branch	Brown Leaf
			
Smoke from a chimney	Bare Tree	Snowman	Red Berries
			
Snow	Boots	The Sun	Mittens

SANTA DECORATION

You'll need...

Paper plate/card; Cotton wool;
Red card; Scissors; Glue stick;
Felt tips/crayons
Optional - googly eyes, red glitter,
pom poms



- 1 If you are using a paper plate use this as your base. You could also cut out a circle from card using a plate as a measurement guide.
- 2 Colour in the middle portion, this will become Santa's face.
- 3 Make a glue circle around the outside of the plate and stick your cotton wool balls around the edge. Do a double layer at the bottom for Santa's beard.
- 4 Draw on/stick on Santa's eyes and nose. Use this as a guide for two more cotton wool balls for his cheeks.
- 5 Cut out a triangle of red card and glue to the back of the plate to make a hat. Stick one more cotton wool ball at the top to finish the hat.
- 6 Let your Santa dry and display!

CHRISTMAS
COUNTDOWN

CHRISTMAS

WORD SEARCH

S	R	S	Y	O	A	U	O	I	A	R	J	Q	Q	Q
F	T	N	E	I	Z	Y	P	U	Z	H	K	G	S	U
C	C	O	R	N	A	M	E	N	T	U	L	F	T	H
B	V	W	G	Y	W	N	I	Y	R	S	M	H	O	B
G	A	F	V	R	S	K	T	T	A	G	U	J	C	Y
D	S	L	E	I	G	H	V	M	Y	D	O	B	K	R
W	F	A	A	H	R	J	T	N	H	G	P	Y	I	U
T	I	K	Z	B	T	S	A	N	T	A	I	T	N	D
Y	J	E	T	G	I	C	H	V	J	T	T	Y	G	O
I	F	W	F	R	S	X	D	O	G	F	R	H	J	L
L	G	X	H	K	E	U	X	E	L	A	D	B	R	P
J	H	C	I	J	G	E	Q	X	E	I	E	C	E	H
B	N	M	U	M	V	Q	A	A	W	V	D	F	T	G
F	D	Q	N	R	E	I	N	D	E	E	R	A	B	H
Y	W	U	V	A	U	G	T	A	T	N	W	O	Y	Y

CHRISTMAS
 SANTA
 STOCKING
 TREE

SNOWFLAKE
 SLEIGH
 ORNAMENT
 REINDEER

RUDOLPH
 HOLIDAY

WWW.MOMGENERATIONS.COM

CHRISTMAS COUNT AND COLOR

Follow the color guide and color the objects. Then count how many of each object is there and write them in the box.



Green



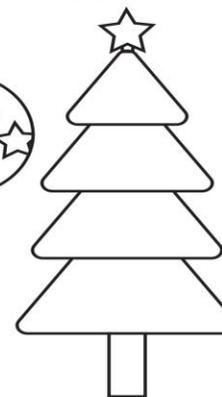
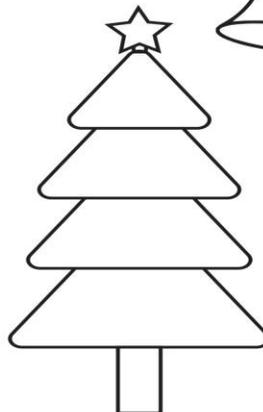
Purple



Yellow



Red



CLEANING GEAR

THE ENDLESS JOY OF

CAR, BOAT, PLANE OR TRAIN

CARDBOARD

Cost-effective play

CARDBOARD CHRISTMAS DECORATIONS

DIY POST BOX

PASS THE PARCEL



bbc TINY
Happy
PEOPLE

How to...

Make a festive craft with your baby!



