



Kildare Library and Arts Services  
**Toys, Technology and Training**  
Free Talks and Workshops

**Online Events**  
**February–May 2021**

Supporting Children and Adults  
with Additional Needs



Seirbhís Leabharlainne Chill Dara  
Kildare Library Service



*Due to continuing changes in our service arrangements, and as part of Recovery and Resilience 2020-2021: Plan for Living with Covid-19, our TTT talks and workshops from February–May 2021 will be taking place online.*

## **What is the TTT Programme?**

The TTT Programme is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs.

Based in Athy, Leixlip and Naas libraries, a specialised collection of toys and assistive equipment can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library.

Items in the catalogue can be requested or renewed online and collected by the borrower at their nearest branch library.

This collection has been chosen by the staff of Kildare Library Service in partnership with therapists working in the community.

Membership is free to any individual who lives, works or goes to school in County Kildare. Contact your local library for further terms and conditions of use.

A full list of our libraries and contact information is available at [kildare.ie/library/Library/](https://kildare.ie/library/Library/)

## Free Talks and Workshops

The TTT Programme also includes an annual series of free talks and workshops, funded by Kildare County Council. These events offer further guidance, support and networking opportunities for parents, teachers and healthcare professionals.

For up to date details of future talks and events relating to the TTT Programme please subscribe to our newsletter at [kildare.ie/library/newsletter/subscribe](https://kildare.ie/library/newsletter/subscribe)

Attendance is open to everyone and free of charge; advance booking via Eventbrite may be required for some events.

### Continuous Professional Development

Certificates of Attendance are available for all TTT talks and workshops in 2021.

Please contact [leixliplib@kildarecoco.ie](mailto:leixliplib@kildarecoco.ie) to request your certificate.

### **TTT Book Collection**



A tailored selection of titles providing comprehensive information on numerous conditions.

Available in Leixlip Community Library; request from your local library branch.



### **Touch-type Read & Spell**

#### **Touch-type Read and Spell (TTRS) Programme**

TTRS is a literacy programme aimed at improving reading and spelling and teaching touch-typing. It is specifically designed for those with learning differences such as Dyslexia and Dyspraxia.

TTRS is available in the following Kildare Libraries: Athy, Celbridge, Kildare, Leixlip, Naas & Newbridge.

For more information, please contact your nearest branch directly.

# Sensory Garden at Leixlip Community Library



# Online Talks & Workshops



## ***Tony the Turtle Storytime Videos***

**Exclusive to the TTT Vimeo Channel**

Valerie Sheehan is a special education teacher and author of the *Tony the Turtle* book series. Valerie started writing stories to help families with a child on the autism spectrum. The idea stemmed from the fact that there were so few resources available for parents/teachers after their child received a diagnosis of autism.

The main character is a little turtle named Tony who sees and feels the world differently. Each of the nine books in the series offers helpful tips and strategies to manage an everyday activity that many children may find challenging or overwhelming. Tony gives children a character to identify with, showing how it is okay to go into your shell when things get a little difficult. They also give parents the tips and hints they need to support their child during these challenges.

The books are an educational resource that help parent and child simultaneously. They are now helping families around the world navigate these daily challenges to make sure their child's day runs as smoothly as possible.

Valerie has curated a storytime video for each of her *Tony the Turtle* books—these are available exclusively on the TTT Vimeo Channel: [vimeo.com/channels/toystechnologytraining](https://vimeo.com/channels/toystechnologytraining)



As seen on  
***The Late Late  
Toy Show***



## Online ASD-Friendly Sensory Story Time Sessions

Join Sharon Curran (MSEN, BA Mont Ed, Dip Hort) live via Zoom for a fun, sensory story time tailored specially to meet the needs of children with ASD.

Saturday 27<sup>th</sup> February, 11am

Saturday 27<sup>th</sup> March, 11am

Saturday 24<sup>th</sup> April, 11am

Saturday 29<sup>th</sup> May, 11am

[Book via Eventbrite](#)





# Sibshop Online Webinars and Online Workshop

## Webinars

Two information webinars include open discussions for parents, teachers and SNAs.

