



















Please find some other potentially useful links that may be of interest to you, your staff and parents of children in your education setting

HEALTHY EATING	LINKS
Diet and Nutrition for Under 5s Recorded Webinar PHA HSCT	<a href="#">2021-01-27 Feeding under 5s REGIONAL on Vimeo</a>
Diet and Nutrition Fussy Eaters Safefood	<a href="https://www.safefood.net/family-health/fussy-eaters">https://www.safefood.net/family-health/fussy-eaters</a>
Safefood Tackling Treats	<a href="https://www.safefood.net/Start/Tackling-treats-(1)">https://www.safefood.net/Start/Tackling-treats-(1)</a> <a href="https://www.safefood.net/Healthy-Eating/Family-health/Treats/Expert-advice-on-cutting-down-on-treats">https://www.safefood.net/Healthy-Eating/Family-health/Treats/Expert-advice-on-cutting-down-on-treats</a>
Safefood Portion Sizes	<a href="https://www.safefood.net/Healthy-Eating/Family-health/Portion-sizes">https://www.safefood.net/Healthy-Eating/Family-health/Portion-sizes</a>
BBC 5 tips for fussy eaters.	<a href="https://www.bbc.co.uk/programmes/p068qy8g">https://www.bbc.co.uk/programmes/p068qy8g</a>
PHA Nutrition Matters for the Early Years	<a href="#">Nutrition Matters for the early years 0118.pdf</a>
British Association of Dietetics Healthy Eating for Children	<a href="https://www.bda.uk.com/resourceDetail/printPdf/?resource=healthy-eating-for-children">https://www.bda.uk.com/resourceDetail/printPdf/?resource=healthy-eating-for-children</a>
British Association of Dietetics Diet, behaviour and learning in children	<a href="https://www.bda.uk.com/resource/diet-behaviour-and-learning-children.html">https://www.bda.uk.com/resource/diet-behaviour-and-learning-children.html</a>
British Association of Dietetics Autism and Diet	<a href="https://www.bda.uk.com/resource/autism-diet.html">https://www.bda.uk.com/resource/autism-diet.html</a>
Healthy Breaks for Preschool English and Irish Versions	<a href="#">Healthy Breaks for Pre-school A5 Leaflet ENGLISH.pdf</a> <a href="#">Healthy Breaks for Pre-school A5 Leaflet IRISH 07 18.pdf</a>
Childcare Partnership Webinars	<a href="http://childcarepartnerships.hscni.net/wp-content/uploads/2021/04/May-regional-flyer.pdf">http://childcarepartnerships.hscni.net/wp-content/uploads/2021/04/May-regional-flyer.pdf</a>
Fussy Eaters Help for Parents	 Fussy Eaters-Help for Parents.pdf
PROMOTING PHYSICAL ACTIVITY	LINKS
<b>RISE NI Parent Training: Motor Skills Development</b>	<a href="https://view.pagetiger.com/RISENI/parents → I want to view parent training → Motor Skills Development">https://view.pagetiger.com/RISENI/parents → I want to view parent training → Motor Skills Development</a>
PHA Promoting Physical Activity for Children with Physical Disabilities	<a href="https://www.publichealth.hscni.net/sites/default/files/Children%20Phys%20Act%20Disabilities%20A5%20Leaflet%2002_18_FINAL.pdf">https://www.publichealth.hscni.net/sites/default/files/Children%20Phys%20Act%20Disabilities%20A5%20Leaflet%2002_18_FINAL.pdf</a>
Early Movers	