Mistletoe



1



Gather materials like paper, coloured pom poms and skin-safe paint



2



Paint your baby's foot and stamp on paper



3



Wash your child's feet

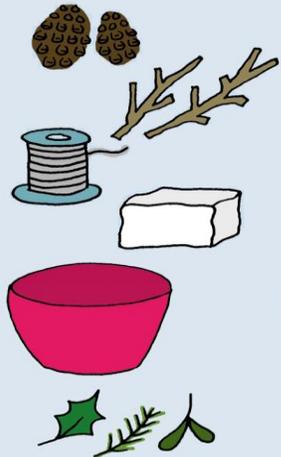




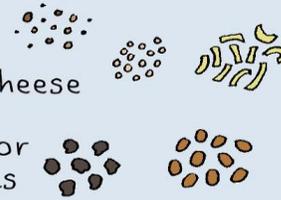
Make a Christmas wreath for birds

You will need:

- Pines cones
- Long twigs
- Garden wire
- Soft lard
- Mixing bowl



- Holly and other leaves
- Bird seed, breadcrumbs and grated cheese
- Dried fruits or unsalted nuts



1 Twist together bundles of long twigs and fasten with wire into a ring.

2 Squish lard into a soft paste in a bowl. Mix in bird seed, breadcrumbs or grated cheese.



3 Smear over pine cones and decorate with dried fruits and nuts.

Make sure there's a clean supply of water nearby



4 Attach the cones to the ring with twisted wire.

5 Decorate with festive greenery and hang up your wreath.

Somewhere to hang your wreath

Disability



This time of year can be really exciting for many people, but can also be a time filled with new sensory and social experiences that are not part of your usual routine.

[Top Tips for an autism inclusive Christmas — Autism NI](https://www.autismni.org/top-tips-for-an-autism-inclusive-christmas)



Christmas is often filled with joy and celebration, but it can also be a challenging time for many autistic children and young people as it brings changes to routine, new foods, family gatherings, bright lights and loud music.

Children and young people with ASD can struggle with many of the changes and sensory aspects of Christmas so Belfast Health & Social Care Trust's Child and Adolescent Autism Service wants to share some strategies with you to help make your Christmas a little easier and more enjoyable. Read the full strategies at:

<https://view.pagetiger.com/autismatchristmas/1>



Whether you're looking for fun inside or outside the home, accessible gifts and toys or want to enjoy your seasonal trip to the pantomime, this RNIB guide has your Christmas covered.

[The Joy Makers' Guide to Christmas \(rnib.org.uk\)](http://rnib.org.uk)

Christmas Holidays Social Story

The Christmas period may be a stressful time for some autistic children. This [social story](#) from Autism NI may be a good way of introducing a new or unfamiliar concept.



Regular activity throughout our lives will help us keep as healthy as possible for longer. To get the most benefit, it's vital to get into the habit of being active early on in life.

It can sometimes need a bit more thought and effort to enable children and young people with disabilities to be physically active – this doesn't mean they can't take part in fun activities and sports.

Visit www.pha.site/IDPDYoungPeople to find out more about improving physical activity for children with a disability.





Christmas is a time of joy and celebration, but it can be difficult for some autistic people. The National Autistic Society have compiled a list of autism- friendly tips for the festive period.

[Tips \(autism.org.uk\)](https://www.autism.org.uk)



Big gatherings can be great fun and it's lovely seeing the whole family, but it may involve being around some people who are not deaf aware - especially in noisy environments. Check out National Deaf Children Society's tips and tricks on how to make Christmas Day deaf-friendly for your deaf child.

[Top tips for deaf-friendly Christmas | Christmas for deaf children \(ndcs.org.uk\)](https://www.ndcs.org.uk)

[Family Blogs | Top tips for Christmas day with a deaf child \(ndcs.org.uk\)](https://www.ndcs.org.uk)



All About ME



This booklet was co-produced with young people from Barnardo's NI PosAbility group. It is ideal for sharing information about your child for after school clubs, playgroup, residentials and with family.

Download here: <https://tinyurl.com/ysjx9fby>

DEAR SANTA!

My name is _____ I am _____ years old.

For Christmas this year, my family and I are planning to make it the best one ever!
I have chosen ...

SOME SAFE FOODS TO EAT

SOMETHING COMFY TO WEAR

A QUIET PLACE FOR A BREAK

SOMETHING ELSE THAT WILL HELP MAKE IT GREAT



For Christmas this year, I would love ...

SOMETHING I WANT (TO DO WITH MY PASSIONS)

SOMETHING I NEED (FOR MY SENSORY WELLBEING)

SOMETHING TO WEAR (THAT IS SUPER COMFY)

SOMETHING TO READ (OR IS COOL TO WATCH)

THANK YOU, SANTA!



