

COVID 19 Sure Start Update

Week 4 May 2020 Issue:2

SureStart

Welcome to our latest Sure Start Update Newsletter. I want to thank everyone for all their input/ideas from across the 38 Sure Start projects. Its been fantastic to see the vast array of innovative practice that has emerged across all projects and certainly much of the online activities are proving very popular and are here to stay.

Even more importantly though is the continued face to face work that projects are undertaking with our most vulnerable families. Our Sure Start teams are going above and beyond to see families supported with everything from practical support such as food hampers, to continuing parenting advice to maintain routines in family homes.

Sure Start will emerge stronger from this crisis with new learning & evolving services for all.

I want to particularly thank the mums on the video blogs below who provided some invaluable feedback on how Sure Start support has made the difference to them at this time.

#SureStartWorks

Kevin Duggan

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Sure Start Projects Facebook Page Highlights – Click images to view



Sure Start South Armagh



Bangor Sure Start



Ballymena / Little Steps Sure Start



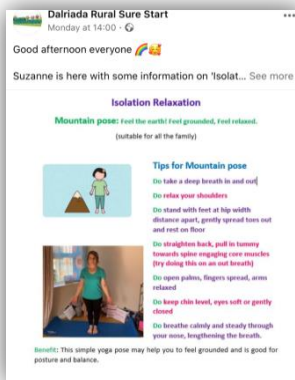
Waterside Sure Start



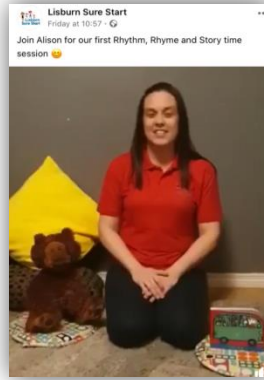
Glenbrook Sure Start



Arke Sure Start



Dalriada Sure Start



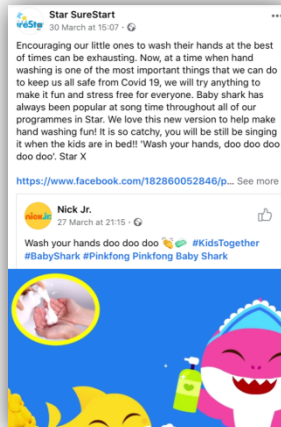
Lisburn Sure Start



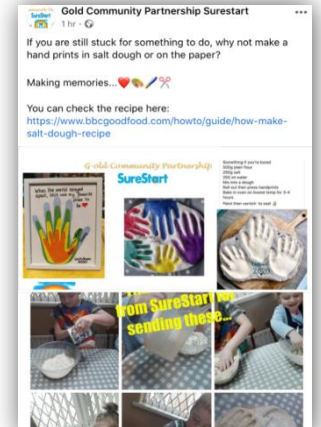
Cherish Sure Start



Beechmount Sure Start

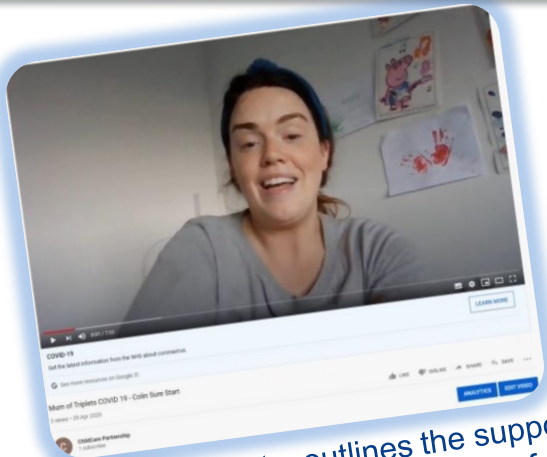


Star Sure Start

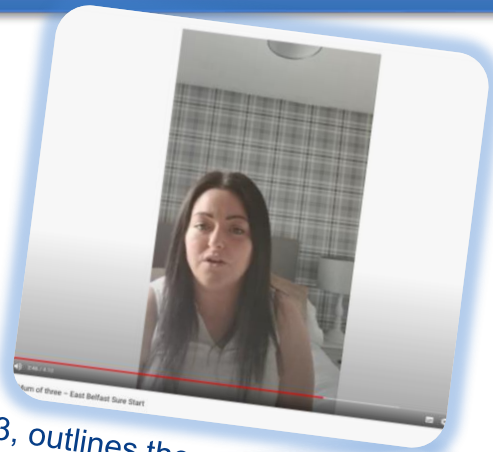


Gold Sure Start

Testimonials – Video Links



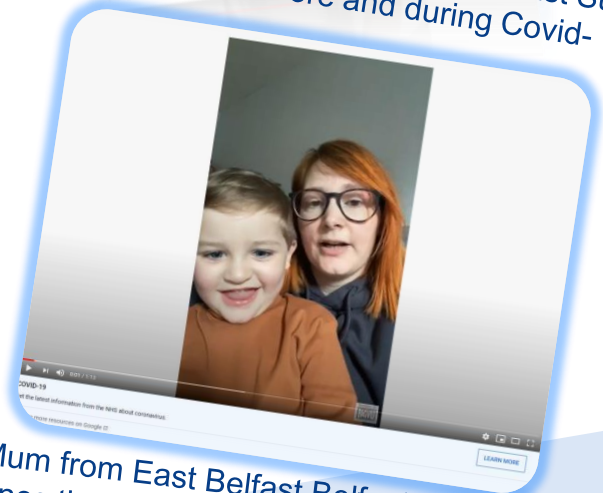
A Mum of triplets, outlines the support Colin Sure Start have provided before and during Covid - 19



Mum of 3, outlines the support East Belfast Sure Start have provided before and during Covid- 19



Kevin Duggan, outlines the important role of Sure Start Projects across Northern Ireland during Covid-19



