



Welcome to RISE NI



WE UNDERSTAND THAT THIS IS A CHALLENGING TIME FOR CHILDREN AND PARENTS/CARERS.

WE HOPE THAT THIS CONTENT WILL PROVIDE USEFUL INFORMATION TO SUPPORT YOU.

SIMPLY CLICK ON THE SECTIONS BELOW TO ACCESS THE RELEVANT ADVICE.

**Please click here to give us your feedback -
it will take less than 1 minute**

**RISE NI
Information
Leaflet**

**BHSCT
Information
Governance
Leaflet**

PARENTS/CARERS

Advice and Resources to help you
understand and cope with the Covid-19
outbreak

**RISE NI
contact
details**

**Useful
contacts**

RISE NI Leaflets

- Occupational Therapy
- Physiotherapy
- Speech and Language Therapy
- Social, Emotional, Behaviour

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**

Advice and resources to help parents and carers understand and cope with the Covid-19 outbreak



Please hover and click to access each resource

RISE NI Leaflet for Parents - Managing the daily routine during COVID-19

BHSCT- Advice for parents during Covid-19 outbreak

BSHCT- Minding your psychological wellbeing during the Covid-19 Outbreak

The World Health Organisation- Advice for Parents regarding Coronavirus

Young Minds- Talking to your child about Coronavirus

Advice and resources to help your child understand and cope with the Covid-19 outbreak



Please hover and click to access each resource

**BHSCT video-
Explaining
Coronavirus to
children**

**BHSCT story-
Explaining
Coronavirus to
Children**

**Sarah Ashfield - 'The
Daily 5' Interactive
Videos to promote
resilience in children**

**BBC Newsround
Video – Explaining
Coronavirus to
Children**

**Children and Young
People's Strategic
Partnership -
Resource Pack for
Children**

RISE NI leaflets



Social, Emotional, Behavioural Advice

[Promoting Positive Behaviour](#) →

[Bedtime](#) →

[Play](#) →

[Practical Ideas to Promote social and emotional development](#) →

Speech and language advice

[Attention and listening](#)

[Understanding of language](#) →

[Understanding questions](#) →

[Using language](#) →

[Unclear Speech](#) →

[Story Telling](#) →

[Practical Ideas to Promote Speech and language development at home](#)

Occupational therapy advice

[Hand Strength](#) →

[Playdough Fun!](#) →

[Handwriting Warm Ups](#) →

[Handwriting](#) →

[Hand Manipulation](#) →

[Scissor Skills](#) →

[Practical Ideas to Promote OT skills at home](#) →

Physiotherapy advice

[Animal Walk Exercises](#) →

[Core Stability](#) →

[Balance](#) →

[Coordination](#) →

[Riding a bike](#) →

[Shoulder Strength](#) →

[Ball Skills](#) →

RISE NI Contact Details



 **Belfast Health and Social Care Trust**

If your child is already known to the RISE Team Belfast HSCT
[Click Here](#)

 **South Eastern Health and Social Care Trust**

If your child is already known to the RISE Team South Eastern HSCT
[Click Here](#)

 **Southern Health and Social Care Trust**

If your child is already known to the RISE Team Southern HSCT
[Click Here](#)

 **Northern Health and Social Care Trust**

If your child is already known to the RISE Team Northern HSCT
[Click Here](#)

 **Western Health and Social Care Trust**

If your child is already known to the RISE Team Western HSCT
[Click Here](#)

Useful contacts

Regional emergency
out of hours social
work service (5pm-
9am)
02890565444

Childline
0800 1111
www.childline.org.uk

24 hour domestic
and sexual violence
helpline
08088021414

Parenting NI
0808 801 0722

Lifeline
0808 808 8000

PSNI
101- Non emergency
999- Emergency

Men's Advisory
Project (MAP)
02890241929
www.mapni.co.uk

Woman's Aid NI
www.womensaidni.org

The Samaritans
116 123