### **Communication and General Behaviour Strategies for children with additional needs**

We will discuss the following:

- Managing tantrums
- Tips for transitioning
- Tips for promoting good behaviour
- Visual aids
- Identifying emotions
- Positive communication
- Books and resource material

Tuesday 23<sup>rd</sup> March, 7:30pm | [Book via Eventbrite](#)

### **How to support children who have a sibling with additional needs and what siblings would like parents to know**

We will discuss the following:

- The unique concerns and issues that siblings experience
- The positive outcomes of being a sibling
- How to support siblings throughout their childhood and on to adulthood
- What happens at a Sibshop workshop

Thursday 25<sup>th</sup> March, 7:30pm | [Book via Eventbrite](#)

## Workshop

### **Sibshop Workshop**

Sibshops are fun workshops for siblings of children with special needs. They are lively events, with games and discussions.

As well as providing lots of fun, this online Sibshop will provide a great opportunity for siblings to get together and chat about some of the difficulties and the positives of having a sibling with special needs.

Sibshops have a maximum of 8 children; this gives everyone a chance to contribute to the discussions and games. They are aimed at siblings aged 8–12 years (inclusive). The child with special needs should be over 2½ years so that their sibling can see and understand that their brother or sister has special needs.

Siblings experience the same joys and concerns as their parents, yet have fewer opportunities to gain access to support. Often siblings do not want to burden their parents with their own worries. Sibshop Workshops are one way of offering them the fun and support they deserve.

Saturday 17<sup>th</sup> April, 4–5:30pm | [Book via Eventbrite](#)

## **Webinar Series with Occupational Therapist Dr. Dorothy Armstrong**

**Helping neuro-diverse teenagers who struggle with organisation, time management, decision making, working memory and emotional regulation.**

Executive skills allow people to organise their behaviour over time and be able to resist immediate demands in order to achieve longer term goals, e.g. resist playing computer games in order to do homework so as to achieve well in exams. Executive skills help people plan and organise activities, sustain attention and to keep going in order to complete a task. They are also involved in managing emotions and self-monitoring.

These live talks via Zoom are aimed at parents, carers and those working with teenagers with high-functioning Autism (Asperger's), DCD-Dyspraxia, Dyslexia and/or ADHD.

### **Executive function, the teenage brain and neuro-diversity**

This webinar will give an introduction into the teenage brain and the development of executive function. The specific challenges of being a neuro-diverse teenager will be discussed in relation to executive function.

Tuesday 9<sup>th</sup> February, 8pm | [Book via Eventbrite](#)

## **The importance of working memory in everyday life and ways to help the neuro-diverse teenager who struggles in this area**

Working memory is a system for temporarily storing and managing the information required to carry out complex cognitive tasks such as learning, reasoning, and comprehension. Working memory helps people hold on to information long enough to use it. Examples of working memory tasks could include holding a person's address in mind while listening to instructions about how to get there or listening to a sequence of events in a story while trying to understand what the story means. Working memory is also important when doing maths.

Tuesday 16<sup>th</sup> February, 8pm | [Book via Eventbrite](#)

## **Helping your neuro-diverse teenager with organisation and time management**

It can be common for neuro-diverse teenagers to struggle to organise their time, environments and materials. School books, coats and even shoes can get lost or left behind. Time can drift and what the person thought might take ten minutes could take an hour. It can also be difficult to manage time in exams or with a study schedule. This can be extremely stressful for the teenager, resulting in a feeling of deregulation. This webinar will give an introduction into ways you can help teenagers with problems in this area.

Tuesday 23<sup>rd</sup> February, 8pm | [Book via Eventbrite](#)

## **Decision making and neuro-diversity: ways to help a teenager struggling in this area**

Neuro-diverse teenagers can frequently experience a number of difficulties when making decisions including mental 'freezing', anxiety, exhaustion, slowness in reaching a decision, a tendency to collect too much information, and impaired flexibility. This can lead to an avoidance of decision making which can increase dependence on others when making important life choices. This webinar will explore this further and present a model for guiding the neuro-diverse person in making decisions.

