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| **Minor Award Name** | **Caring for Children** |
| **Minor Award Code** | **3N0610** |
| **Level** | **3** |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Formula feeding | PDF Booklet | A comprehensive booklet on preparing, sterilising and storing bottle feeds for babies. | HSE  Safe Food.eu | <https://www.healthpromotion.ie/hp-files/docs/HPM00481.pdf> |
| Breast feeding | Website | This website contains lots of useful information on breastfeeding, including the many benefits. It also has video links to mothers speaking about their experience of breastfeeding. | HSE | <https://www.breastfeeding.ie/Thinking-about/> |
| Weaning | PDF Booklet | A great resource packed full of accessible information with great pictures and charts. | HSE | <https://www.healthpromotion.ie/hp-files/docs/HPM00971.pdf> |
| Healthy Eating for Young Children | Website | This website contains a very good selection of articles and discussions on baby and toddler nutrition. | Rollercoaster.ie | <http://www.rollercoaster.ie/Nutrition.aspx> |
| Book | Feed Your Child Well. This book by paediatric dietitians at Temple Street Children’s Hospital, provides practical advice on everything from the basics of nutrition to shopping wisely for food. An excellent reference point. | Therese Dunne, Phyllis Farrell and Valerie Kelly | N/A |
| Healthy Menu for Young Children | PDF Booklet | This booklet gives great tips on healthy eating for young children. It is aimed at pre- schools and crèches but is of value to any parent. It contains enough sample menus for three weeks with several recipes also included. | HSE | <https://www.healthpromotion.ie/hp-files/docs/HPR00901.pdf> |
| Good Food Handling Practices | Website | A comprehensive website containing information on safe food storage and cleaning practices with a links to several video clips. | HSE  Safefood.eu | <http://www.safefood.eu/Food-safety.aspx> |
| Safe and Effective Cleaning Practices | Factsheet & Video | Information on hygiene in the kitchen with links to video clips. | HSE  Safefood.eu | <http://www.safefood.eu/Food-safety/Cleaning-the-basics.aspx> |
| Correct Hand Washing | PDF | A handwashing leaflet with pictures, which explains the importance of correct hand washing. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Consumer/Preparing%20Food/safehands.pdf> |
| Hazards in the Home | Video | Short clip from Tide detergent manufacturers on identifying possible child safety hazards in the home. Great starting point for a discussion. | Tide | <https://www.youtube.com/watch?v=LtWSpGbh7AI> |
| Information sheet/ Checklist | Home safety checklist from the HSE. | HSE | <http://www.hse.ie/eng/health/child/childsafety/publications/checklist.pdf> |
| Infographic | Excellent infographic with tips for childproofing a home. | Blinds.com | <https://visual.ly/community/infographic/home/top-tips-childproofing-your-home> |
| Safety Aids for the Home | Information Guide | Excellent resource on safety aids in the home. Originally designed for Travellers but is relevant to all parents. It also has a section for listing emergency phone numbers. | HSE | <http://www.hse.ie/eng/health/child/ChildSafety/csap_trav_spec.pdf> |
| Bathing Your Baby | Factsheet & Video | Step by step article on how to wash a baby with accompanying video.  \*Please note that on clicking this link, a registration page will appear first. X out of it and you will be taken to the content. | NHS | <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/washing-your-baby.aspx> |
| Nappy Changing | Website | Practical tips to keep in mind when changing a nappy. Includes tips for hygiene and safety. | Babycentre.co.uk | <https://www.babycentre.co.uk/a559771/five-tips-for-safe-nappy-changing> |
| Information guide with photos | A step by step guide to changing a nappy with photos. | Babycentre.co.uk | <https://www.babycentre.co.uk/l1033613/changing-a-disposable-nappy-photos> |
| Toileting | PDF Booklet | Good advice on when to start toilet training and how best to go about it. | ERIC Children’s Bowel and Bladder Charity | <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=a4f729a3-df70-4474-929d-7b9df5fad0a3> |
| Website | A range of infographics to teach kids good toileting habits. | Pinterest | <https://www.pinterest.com/pin/481463016400025717/> |
| Common Childhood Illnesses | Factsheet | Scroll to the bottom of this webpage to find an information chart on fever, croup, ear infections, tummy upsets, and febrile convulsions. | HSE | <http://www.hse.ie/eng/health/child/cfyb/6-24mths/caringforyourchild/> |
| Website | This website is an excellent source of information on common childhood illnesses and how to respond to them. It’s a great reference point for teaching. | Dr. Sears Wellness Institute | <https://www.askdrsears.com/topics/health-concerns/childhood-illnesses> |
| Book | When Your Child is Sick. The information in this book is provided by Prof. Alf Nicholson of Temple St. Children’s Hospital. The purpose of this book is to provide parents with practical information on what they can do to help their sick child. It covers all the common illnesses and is an excellent resource for teachers and parents alike. | Prof. Alf Nicholson & Grainne O’ Malley | N/A |
| Immunisation | Website | A comprehensive website providing all necessary information on immunisation in Ireland. | HSE | <http://www.hse.ie/eng/health/immunisation/> |
| Leaflet | Glossy brochure on childhood immunisation in Ireland. Available to download at the link shown. | HSE | <https://www.healthpromotion.ie/hp-files/docs/HNI00509.pdf> |
| Health Services in Your Area | Website | Information on where to find local health services. | HSE | <http://www.hse.ie/eng/services/list/1/LHO/> |
| Play Activities for Babies and Young Children | Picture Guide | A simple but very effective picture guide to the benefits of play for young children. | Loveparenting  Paul Partnership | <http://loveparenting.ie/play-a-users-guide/> |
| Fact Sheet | User friendly factsheet providing information and tips for playing and talking with babies and children. | Literacy Trust | <http://www.literacytrust.org.uk/assets/0000/0810/playresource.pdf> |
| Communicating with Babies and Children | Website | In this section of the Loveparenting website you will find lots of interesting articles on communicating with babies and young children. | Loveparenting  Paul Partnership | <http://loveparenting.ie/category/communication/> |
| Factsheets designed to be photocopied | A set of tips for communicating with babies and young children. Visually pleasing and well presented. | Literacy Trust | <http://www.literacytrust.org.uk/talk_to_your_baby/resources/418_q> |
| Article | Excellent collection of articles featuring tips for communicating with children written by Irish Speech Language Therapists. | Rollercoaster.ie | <http://www.rollercoaster.ie/Article/Speech-Language/Developing-speech-and-language-skills-in-young-children> |
| Communication with Peers | Website | Great set of tips, with visuals, on effective communication. | Wikihow | <http://www.wikihow.com/Develop-Good-Communication-Skills> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Aistear, The Early Childhood Curriculum Framework, Principles and Themes | <http://www.ncca.biz/Aistear/pdfs/PrinciplesThemes_ENG/PrinciplesThemes_ENG.pdf> |
| Early Childhood Ireland | <https://www.earlychildhoodireland.ie/> |
| Barnardos | <http://shop.barnardos.ie/14-publications> |
| Síolta, The National Quality Framework for Early Childhood Education | <http://siolta.ie/> |
| Health Promotion Safefood.eu | <http://www.safefood.eu/Education/Pre-school/Little-Bites-(ROI).aspx> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |