



Supporting Parents  
Supporting Children

# NEWSLETTER

[www.npc.ie](http://www.npc.ie)

| Weekly Preview of our new Daily Edition |

## David Gillick



We will have more easy recipes to do with your children that will be a fun activity to do whilst incorporating some healthy eating.

## Niall de Burca



We hope you enjoyed Niall's storytelling last week as much as we did! He will be telling us another few tales this week.



## Second week of Easter Break!

Once again trying to focus on fun rather than school work before school time starts back next week, NPC's Daily Edition will be providing lots of ideas for activities for children as well as useful supports for parents.



**Adam Harris** will be offering some words of advice to the parents of children who have autism and may be facing extra challenges.

**Paul Gilligan** CEO

St. Patrick's Mental Health Services



Paul's short videos on how to protect our children's mental health during these challenging times are proving to be very popular so this week we have part three. Previous videos can be found on our website along with all of our resources from previous editions. [www.npc.ie](http://www.npc.ie)