Tuesday 2<sup>nd</sup> March, 8pm | [Book via Eventbrite](#)

## **Emotional Regulation and Impulse Control: Stop, Think, Decide, Do, Review!**

This webinar will explore the importance of being able to manage emotions in order to be able to 'think' before 'doing'. The elements involved in stopping, thinking, and deciding before doing will be discussed, along with methods of helping the neuro-diverse teenager review actions in order to be able to learn from these actions and make changes where necessary.

Tuesday 9<sup>th</sup> March, 8pm | [Book via Eventbrite](#)

# Lámh Module One Course

This course is of most benefit to those who are using Lámh to support a Lámh user and their family currently, as they will have the opportunity to use the signs and skills acquired.

## **Course Overview:**

This course is for professionals who have started to work in an environment where Lámh is used. It covers 100 Lámh signs and how to support a Lámh user. No previous Lámh training is required.

## **Course Content:**

- Module One Lámh signs (100+)
- Alternative and augmentative communication (AAC)
- Lámh—a brief history and development
- The Lámh signing environment

By the end of this course, participants should be able to:

- Use the 100+ signs from the Module One book
- Use Lámh as an effective communication tool
- Contribute to assessment or decision-making around Lámh use
- Participate effectively in an established Lámh environment.

## **Accreditation Achieved:**

Module One Certificate

## **Course Schedule:**

Online self-led training via the Lámh website will take place in advance of a tutor-led Zoom session. Participants will receive a learning pack from Lámh prior to commencement.

Group 1: Online training beginning 20<sup>th</sup> March. Zoom session with tutor on 27<sup>th</sup> March, A.M. or P.M.

Group 2: Online training beginning 17<sup>th</sup> April. Zoom session with tutor on 24<sup>th</sup> April, A.M or P.M.

[Book via Eventbrite](#)

# Interactive workshop sessions with Occupational Therapist Sarah Butler

## **Making Changes: All therapy involves change, what will you change?**

Come with your questions, difficult situations and things you want to change. Through discussion, information sharing and strategy suggestions you can explore how to make changes, what is making change difficult, and what could help you to make changes.

There is no need to attend all sessions; each online workshop will be stand-alone and content will vary depending on what participants add and ask.

Potential to cover:

- Routines—bedtime, morning time, homework, getting ready for activities, time management
- Self-care—dressing, washing, toileting, showering, food preparation, etc.
- You First: Mind the Minder—building yourself up to be able to support others
- Recognising and meeting sensory needs throughout the day
- Playtime—what's fun, what's work and what's important; types of play for different ages
- The wider world—making plans, interacting with others, school, shops, community activities

Monday 19<sup>th</sup> April, 8pm

Monday 10<sup>th</sup> May, 8pm

Monday 26<sup>th</sup> April, 8pm

Tuesday 18<sup>th</sup> May, 8pm

Tuesday 4<sup>th</sup> May, 8pm

Wednesday 26<sup>th</sup> May, 8pm

[Book via Eventbrite](#)

## **Get Autism Active (ASD Training Programme) with Dr. Susan Crawford**

**A series of modules to be completed online (via Zoom) which will culminate in a core fundamental movement skill programme, currently proving popular as a regulatory and behaviour management strategy.**

Parents, Teachers, Special Needs Assistants, Occupational Therapists, Physios, and Care Workers who wish to upskill on knowledge and practice in relation to ASD with specific emphasis on movement should complete this online training.

### **ASD Awareness and Understanding**

This module explores all aspects of autism including diagnostic criteria, strengths and issues that may arise, strategies to implement when programme planning, and pointers to ensure newly acquired skills are maintained.

Thursday 11<sup>th</sup> February, 7:30pm | [Book via Eventbrite](#)

### **Teaching and Learning Interventions**

This module introduces the different teaching and learning interventions. Particular emphasis is placed on those which are research-validated and evidence-based for use with participant children and teenagers on the spectrum, e.g. TEACCH, Applied Behaviour Analysis etc.