Mum from East Belfast Sure Start outlines the support being provided before and during Covid- 19

"These Zoom sessions, story time videos and phone calls have been a lifeline for us. My child adores seeing your videos pop up and he has watched them so many times already. The WhatsApp group just makes me feel connected"

"Thank you so much for checking in on me today, I was feeling lonely now you've cheered me up"

"When I heard my daughter reading the story along with you word for word, I didn't even know she knew this I'm so emotional .Thank you!"

"Have to say this will stay with my family forever will always remember this so thank you for the idea means a lot to everyone of us"



BBC TINY Happy PEOPLE

BBC Tiny Happy People team newsletter



Hungry little minds - Simple, fun activities for kids, from newborn to five

Breastfeeding 

It is ok to breastfeed even if you have suspected or are confirmed as having COVID-19.

www.pha.site/bfsupport



Don't give up, reach out, there is support available.



Breastfeeding support, suspected or confirmed COVID 19, support is available

 Public Health Agency What's happening in my area?

Northern Ireland Maternity and Parenting
COVID-19 advice for pregnant women and parents in Northern Ireland



NEW - Northern Ireland Maternity Website

CORONAVIRUS (COVID-19)

Diabetes Helpline

028 9536 0600

Email: diabetic.helpline@hscni.net

This new helpline service for those living with diabetes in NI will run 7 days a week from 9am - 3pm.

Diabetes helpline

Behind closed doors domestic abuse an... Watch later Share



MORE VIDEOS

0:00 / 1:21 is often a hidden crime happening be 

PSNI – signs of domestic abuse

Don't take risks with a sick child 

If your child is unwell and you are worried contact your GP.

If you think your child is seriously ill you should take them to the nearest Emergency Department. Ring ahead if they have a respiratory condition.

Our GPs and most Emergency Departments are still open for business and are ready to care for sick children.



