

# Newsletter



Children's  
Disability  
Network  
Team

North Tipperary Children's Disability Network Team (CDNT)

## Managers Message

Welcome to the first North Tipperary Children's Disability Network Team (CDNT) Newsletter. This newsletter was developed in response to feedback from families who attend our service. I would like to thank all the family representatives who worked with us on developing this newsletter. We hope to send out a newsletter about 4 times per year. I hope that you find it informative and useful.

*Ann Somers*  
CDNT Manager



## Your Family Network

Please join us at your next Family Network Meeting!

**When: 12th March at 10am**

**Where: The Abbey Court Hotel, Nenagh**

**Updates From Your Last Family Network Meeting**

- The North Tipperary Section of the Mid-West CDNT website has now been updated. Take a look at <https://www.mwcds.ie/north-tipperary/about-us/>
- There are now resources and links to information and supports available on our website. Take a look at:

## Meet Your Physiotherapists

We have two full time and one part time Physiotherapists on the team - Sarah, Orla and Miriam.

They help children with disabilities and developmental delay to reach their motor potential, striving for independence and participation in everyday activities in their home, school and community.

## Useful Tips/Suggestions from your Physiotherapist

### Tummy Time

Tummy time is an important activity to promote a baby's development and should become part of each baby's daily routine. You can watch more about Tummy Time here:



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# Upcoming Events



## February

- Uniquely Me
- Dealing with Big Feelings
- Exploring Food as a Family
- Understanding Autism

## March

- Family Network Meeting (open to all).
- One Step at a Time Toileting programme
- Stambassadors
- Lego Group

## April

- Keys to Language
- Lego Group
- Stambassadors
- Further events to be confirmed

## May

- Puberty Talk
- Stambassadors
- Further events to be confirmed

Important!

Invitations to the above events are based on goals identified by your child, young person or family in your IFSP and the waiting list for these events. If you think one of these might interest you, and you are not already on the waiting list for that event, please do contact the team to discuss if that event might be appropriate for your child. Unfortunately we are not currently in a position to offer to those on the waiting list for services.



## Your Children's Disability Network Team's Current Vacancies

We currently have vacancies in Social Work, Speech and Language Therapy, Physiotherapy, Psychology and Early Intervention Educator.

Vacant posts can be applied for at:  
<https://enableireland.ie/about-us/careers>

## Tipperary Parent Hub

Tipperary Parent Hub is an information and advice point for parents and families in both North and South Tipperary. It contains a Tipperary Services Directory, Resources, News and Events for parents and families across the county.

You can find out more on  
<https://tipperaryparenthub.ie/> or



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