Practical ideas for physical activities to help with babies and young children's physical development	<a href="https://www.earlymovers.org.uk/">https://www.earlymovers.org.uk/</a>
Play Matters	<a href="https://www.education-ni.gov.uk/sites/default/files/publications/education/Play%20Matters%20Promotional%20Leaflet.pdf">https://www.education-ni.gov.uk/sites/default/files/publications/education/Play%20Matters%20Promotional%20Leaflet.pdf</a>
Play and Digital Technology	<a href="https://www.education-ni.gov.uk/sites/default/files/publications/education/Play%20%26%20Digital%20Technology_0.pdf">https://www.education-ni.gov.uk/sites/default/files/publications/education/Play%20%26%20Digital%20Technology_0.pdf</a>
Chief Medical Officer's Infographic Physical Activity Birth to 5 Years	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829882/1-physical-activity-for-early-years-birth-to-5.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829882/1-physical-activity-for-early-years-birth-to-5.pdf</a>
Chief Medical Officer's Physical Activity Guidelines	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf</a>
Play Scotland-101 Ways to Play	<a href="https://www.playscotland.org/101waystoplay-campaign/">https://www.playscotland.org/101waystoplay-campaign/</a>
Play Scotland-Developing a Play Policy	<a href="https://www.playscotland.org/resources/print/Writing-a-Play-Policy.pdf?plsctml_id=20555">https://www.playscotland.org/resources/print/Writing-a-Play-Policy.pdf?plsctml_id=20555</a>
Play Scotland-Playful Pedagogy	<a href="https://www.playscotland.org/resources/print/Playful-Pedagogy-Toolkit.pdf?plsctml_id=20592">https://www.playscotland.org/resources/print/Playful-Pedagogy-Toolkit.pdf?plsctml_id=20592</a>
<b>PROMOTING EFFECTIVE SLEEP HYGIENE</b>	<b>LINKS</b>
Sleep Scotland Website	<a href="https://www.sleepscotland.org/">https://www.sleepscotland.org/</a>
NHS-Sleep Tips for Children	<a href="https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/">https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/</a>
 Sound Sleep Training delivered by RISE NI Page 15	<a href="https://view.pagetiger.com/RISENI/parents">https://view.pagetiger.com/RISENI/parents</a>
 Sleep Scotland Training for Parents (Primary) delivered by RISE NI	<a href="https://youtu.be/ST1D6MC01dw">https://youtu.be/ST1D6MC01dw</a>
Great Ormond Street Hospital Sleep Hygiene	<a href="https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/">https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/</a>
<b>SUPPORTING EMOTIONAL HEALTH AND WELLBEING</b>	<b>LINKS</b>
PHA - Minding Your Head	<a href="https://www.mindingyourhead.info/">https://www.mindingyourhead.info/</a> <a href="https://www.mindingyourhead.info/take-5-steps-wellbeing">https://www.mindingyourhead.info/take-5-steps-wellbeing</a> <a href="https://mindfulnessinschools.org/free-resources/">https://mindfulnessinschools.org/free-resources/</a>
PHA – Infant mental health	<a href="https://www.publichealth.hscni.net/node/5161">https://www.publichealth.hscni.net/node/5161</a>
Play Scotland-The Importance of Play in Promotion of Mental Health	<a href="https://www.playscotland.org/resources/print/PS008-Play-Scotland-Mental-Health-Paper.pdf?plsctml_id=19482">https://www.playscotland.org/resources/print/PS008-Play-Scotland-Mental-Health-Paper.pdf?plsctml_id=19482</a>
Home Learning Ideas to support positive wellbeing	<a href="https://first5.gov.ie/parents/pre-school-at-home/well-being">https://first5.gov.ie/parents/pre-school-at-home/well-being</a>
<b>SENSORY</b>	<b>LINKS</b>

