

September 2026

Dear Parent

We had the pleasure this summer of providing our Department of Education approved summer course training to over 340 primary school teachers across Ireland. It is likely that you are receiving this parent information pack because your child's teacher or a teacher in their school completed our training and they feel that this information is good for everyone to have going forward.

The links below form a Parent Pack we have created to compliment the teacher training.

The child is at the centre of everything we do at Connected Childhood. We support all parents and teachers to ensure that children are scaffolded appropriately from a wellbeing perspective, both at home and in school, through a range of online services. We are Accredited Play therapists and experienced Primary School teachers. You can find out more here: [Connected Childhood - support for parents and school staff](#), where there is a wealth of FREE resources for parents.

If you have any concern about your child or would like to chat through some parenting strategies please feel free to contact us on support@connectedchildhood.com or complete an enquiry for our parent online consultations. [One-on-One Parenting Support Sessions](#)

We hope that you find the links below helpful for now and look forward to supporting you should you need it.

Le chéile

Anna & Susanne





Connected Childhood

Please take the time to watch this special short video we created for you which compliments the teacher training. Everyday we see how a small change can make a big difference for a child.

<https://connectedchildhood.com/resources/parent-pack-video/>

We also have a few other resources for you that may be helpful...

We joined Dr Mary O'Kane on Dublin City FM Perfectly Imperfect Parenting, to talk all about school based anxiety and connection. You can listen to our conversation here:

<https://open.spotify.com/episode/4iLWj8eLCX4311KkAZ07ca?si=Vqa-Xb7iRimsAPolul3GUA>

Our article on emotional regulation. (Many more articles on our website)

[‘Time In’ vs. ‘Time Out’: Effective Coping Strategies](#)

Books that we recommend for various childhood concerns/experiences

[Recommended Children's Books for Emotional Growth](#)