Mental Health

Planting the seeds of hope

DECEMBER

REMEMBER IT'S OKAY TO:



BE TIRED



HAVE A GOOD TIME



BE YOURSELF



SAY NO TO OTHERS



MAKE MISTAKES



50 SELF CARE IDEAS



Self Care

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TED TALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE

START360

Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057

Or visit www.chathealth.nhs.uk to start a chat

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!



SCHOOL BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

If you're struggling, it's okay to reach out:

cypsp.hscni.net/youth-wellness-web/

Scan QR code



Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

december SELF-CARE

@POSITIVELYPRESENT

- PREPARE FOR A FRESH START (clock)
- HANG UP OLD REGRETS (wreath)
- FIND COMFORT IN TRADITION (ornament)
- TRUST YOURSELF (ice skate)
- REJOICE IN YOUR PROGRESS (bell)
- SEND LOVE (envelope)
- HELP THOSE IN NEED (hands holding heart)
- APPRECIATE YOUR HOME (house)
- CELEBRATE UNIQUENESS (snowflake)
- LOOK FOR BEAUTY (holly)
- SHINE A LIGHT ON YOURSELF (candle)
- ACCEPT YOUR IMPERFECTIONS (gingerbread)
- LISTEN TO OLD FAVORITES (CD)
- CELEBRATE UNIQUENESS (snowflake)
- LOOK FOR BEAUTY (holly)
- SHINE A LIGHT ON YOURSELF (candle)
- COZY UP WITH LOVED ONES (mug)
- TREAT YOURSELF (candy)
- WRAP UP LOOSE ENDS (gift)
- SHAKE UP YOUR ROUTINE (snow globe)
- MAKE A WISH FOR NEXT YEAR (rainbow)
- UNTANGLE CONFLICTS (lights)
- SEEK OUT NEW GROWTH (tree)

Things to **HANG UP**



AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.
#SelfCareSunday



ASKING
FOR HELP
ISN'T WEAK

it's literally
impossible to
please everyone

ALWAYS
REMEMBER

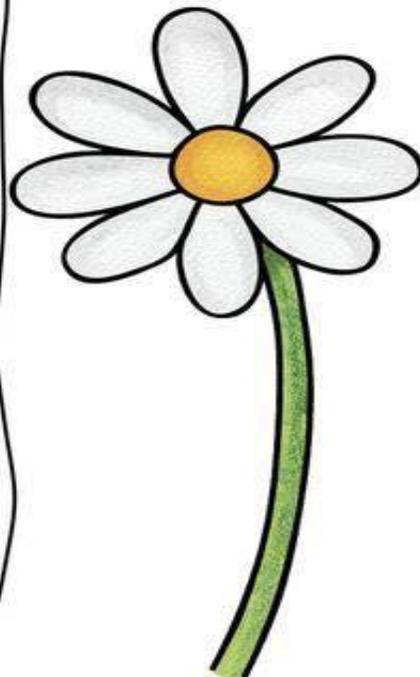
YOU'RE
BRAVER
THAN YOU
THINK

YOU'RE
WORTHY
OF
RESPECT

NOT EVERYTHING
YOU THINK IS TRUE

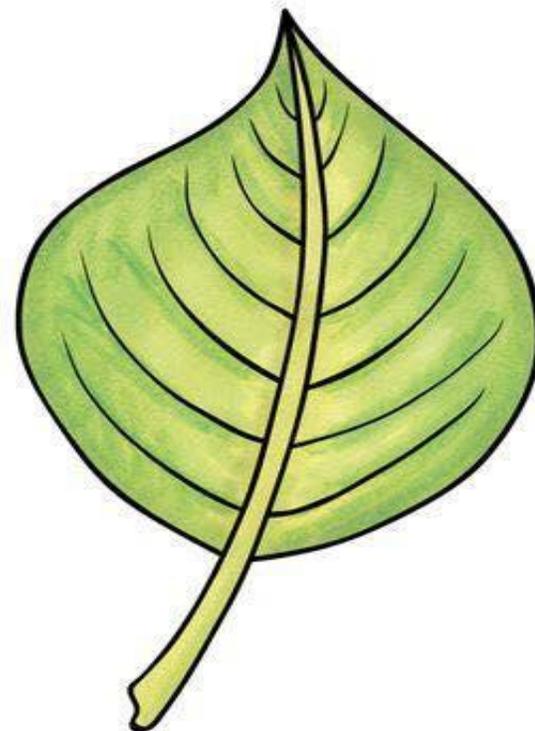
YOUR WORTH
ISN'T FOUND
IN THE OPINIONS
OF OTHERS

JENNA
MARIE



BREATHE IN

Pretend you
are smelling a
flower.