 <p>RISE NI Understanding Sensory Processing Parent Training</p>	<a href="https://view.pagetiger.com/RISENI/parents">https://view.pagetiger.com/RISENI/parents</a> → I want to view parent training → Understanding sensory processing
 <p>RISE NI Sensory Processing in the Classroom</p>	<a href="https://view.pagetiger.com/RISENI/educationstaff">https://view.pagetiger.com/RISENI/educationstaff</a> → Online Training Courses → Targeted Training → Sensory Processing in the Classroom
<p>Sensory Storytelling</p>	<a href="https://theimaginationtree.com/sensory-storytelling-spoons-were-going-on-a-bear-hunt/">https://theimaginationtree.com/sensory-storytelling-spoons-were-going-on-a-bear-hunt/</a>
<p>Sensory Resources and Strategies for children with SEN</p>	<a href="http://www.thesensoryprojects.co.uk/covid19-resources">http://www.thesensoryprojects.co.uk/covid19-resources</a>
<p>Multisensory Learning Profiles-Free CPD</p>	<a href="https://online.hirstwood.com/bundles/free-courses-1">https://online.hirstwood.com/bundles/free-courses-1</a>
<p>Sensory storytelling baskets</p>	<a href="https://theimaginationtree.com/three-billy-goats-gruff-storytelling-basket/">https://theimaginationtree.com/three-billy-goats-gruff-storytelling-basket/</a>
<p>Play Scotland Sensory Play</p>	<a href="https://www.pinterest.co.uk/playscotland/sensory-play-sensoryplay-play-playscot-texture-dev/">https://www.pinterest.co.uk/playscotland/sensory-play-sensoryplay-play-playscot-texture-dev/</a>
<p>Play Scotland Messy Play</p>	<a href="https://www.playscotland.org/resources/print/Messy-Play-Book-1-web.pdf?plscml_id=12209">https://www.playscotland.org/resources/print/Messy-Play-Book-1-web.pdf?plscml_id=12209</a> <a href="https://www.playscotland.org/resources/print/Messy-Play-Book-2-web.pdf?plscml_id=12207">https://www.playscotland.org/resources/print/Messy-Play-Book-2-web.pdf?plscml_id=12207</a>
 <p>Middletown Centre for Autism</p>	<a href="https://sensory-processing.middletownautism.com/">https://sensory-processing.middletownautism.com/</a>
<p><b>OTHER USEFUL INFO</b></p>	<p><b>LINKS</b></p>
 <p>RISENI Parents Page</p>	<a href="https://view.pagetiger.com/RISENI/parents">https://view.pagetiger.com/RISENI/parents</a>
 <p>RISENI Education Staff Page</p>	<a href="https://view.pagetiger.com/RISENI/educationstaff">https://view.pagetiger.com/RISENI/educationstaff</a>
 <p>EA SEN Early Years Inclusion Service</p>	<p>SEN Early Years Support:  Cognition and Learning  <a href="https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# cognition-and-learning">https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# cognition-and-learning</a> Sensory Processing  <a href="https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# sensory-processing">https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# sensory-processing</a>  Social, Behavioural and Emotional Wellbeing  <a href="https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# social-behavioural-emotional-and-wellbeing">https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# social-behavioural-emotional-and-wellbeing</a>  Social Communication and ASD  <a href="https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# social-communication-and-asd">https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-evis# social-communication-and-asd</a>  Language and Communication  <a href="https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-">https://www.eani.org.uk/services/pupil-support-services/early-years-inclusion-service-sen-</a> </p>

