



Welcome



Welcome to the Winter Edition of the Sandymount Children's Disability Teams Newsletter.

As we approach the end of the year, we want to share our news and plans for Spring 2026. Thank you for taking the time to read our updates. We appreciate your continued support in working towards improving communication with families. Wishing you all a Happy Christmas and New Year.

Warm regards, The CDNT2 Team



Activity for children: Can you spot the elf on every page?

Highlights

- ▶ **Advice Corner**
OT advice for a Sensory Friendly Christmas
- ▶ **CDNT2 News**
Update from the team
- ▶ **International Day of Persons with Disabilities**
- ▶ **Parent feedback**
Recent experience of attending parent workshops
- ▶ **Upcoming events**
A calendar of groups and workshops coming up in 2026



Advice Corner

Advice from our Occupational Therapists

Quick tips on creating a Sensory-Friendly Christmas



Video Resources

enableireland.ie/resources

Christmas can be a fun and magical time, but the lights, noise, and changes in routine can feel overwhelming for children with sensory differences. These quick Occupational Therapy tips can help make the season calmer and more enjoyable for everyone:

- **Quiet Space:** Set up a calm corner with soft lighting, a weighted toy (e.g., [Hug-A-Lump weighted toy](#)) and simple low demand, preferred activities.
Try: A “Quiet-Time Box” with puzzles, colouring, music, or a favourite movie.
- **Prepare for Social Events:** Build familiarity and comfort by reviewing family photos and packing sensory supports.
Try: Noise-cancelling headphones, preferred chewy/crunchy snacks, a favourite toy, switch board ([switch board](#)), or a weighted lap pad.
- **Keep Some Routine:** Maintain familiar morning routines, mealtimes, and bedtimes predictable.
Try: A visual daily schedule with simple activities—even during school holidays.
- **Encourage Movement:** Include physical activities to help regulate energy.
Try: Indoor obstacle courses, dancing, playground time, or simple chores – setting the table, loading dishwasher/washing machine.
- **Support Sensory Needs:** Choose gifts, activities, and environments suited to your child’s sensory preferences.
Try: Choose warm fairy lights instead of flashing ones and soft wrapping paper instead of noisy foil. Let your child help decorate using textures and colours they like. Sensory-friendly gifts such as fidgets, cosy blankets, or weighted items can also be great options ([sensory/motor tools](#))
- **Watch for Overload:** Keep activities short and include regular breaks.
Example: Agree on a hand signal or visual card for “break,” or schedule 5–10 minute breaks during long visits to relatives or festive events ([Jumbo sand timer](#))
- **Parent Self-Care:** Plan ahead, ask for help, and build in small pauses for yourself.
Try: Sharing supervision, taking a coffee break, or using a timer to protect downtime.

Takeaway: Supporting your child's emotional and sensory regulation is key to helping them enjoy the holiday season. When children feel calm, comfortable, and secure, they're far more likely to engage, participate, and enjoy Christmas traditions. With a few simple strategies, you and your family can navigate the winter season with confidence and ease.





CDNT 2 Team News

Staff Updates

Staffing remains steady and we are making good progress through our waiting-list. We are actively recruiting for two psychologist posts and are looking forward to welcoming back our positive behavioural support therapist from leave in February.

Our new Dublin and South East CDNT website has recently launched. On this website, you'll find a page with all relevant CDNT 2 information, such as upcoming groups, newsletters, new resources and other updates. Please follow the link below, or scan the QR code to access and explore this website :

[CDNT2 Team Information](#)



Pool Times



<https://enableireland.ie/services/sandymount-swimming-pool>.

Enquiries about pool times can be made to:

smtswimbookings@enableireland.ie.



Parent Reflections

Changing Perspectives

A programme run by SLT and Psychology, attended by parents of children five or older who are interested in the topic of social communication

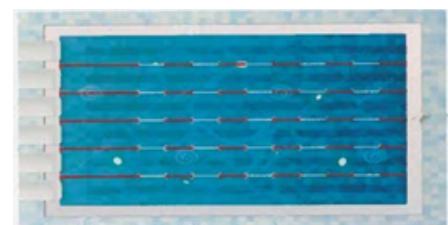
'Really enjoyed the perspectives of the 2nd week in particular, community element was very helpful'

'Extremely neuroaffirming, great examples of how to advocate'

'Very well presented and explained, nice to welcome a change of focus'

'Great opportunity to learn about other families and hear their stories'

'Lots of examples of social interactions and problems, and how to help facilitate them in the future'





Event	Date	Ages	Group	Description
Little Lámh Workshop	08/12/25	All ages	Targeted	This is a 1 session workshop for families of babies and young children who may go on to use Lámh signs, or for families who might be using a small number of Lámh signs for now.
Early Bird	28/01/26 - 11/03/26	6 and under	Targeted	Early Bird is a 6 week programme for parents and carers of young autistic children under the age of 6, who have not yet started primary school.
Parent Sensory Workshop	February - Date TBC	4-12yrs	Targeted	This program offers a safe and supportive environment where parents can explore and understand their child's sensory preferences and grow an awareness of how sensory experiences may impact on their being, development, and emotions in a neuroaffirming perspective.
Changing Perspectives	21/04/26 and 28/04/26	5+yrs	Targeted	This is a 2 session course aimed at all parents, carers or family members with children in the service who are interested in the topic of social communication. Social communication is mentioned as a goal by families, for many children and teenagers whom we support.
“Who Are We” Teen Autism Awareness Group	07/04/26 - 09/04/26	13 - 17yrs	Targeted	The workshop will offer autistic teens the opportunity to meet other autistic teens, and to meet with members of the Enable Ireland to learn more about autism, share their experiences, and build self-awareness.





National Resource Hub for Families:

In partnership with the HSE, Enable Ireland has helped develop a national resource hub for families to refer to and use at any time:

[Children with disabilities - Resource Hub](#)



We hope this Resource Hub will be helpful for families if ever in need of specific advice or information. There are a variety of resources available here, including videos, detailed guides, and downloadable and printable information.

On many pages of the resource hub, there is an option to leave feedback. Please feel free to do so wherever you feel is needed. This hub is newly published, and the team behind the hub are always looking to improve it and make the experience as accessible and helpful for all families as possible.

Important Update: Text Message Reminders

Finally, please note that all parents/guardians will begin to receive text message reminders for appointments in the coming weeks. If you wish to opt out of receiving SMS reminders about appointments, please contact us at cdnt2sandymount@enableireland.ie