**BREATHE
OUT**

Pretend you
are blowing a
leaf.

5 ways to wellbeing



Be active

Go for a walk or run. Cycle. Play a game. Dance. Exercising makes you feel good. Discover a physical activity you enjoy and that suits your level of mobility and fitness.

Connect

With people around you... family, friends, colleagues and neighbours. Feeling close to people is a basic human need and helps us function well.

Take notice

Be curious. Find beauty in the world around you. Savour the moment. Be aware of the world around you and what you are feeling.

Keep learning

Try something new. Rediscover an old interest. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun.

Give

Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Helping others helps us to feel happy.



During this holiday season, remember to pause to care for yourself, too.

@mirabellecreations

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



📞 0300 123 3393
📞 Helpline
🌐 mind.org.uk

📞 Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org

📞 116 123
📞 24/7 helpline
🌐 samaritans.org



📞 Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk

📞 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net

📞 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org



Bereavement

Ways to remember someone at Christmas



Christmas can be really difficult when you're grieving. When you're bombarded with memories of the years before, it can be hard not to spend the day thinking of those who have died. If you're facing Christmas after a bereavement, it might help to find some special ways to remember them.

[Ways to remember someone at Christmas - Cruse Bereavement Support](#)

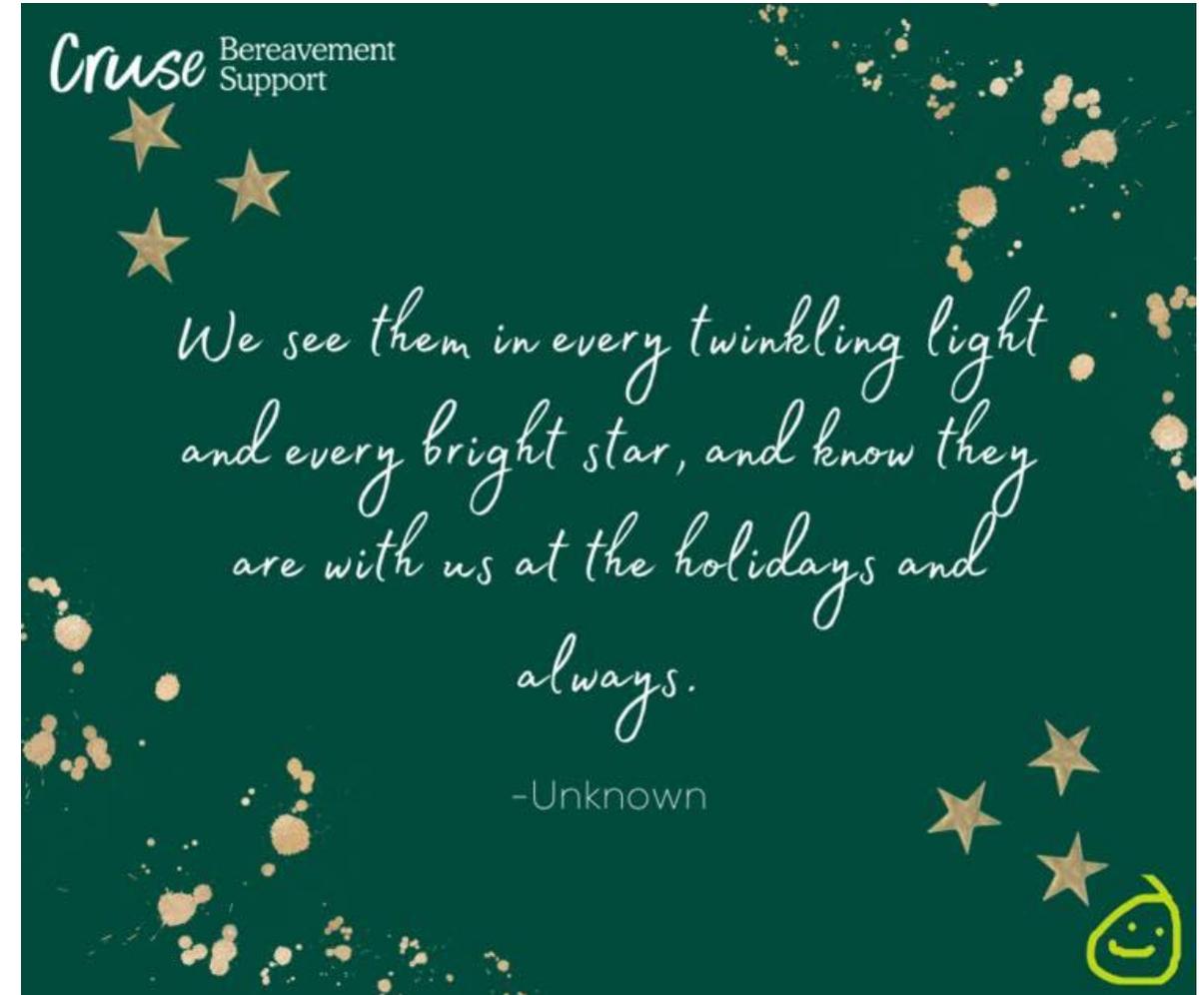
WINSTON'S WISH **WW**

Giving hope to grieving children

Activities can be a useful way to help grieving children and young people to explore and express their feelings and emotions and to help them maintain memories of the person who has died. Winston's Wish have a range of activities to try including a mental health first aid kit and story stones.

[Activities for bereaved children and young people | Download for free | Winston's Wish \(winstonswish.org\)](#)

[Christmas grief activities for children and young people | Winston's Wish \(winstonswish.org\)](#)



Take a look at the Hope Gain website on how to cope and ways to remember your loved one this Christmas.
<https://www.hopeagain.org.uk/grieving-at-christmas>

Other Resources



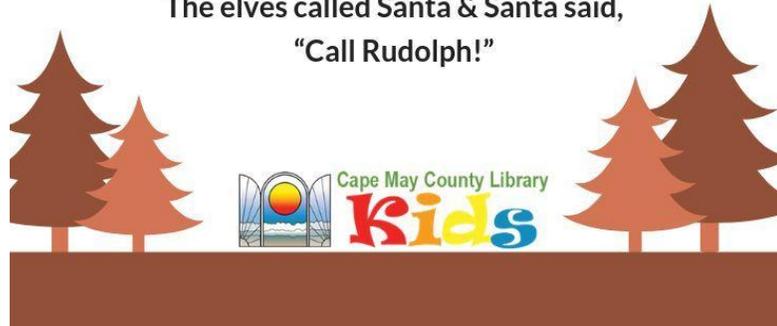
Call Rudolph

TUNE: 5 LITTLE MONKEYS

Eight little reindeer pulling Santa's sled.
 One fell down and bumped his head.
 The elves called Santa & Santa said,
 "Can seven little reindeer pull my sled?"

Continue down to one little reindeer...

One little reindeer pulling Santa's sled.
 He fell down and bumped his head.
 The elves called Santa & Santa said,
 "Call Rudolph!"



Snowflake, Snowflake

Snowflakes, snowflake
 twirl around.

Snowflake, snowflake
 touch the ground.

Snowflake, snowflake
 land on my nose.

Snowflake, snowflake
 freeze my toes.

Snowflake, snowflake
 in the air.

Snowflake, snowflake tickle you
 everywhere!





A Healthier Holiday Season!

Plus How to Make a Healthier Christmas Graze Board

Health and Social Care | Public Health Agency | HSC Public Health Agency

December often involves socialising and enjoying festive food and drink! Watch this short video from our Public Health Dietitians for top tips on how to enjoy this season without harming your health.

Link to watch:
https://youtu.be/u_8Upqynyq4?si=EZQekFLF1Q_okFZM



Winter
An Geimhreadh
ann gave-rue

How is the weather today? Cad é mar atá an aimsir inniu? Ca-jay mar a-taw aan am-sheer in-you?