Thursday 18<sup>th</sup> February, 7:30pm | [Book via Eventbrite](#)



## **Sensory Integration Training**

This module explores the importance of understanding how different senses such as smell, taste, touch, vision, sound, proprioception and the vestibular system can affect people with autism. It provides pointers on addressing issues with each of the senses. By understanding the importance of sensory profiling, we can appropriately plan to ensure participants on the spectrum can readily engage in programmes and not be overwhelmed, anxious and display inappropriate behaviours.

Thursday 25<sup>th</sup> February, 7:30pm | [Book via Eventbrite](#)

## **Fundamental Movement Skills Training**

This module explores the importance of teaching the basic skills of movement to participants with autism, as these do not come to them naturally. These skills, include running, catching, throwing, coordination and balance, are the building blocks for participation in quality physical activity and sport, and developing overall physical literacy.

We now know that people with autism are presenting with obesity and patterns of inactivity which can further hinder their chances to develop social skills, language and communication, and increase their risk of anxiety and depression. This module explores the background to skills, programme preparation, and planning and session evaluation.

Thursday 4<sup>th</sup> March, 7:30pm | [Book via Eventbrite](#)

# Speech and Language Therapy Webinars with CAINT Speech Therapy

## Early Communication Milestones

- How does language develop?
- What should I expect from my 18 month old, 2 year old etc?
- What strategies can I use to encourage my child's language development?

Information regarding early language and communication milestones will be demonstrated in this webinar. It will also focus on the ways children's language develops and the importance of play in the child's development. Lots of fun and practical ideas for language development will also be provided and modelled at this online talk (via Zoom) making it engaging and applicable to your everyday interaction with your child.

Parents and early educators welcome.

Thursday 8<sup>th</sup> April, 7:30pm | [Book via Eventbrite](#)

## Supporting communication in preverbal children

Children can have difficulties in their early language acquisition for many different reasons. Children often communicate with us in non-verbal ways by taking us by the hand, pointing, gesturing and making eye-contact (to name but a few!). This online talk aims to demonstrate how children can communicate with us in this way and how we can interpret and respond to these communicative attempts. This talk will also focus on ways to support comprehension and encourage the frequency of communicative attempts.

This talk is aimed towards parents and educators.

Thursday 15<sup>th</sup> April, 7:30pm | [Book via Eventbrite](#)

## **Developmental Verbal Dyspraxia**

Children with Developmental Verbal Dyspraxia (also referred to as Childhood Apraxia of Speech) have difficulties in making and coordinating the sounds required to form the sounds for words. This results in the child's speech being very difficult to understand. Tips and strategies to help your child learn speech sounds will be discussed on the night.

Parents and teachers welcome.

Thursday 22<sup>nd</sup> April, 7:30pm | [Book via Eventbrite](#)

## Online Music Therapy Talks with Róisín Hayes

### **Music therapy for children and adults with ASD, developmental delay and intellectual disability**

This online talk will focus on the use of music therapy with children and adults with ASD, developmental delay and intellectual or physical disability. It will provide a broad overview about music therapy, the science and research that backs up this practice, its ability to enhance communication, social, sensory processing, cognitive and motor skills and how one might access this service for themselves or a family member.

Thursday 13<sup>th</sup> May, 7pm | [Book via Eventbrite](#)

### **Music therapy for children or adults that have acquired a stroke or brain injury**

This online talk will focus on the use of music therapy with children and adults that have acquired a stroke or brain injury. It will provide a broad overview of music therapy and the science and research that backs up this practice. It will discuss the specialisation of Neurologic Music Therapy (NMT) and how it can be used for rehabilitation. It will explore in detail music's ability to target communication, cognition, motor functioning, coping with change, family or caregiver support, and how one might access this service for themselves or a family member.

Thursday 20<sup>th</sup> May, 7pm | [Book via Eventbrite](#)

## **Music therapy for children and adults that may have mental health concerns**

This online talk will focus on the use of music therapy with children and adults that may need additional support for their mental health. It will provide a broad overview of music therapy and the science and research that backs up this practice. It will provide practical tips and music-based exercises that can be used at home, school or work to encourage positive mental health, and how one might access music therapy sessions with a qualified music therapist for themselves or a family member.

