

Southern Health
and Social Care Trust

RISE NI SOUTHERN TRUST NEWSLETTER

DECEMBER 2020

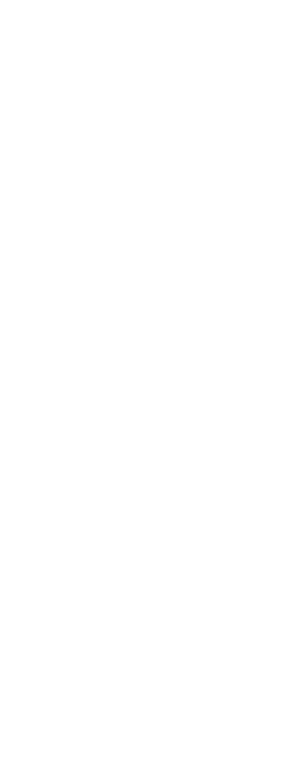
In our December edition of the RISE NI Newsletter, our focus this month is on Christmas activities which target many areas of your child's skill development (e.g. fine motor skills, handwriting, social skills, etc.) which we previously have worked on. We are also focusing on parental well-being and are an opportunity to involve the whole family.

Christmas Craft Activities

We have created an activity pack of fun Christmas activities ideas and templates, ranging from decoration making to baking. These can be accessed on our RISE NI parent website (parentwellbeing.org.uk). These activities will target many transdisciplinary goals. Most importantly, they are an opportunity to involve the whole family.



- Benefits of these Activities**
- Encourages creativity and use of imagination
 - Promotes fine motor skills, use of both hands together and handwriting skills.
 - Ability to listen and follow instructions.
 - Can be completed in different positions (e.g. tall kneeling, lying on tummy) to help develop shoulder and core strength
 - Promotion of social skills
 - Promotes self confidence and self-esteem



Parental Emotional Wellbeing

Here are some examples of activities to promote your own emotional well-being. Remember that this time of year can be particularly stressful for you all as parents. It is important that you take some time for yourself and do things that help to 'fill your cup' and make you feel positive.

What do you choose to fill your cup today?



For further activity ideas and advice and to download the Christmas activity pack, please refer to our website.

<https://view.pagetiger.com/RISENI/parents>