It's... Tá sé... Ta shay...

cold	fuair	foor
freezing	siochta fuair	shuck-hee foor
snowing	ag cur sneachta	ig kur snyackta
raining	ag cur fearthainne	ig kur farheenya
cloudy	scamallach	scam -al-ah
windy	gaofar	geefar

altram
guth na luathaliant



Winter
An Geimhreadh
ann gave-rue

Tá an Geimhreadh ann!
Tá miotóga ar mo lámha.
Tá hata ar mo cheann.
Tá buataisí ar mo chosa.
Ó! Tá an geimhreadh ann!

It is Winter!
Gloves are on my hands.
A hat is on my head.
Boots are on my feet.
Oh! It is Winter!

Taa ann gave-rue awn!
Taa mitoga air maw lao-wa.
Taa ha-ta air maw hee-un.
Taa boo-ta-she air maw hosa.
Oh! Taa ann gave-rue awn!

altram



Top tips ... for oral health at Christmas

- Santa and Rudolph the Red-Nosed Reindeer love eating carrots and drinking milk for their snacks; how about trying some, too?
- Avoid sugary drinks and snacks, especially between meals.
- Going away for Christmas? - Remember to pack your toothbrush and toothpaste!
- Visit your local dentist for a check-up.



Top tips... for a healthy lunchbox



- Choose one food from each of the groups (here are some ideas, but there are lots of choices)
- Include a drink - water and milk are the best options

Fruit and Vegetables

- Raw carrot, cucumber, celery, pepper cut into sticks
- Cherry tomatoes
cut up for very young children
- Salad in sandwiches or rolls
try lettuce, tomato, grated carrot, sliced beetroot
- A pot of fruit salad
mix some different pieces of chopped fruit together

Potatoes, bread, rice, pasta

- Bread
- Pitta bread
- Chapati
- Bagel
- Oatcakes, crackers or crispbreads
- Pasta, rice, potato, or couscous salad

Beans, pulses, fish, eggs and meat

- Hardboiled egg
sliced or mashed
- Slices of lean meat
such as beef, turkey or chicken
- Hummus
as a dip or in a sandwich

Dairy and alternatives

- Sticks of cheese or grated cheese
- Pot of unsweetened yoghurt
- Mini cheese
- Drink of milk

Go Tofor Christmas FUN!!



Star Tip

Aim to make space for precious 1-1 time with each member of your family.

Star Tip

Create an ever-ready Car-Bag with toys, snacks and essentials for easier journeys.

Home Made Together

Decorate old jam jars with greenery, paints or pasted tissue. Add electric tea lights and enjoy home-made lanterns.

Hang with wire or ribbon.

Bake orange and lemon slices in the oven at 140 degrees for an hour. String with pop corn for natural garlands.

DIY Crackers..... Wrap empty loo rolls with bright paper. Fill the space with treats and secure each end with ribbon.



Playing Together

Encourage children to get involved with your preparations for games. It is empowering for them to feel creative and responsible

Games for everyone

Where would you hide in the Christmas Tree if you were tiny?
Pass the parcel!
Christmas Disco or Bingo
Who am I? with Christmas hats
What's in the stocking? Memory game

Why not set up your own home photo booth with fancy dress and silly props?

Fun Outside

Wrap up warm with woolly lamp hats or torches and have an exciting walk in the dark

Treasure Hunt Walk...head outside and see who can find the most Christmas Trees, Santas, Snowmen

Collect greenery, pine cones and berries to create hand made wreathes and decorations.

Star Tip

Create a treasure hunt for items necessary to carry out a task.

Memory Makers

Print out a selection of family photographs

Gather round and have a lucky dip of 'remember this'

Community Christmas
Consider encouraging children to donate to charity shops, food banks and Christmas Appeals

We're here for you at Parentline to listen, support and advise.
Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm

Go Tofor Christmas FUN!!



Star Tip

Use old T-shirts and fabric pens or paints to create your own Christmas outfits.



If this is an emotionally difficult Christmas.....

- Be gentle with yourself.
- Delegate.
- Build in some free time.
- Blend old traditions with some new.

Chat beforehand with family and friends. What could make things easier for you all?

Star Tip

Ask children for their own ideas about new traditions and activities.

Star Tip

Make mystery footprints with fake snow. (Add water to equal parts Cornflour and Bicarbonate of Soda)



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Home Made Together

Create 'Talent & Time' vouchers in place of presents. Even very young children can get involved.

Create original Christmas figures with loo rolls, coloured paper and cotton wool.