Don't Take Risks with a Sick Child, Contact your GP or if seriously ill, take them to the nearby Emergency Department

FOR PARENTS A SPECIAL COVID MESSAGE

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that GPs and hospitals are still providing the same safer care that they have always done.

Here is some advice to help you decide what to do:

Self-care **Amber** **Emergency department**

Green **Amber** **Red**

Self-care
If none of the features mentioned in Amber or Red are present:
• You can continue to provide your child's care at home.
For more information see: www.nidirect.gov.uk/conditions/childhood-illnesses

Amber
Additional advice is available to families for coping with crying of well babies at: www.icoscope.org

Red
Additional advice is available for children with complex health needs and disabilities at: www.seechild.org.uk

If you are still concerned about your child, call your GP surgery.

Phone GP surgery or Out of hours
If your child has any of the following:
• Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing.
• Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual).
• Is becoming drowsy (progressively drowsy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down.

Emergency department
Go to the nearest emergency department or phone 999
If your child has any of the following:
• Severe pain, swollen and hotly abnormal cold to the touch.
• Has rashes on their breathing apparatus) Has an irregular breathing pattern or starts grunting.
• Severe difficulty in breathing becoming agitated or unresponsive.
• Is going blue round the lips.
• Has a fit/seizure.
• Becomes extremely drowsy (lying motionless despite distraction, stiffened, very limp (difficult to wake) or unresponsive.
• Develops a rash that does not disappear with pressure (the Glass test).
• Has reticular pain, especially in teenage boys.

Parents / Carer to be vigilant of other #childhood #illnesses during COVID 19 pandemic – Help and Support is available for those who need medical attention



Brain Story certification: A free, in-depth course for anyone who wants to learn more about the science of brain development.



Ronnies Preschool - Webinars to view, from learning about behaviours to your learning environment and the Reggio Emilia Approach. Some of the webinars include great resources as well!

RISE NI Information Leaflet	PARENTS/CARERS Advice and resources to help you understand and cope with the Covid-19 outbreak	RISE NI Leaflets • Occupational Therapy • Physiotherapy • Speech and Language Therapy • Social, Emotional, Behavioural	Useful contacts
BHSCT Information Governance Leaflet	YOUR CHILD Advice and resources to help your child understand and cope with the Covid-19 outbreak		Public Health Agency Leaflet A parents guide to Health and Social Care's role in the Statutory Assessment process

RISE NI – Advice and resource for parents and carers to understand and cope with COVID 19

Online Courses for Parents & Parents-to-be

FREE for parents, grandparents and carers across NORTHERN IRELAND

From bump to 12 months, lifetime access

Access Code: NIBABIES
go to www.inourplace.co.uk

Apply the 'ACCESS' code for a 100% discount! Fill in some details to create an account. To return to the courses go to www.inourplace.co.uk and sign in!

HSC Public Health Agency

In our place: Free courses for Parents / Parents to be: Apply 'ACCESS' code for 100% discount – fill in some details to create an account

All Things Early Years – Professional development Resource

Psychosocial Centre

International Federation of Red Cross and Red Crescent Societies

Remote Psychological First Aid during the COVID-19 outbreak
Interim guidance - March 2020

HSC Leadership centre E-Module now available

CYPSP
Children & Young People's Strategic Partnership

RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE

APRIL 2020

CYPSP Resource Pack

STAY ACTIVE @ HOME FOR UNDER 5'S

BENEFITS OF BEING ACTIVE FOR UNDER 5'S

- Builds confidence & social skills
- Improves sleep
- Maintains healthy weight
- Contributes to learning & brain development
- Encourages movement & development

EVERY MOVEMENT COUNTS

Trampoline	Climbing	Dancing	Cycling
Free play	Reading	Stopping	
Creative	Walking	Jumping	Outdoor courses
Play play	Active play	Themed activities	Book stop (story time)

Jon Burgerman

EVERYBODY WORRIES

A picture book for children who are worried about Coronavirus

Everybody Worries Free Picture Book