Thursday 27<sup>th</sup> May, 7pm | [Book via Eventbrite](#)

## **Webinar with Family Carers Ireland**

### **Online Information Session for Family Carers**

This session will cover:

- Rights and entitlements
- One-to-one support
- Education and training
- Family Carers Membership Card
- Emergency Card Scheme
- Website information

Thursday 11<sup>th</sup> March, 8pm | [Book via Eventbrite](#)

# **Social Skills Online Talks with Joanne Fine**

## **Communication, Language and Visual Supports**

This video will look at:

- The reasons children do not develop communication as expected
- Strategies to help develop your child's communication skills
- What are visual supports and how using them can help your child

Available on the TTT Vimeo Channel:

[vimeo.com/channels/toystechnologytraining](https://vimeo.com/channels/toystechnologytraining)

## **How to set up an inclusive LEGO Group in your community**

If you are interested in setting up an Inclusive LEGO group in your community, this video will give you all the information you need.

LEGO groups are an excellent way of improving children's strengths in a social context and make learning fun. They improve motivation to initiate social contact and also sustain interaction.

Available on the TTT Vimeo Channel:

[vimeo.com/channels/toystechnologytraining](https://vimeo.com/channels/toystechnologytraining)

## **Using LEGO as a therapeutic intervention to promote social communication**

This presentation contains the key elements you need to know to set up and run a community-based Lego club or a Lego Therapy group for children with ASD or related social communication difficulties.

Through shared interests and goals, Lego-building can become a medium for social development such as sharing, turn-taking, making eye contact and following social rules. We will outline the theory,

research and practical considerations, as well as strategies for managing behaviour, further skill development and assessing progress.

Thursday 4<sup>th</sup> February, 7pm | [Book via Eventbrite](#)

## Developing Play Skills

Play is the main occupation of a child. It promotes engagement and learning, independent performance, social inclusion and the development of visual motor skills and life skills. Play is the foundation of learning to socialise with others and typically happens voluntarily or spontaneously. For individuals with Autism Spectrum Disorder (ASD), play is often characterised by deficits in reciprocal social communication, and restricted, repetitive, stereotyped patterns of behaviour.

In this talk we will discuss practical advice and strategies for parents and caregivers on the following topics:

- The nature and typical development of play
- Using play to develop fine motor, visual perceptual skills and life skills
- Using play to develop language skills, social and emotional skills, problem-solving, and thinking skills
- How to promote children with ASD's engagement in functionally-appropriate play
- Naturalistic approaches that focus on developing relationships
- Using play for sensory-motor development, wellness, relaxation, and to promote physical wellbeing
- Structured play dates for success

Thursday 11<sup>th</sup> February, 7pm | [Book via Eventbrite](#)

# Speakers



## **Dr. Dorothy Armstrong**

Dr. Dorothy Armstrong (MSc PhD) is an Occupational Therapist who works with people who are Neuro-diverse. She specialises in working with teenagers, young adults and adults with High Functioning Autism (Asperger's), Developmental Coordination Disorder (Dyspraxia), and/or ADHD who also have mental health issues and/or difficulties in the area of executive function.

## **Sarah Butler**

Sarah Butler is an Occupational Therapist with 12 years' experience of working with people who have difficulty doing activities. She is committed to giving parents and teachers the information they need to understand why a child finds activities hard, and to providing strategies that make those activities easier for the child. Having previously worked for HSE and Enable Ireland she now operates a small private practice based in Kildangan, Co Kildare.

## **CAINT**

CAINT is a multidisciplinary service of SLT, OT and psychology services. CAIN'T takes a holistic view of the client by exploring speech and language function, their abilities to participate in daily activities (Occupational Therapy), and their overall development and educational attainment (Psychology). CAIN'T provides individualised therapy programmes which are devised in conjunction with parents and others involved in the care of the client. Programmes are designed to meet the individual's goals and reach their best potential. CAIN'T adheres to the highest standards of evidence-based practice, using the most recent therapy principles and programmes. All therapists are registered with the necessary governing body to ensure the highest standard of service is provided.

## **Dr. Susan Crawford ([GetAutismActive.com](http://GetAutismActive.com))**

Dr. Susan Crawford originally trained as a general nurse and midwife and worked in these combined fields both nationally and internationally before returning to complete a BSc in Sport and Exercise Science at the University of Limerick. On graduating, she worked in exercise prescription and sport injury management. She completed a Ph.D. in Autism and Movement Impairment in the University of Limerick. From there she went on to join the staff of The School of Education in U.C.C from 2008-2019 and worked as a lecturer and researcher. After becoming a Fulbright Scholar in 2015, Susan travelled and worked with the University of San Francisco to create and develop the *GetAutismActive* online resource kit. In 2019, Susan left UCC and went into autism training and consulting full-time.

## **Sharon Curran**

Sharon Curran (MSEN, BA Mont Ed, Dip Hort) is a Special Educational Needs teacher specialising in autism spectrum disorder. She has a background in Montessori education and a wealth of experience in teaching children with a wide range of learning disabilities.

## **Family Carers Ireland**

Family Carers Ireland is the national charity dedicated to supporting the 355,000+ family carers across Ireland who dedicate their lives to caring for their loved ones, including children and adults with physical or intellectual disability, frail older people, those with palliative care needs and people living with chronic illness or addiction and mental health issues.

## **Joanne Fine**

Joanne Fine is a Speech & Language Therapist working in Early Intervention Disability Services. She also works in a private capacity in South Dublin (Buttercup Speech & Language therapy). She is a founding board member of PRISM DLR (Parent Resource & Information Support Meeting needs), an Autism family support charity. She is involved in a Foróige Youth Group for teenagers with ASD. Joanne has run a variety of community based inclusive and ASD specific LEGO groups as well as Lego Therapy and social communication camps. Joanne is CORU registered and a member of the IASLT and is involved in a Special Interest Group for Speech & Language therapists working in the field of Autism. Joanne is passionate about working holistically towards improving the quality of life for young people with Autism and their families.

## **Róisín Hayes**

Róisín Hayes is a qualified Music Therapist (MT) and Neurologic Music Therapist (NMT) based in Kildare and Dublin. Her interest in music therapy stemmed from her ongoing work as an experienced health-care assistant in St. James Hospital Dublin, community-based song writing workshops with children and adolescence and a music undergraduate at Trinity College Dublin. Róisín plays multiple instruments to a high-level including piano, flute, guitar and voice. Graduating from a MA at the University of Limerick, Róisín has gained clinical experience in areas such as; adult and child palliative care and bereavement support, stroke, brain and spinal injury rehabilitation, special education and mental health. Most recently Róisín has been providing music therapy support for patients and staff in St. James's hospital during the Covid19 pandemic. She is passionate about the use of holistic, person-centred-music therapy and feels that education and awareness of this practice is key.

## **Lámh Signs Ireland**

Lámh is the manual sign system used by children and adults with intellectual disability and communication needs in Ireland. Lámh was originally developed in the early 1980s in order to have a unified, standardised, Irish-based approach to signing for those with intellectual disabilities and communication needs.

## **Valerie Sheehan**

Valerie Sheehan is a special education teacher and author from Cork. She has been working with children with additional needs for 20 years and is now teaching in a special school in Cork and prior to that was working as an autism tutor for 12 years.

## **Sibshop Ireland**

Linda Foley and Liz Fitzpatrick both work with children with an Intellectual Disability. Liz is a Registered General Nurse and an AMI Montessori teacher and has been supporting children (6–18 years) with special needs in mainstream education for over 20 years. Linda is a Registered General Nurse and a Paediatric Nurse, and she runs a specialised pre-school for children from birth to 6 years. They are qualified Sibshop facilitators and Parents Plus facilitators. They have a huge interest in sibling support and are founders of Sibshop Ireland.

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