Decorate pine cones with glitter glue and ribbon.

Make your own cards using stiff paper, magazine pictures or old cards.

Try experimenting with mocktails. Gather screw-top jars, fruit juices, sparkling water, flavoured syrups, ice and lots of fancy straws.

Sources of useful information

- woodland Trust/children.org.uk
- The Board Game Family by Ellie Dix
<https://www.bbc.co.uk/cbeebies/make>
- <https://www.facebook.com/thedadlab>
- <https://www.ci-ni.org.uk/parentline/>
- olioex.com (Food Waste app)

Conversations are easier for all ages if there is a joint activity to focus on.

Try providing a plain paper table cloth, coloured pencils, stencils and card cut outs. Chats will develop more naturally as everyone draws, colours and doodles.

Home Made Together

Make interesting ice-cubes by using purees or adding berries to your moulds.

Melt marshmallows and mix with crushed rice crispies or cornflakes for easy treats.

Create a chocolate fondue with fruit, mallows and biscuits to dip.

Use cookie cutters to shape shop-bought puff pastry. Brush with egg and top with flavours such as cheese before baking.



Holiday tips for separated parents

Part 1 - Communication is key to a positive experience for your children post separation

- 1 Reassure your children, using age-appropriate language, that both parents will agree how best to organise shared time over the holidays.
- 2 Avoid making demands or raising your voice to the other parent. Agree a time to meet for these discussions or to have a telephone conversation, away from children.
- 3 Avoid, if possible, using text or e-mail, as this can be open to misinterpretation.
- 4 In all conversations maintain the focus on the child's current and future needs, avoid looking to the past.
- 5 Agree in advance the mode of communication in emergency.

www.familymediationni.org.uk



Tips for Making Co-Parenting Transitions Easier

Look at co-parenting from a helicopter view. Step into the shoes of your ex-partner and the child/ children involved, and find common ground.



Relate NI

we can Relate

www.Relateni.org

Managing Stress at Christmas – Top Tips

CHRISTMAS COUNTDOWN

Embrace Your Unique Christmas

Every family is unique and will have their own traditions at Christmas. Don't feel pressured to 'Keep Up With The Jones' and compete with others to have the perfect Christmas. Do what makes your family happy and do whatever gets with your own families' interests and habits.



Gifts with Boundaries

It is ok to say 'No' when it comes to gifts. Set boundaries on your spending during this period and manage expectations of what your children will be likely to receive.



Homemade Christmas Gifts

The rising cost of living will impact on many this Christmas. Try making your own Christmas gifts using skills you are best at – making biscuits, cakes, drinks, knitting, crocheting, drawing, painting or crafts. This saves money and is also a great way to spend quality time together with your children.



Cherishing Family Traditions

Highlight some of the unique family traditions that are incorporated into your holiday celebrations. Explain that the holidays are really about spending time together, not about getting gifts.



Navigating Grief During Christmas

Facing Christmas whilst grieving can be daunting – try to work out in advance the best arrangements for you and your family which suit your needs and the needs of others who share your loss.



Managing Christmas after Separation

Being separated at Christmas can bring extra challenges. If you're not going to see your children over Christmas, have a fake Christmas on another date, where you can still have the Christmas experience. Remember that Christmas is about the children – both parents will have to make compromises, so be flexible where you can.



Visit BBC Tiny Happy People for some easy Christmas themed makes and bakes.

Getting your child involved at mealtimes is great for their development. Whether you're chatting to them at the table or letting them help with the preparation, enjoying food together can help boost their confidence, their language skills and hand-eye coordination.

[Fun Christmas recipes for kids, babies and toddlers - BBC Tiny Happy People](#)

Do I need to keep my child off school?

Chicken Pox At least 5 days from onset of rash and until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhea & /or Vomiting 48 hours from last episode	Respiratory Illness (e.g colds & flu) Can return when no longer have a high temperature and well enough	Glandular Fever No need to stay off but school or nursery should be informed	
Hand, foot & mouth No need to stay off if well enough, but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 hours after commencing antibiotics	Head Lice No need to stay off but school or nursery should be informed	Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	
Scarlet Fever 24 hours after commencing antibiotics	Scabies Until after first treatment	Slapped Cheek No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis Can return when no longer have a temperature and well enough, school or nursery should be informed	Whooping Cough 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

Breathe easy

“ He would have been much too young and would have been much too weak to release himself. ”

Coroner's report, blind cord strangulation

Such a scary thought that something could stop your child breathing. But, the steps to stop that happening are simple and make sense.