	<p><a href="#">eais#language-and-communication</a>  Early Years Transitions  <a href="https://www.eani.org.uk/services/pupil-support-services/sen-early-years-inclusion-service-sen-eais#early-years-transitions">https://www.eani.org.uk/services/pupil-support-services/sen-early-years-inclusion-service-sen-eais#early-years-transitions</a>  Stepping Stones to Preschool-Online Training for Parents  <a href="https://www.eani.org.uk/services/pupil-support-services/sen-early-years-inclusion-service-sen-eais#stepping-stones-to-pre-school-online-training-for-parents">https://www.eani.org.uk/services/pupil-support-services/sen-early-years-inclusion-service-sen-eais#stepping-stones-to-pre-school-online-training-for-parents</a>  Self Help Skills  <a href="https://www.eani.org.uk/services/pupil-support-services/sen-early-years-inclusion-service-sen-eais#self-help-skills">https://www.eani.org.uk/services/pupil-support-services/sen-early-years-inclusion-service-sen-eais#self-help-skills</a></p>
 <p>EA Autism Advisory and Intervention Service</p>	<p><b>Preschool resources from the EA Autism Advisory and Intervention Service</b>  Routines  <a href="https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-routines">https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-routines</a>  Activity Systems  <a href="https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-activity-systems">https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-activity-systems</a>  Social Communication  <a href="https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-social-communication">https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-social-communication</a>  Toileting  <a href="https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-toileting">https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-toileting</a>  Transitions  <a href="https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-transition-to-school">https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais#aais-early-years-transition-to-school</a></p>
 <p>EA Sensory Service</p>	<p><a href="https://www.eani.org.uk/services/pupil-support-services/sensory-service">https://www.eani.org.uk/services/pupil-support-services/sensory-service</a></p>
 <p>EA SEN Inclusion Service-Down Syndrome</p>	<p>Supporting children with Down’s Syndrome in the Early Years  <a href="https://www.eani.org.uk/services/pupil-support-services/sen-inclusion-service#early-years">https://www.eani.org.uk/services/pupil-support-services/sen-inclusion-service#early-years</a></p>
 <p>EA Language and Communication Service</p>	<p>Supporting Language and Communication in the Early Years  <a href="https://www.eani.org.uk/services/pupil-support-services/language-communication#early-years">https://www.eani.org.uk/services/pupil-support-services/language-communication#early-years</a></p>

 <p>EA Intercultural Education Service</p>	<a href="https://www.eani.org.uk/school-management/intercultural-education-service-ies">https://www.eani.org.uk/school-management/intercultural-education-service-ies</a>
 <p>EA Getting Ready to Learn Parent Page</p>	<a href="https://www.gettingreadytolearn.co.uk/parents/">https://www.gettingreadytolearn.co.uk/parents/</a>
 <p>EA School Development Service Supporting Learning Resources for Staff</p>	<a href="#">Supporting Learning – Teacher Professional Learning.</a>
 <p>EA Preschool Continuity of Learning Portal</p>	<p>To access this Online Learning Area please follow the link below and use the invite code when requested:  <a href="https://www.easds.org.uk/sds/portal2/createaccount/">https://www.easds.org.uk/sds/portal2/createaccount/</a>  One Time Invite Code to be inserted when prompted:  <b>a4815p</b></p>
 <p>EA Online Training Calendar</p>	<a href="https://www.eani.org.uk/sites/default/files/2021-03/Supporting%20Children%20and%20Young%20People%27s%20Training%20Booklet%20V5.5%2003.03.21.pdf">https://www.eani.org.uk/sites/default/files/2021-03/Supporting%20Children%20and%20Young%20People%27s%20Training%20Booklet%20V5.5%2003.03.21.pdf</a>
 <p>Middletown Centre for Autism</p>	<a href="https://www.middletonautism.com/training/joint">https://www.middletonautism.com/training/joint</a>
 <p>PlayBoard NI</p>	<p>Prioritise Play and take Learning Outdoors</p>  <p>TOPS-Advice-For-Schools-Aug-2020.pdf</p> <p>Play and Resilience Factsheet</p>  <p>Play-And-Resilience-Fact-Sheet-July-202</p>
 <p>Surestart E-zine May 2021</p>	<a href="https://view.pagetiger.com/cfekjqc">https://view.pagetiger.com/cfekjqc</a>
 <p>Childcare Partnerships E-zine Spring/Summer 2021</p>	<a href="https://view.pagetiger.com/E-Zine/springsummer-2021">https://view.pagetiger.com/E-Zine/springsummer-2021</a>

Please get in touch with us should you wish to find out more about the services we provide and/or provide suggestions about things you would find helpful.

You can get in touch via this link

<https://forms.office.com/Pages/ResponsePage.aspx?id=llBpSmv1qkKriLaXIL-gxCO9hvADt75Fk6BGprp3Qv5UMjRGMUZFU0s3SlkwRUIIMOTVSNDU5WkZaSy4u>

Kind regards

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Head of EA Early Years Services  
Education Authority

*Teresa Sweidan*

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