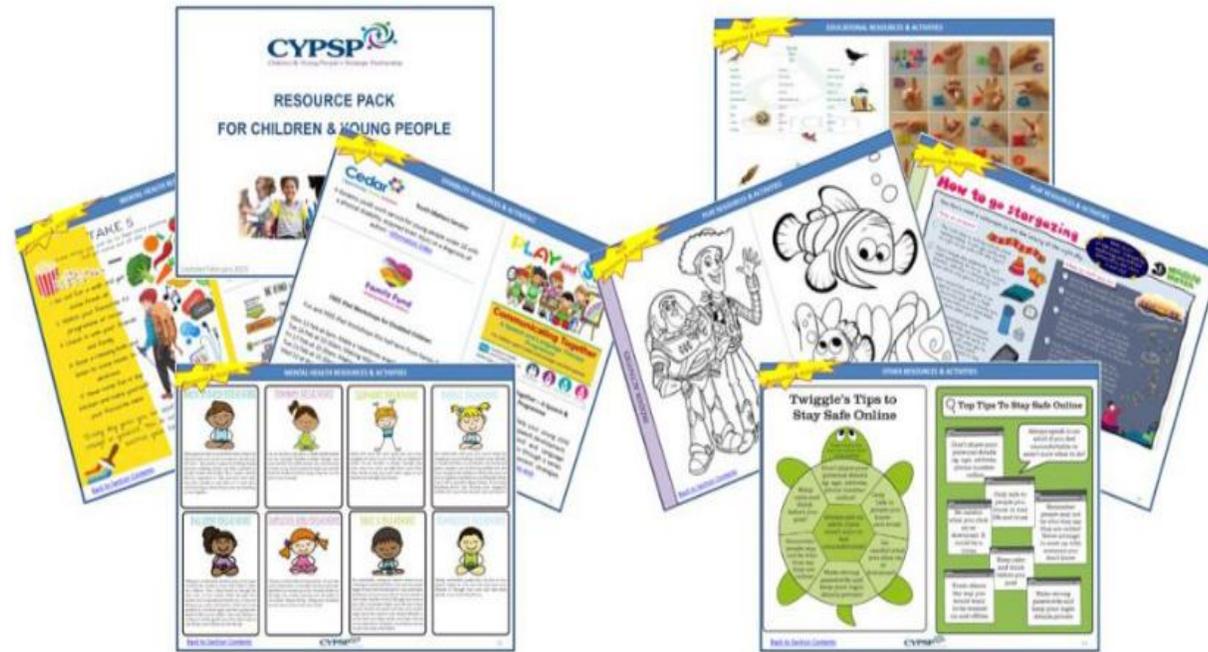
- Window blinds** – It can take just 15 seconds for a toddler to lose consciousness if a blind cord is caught around their neck – and they can die in just two to three minutes.
- Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. New blinds should come with these
 - Consider cord free blinds for children's rooms
 - Remember children may climb and get higher than you think. Move bedroom furniture away from cords and chains
 - Make sure the cords on the back of Roman blinds are connected using a device that breaks under pressure.

- Nappy sacks** – young babies naturally grasp things and pull them to their mouths, but aren't able to pull them away. They can suffocate on flimsy nappy sacks.
- Store nappy sacks well out of reach of babies
 - Never store nappy sacks under the cot mattress.

- Sleeping and slings** – babies can be suffocated by things they can't push away.
- A clear cot is a safe cot – avoid duvets, pillows and cot bumpers
 - Don't sleep on the sofa with your baby as it increases their chances of suffocation massively
 - If you're exhausted or have been drinking or smoking, or if they are premature or low birth weight, don't sleep with your baby in your bed
 - Follow the T.I.C.K.S advice for slings or carriers www.babyslugsafety.co.uk

- Choking** – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.
- Don't prop a baby's bottle up to feed them
 - Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
 - Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
 - Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
 - Put small parts from older children's toys out of reach
 - Watch the Chokeables film for first aid advice www.sja.org.uk/thechokeables

For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack



[Download Here](#)

