



# Children's Wellbeing & Development

in association with  
**Galway Advertiser**

## Great value for children's dental health services at Woodquay Dental Practice

Woodquay Dental Practice is offering amazing value with check-ups for only €30 per child under the age of 10. Bring the whole family and receive three children's check-ups for the price of two, that is three children sorted for €60.

With the purse strings tightened for many families, Woodquay Dental Practice ensures your children's dental hygiene is taken care of for a fraction of the usual price. Prevention is the key to your children's oral health and the dedicated team at Woodquay Dental Practice will teach your children the best way to look after their teeth and ensure they avoid dental decay by offering fun, educational, tips on dental hygiene.

For more information on Woodquay Dental Practice visit [www.woodquaydental.com](http://www.woodquaydental.com), call 091 565068, or find Woodquay-Dental on Facebook.



**Lisa Creaven of Woodquay Dental accepting the award for Best Practice in the West — Highly Commended at the Irish Dentistry Awards. Woodquay Dental was also shortlisted for Best Website, Best New Practice, and Best Employer at the awards. Woodquay Dental is located at Walshe's Terrace, Woodquay, on the Headford Road, and has recently launched its new sedation treatments, a possible solution to those who dread a trip to the dentist. Visit [www.WoodquayDental.com](http://www.WoodquayDental.com) for further information on the new sedation services, or call 091 565068 to make an appointment.**

**WoodquayDental**  
*Family Dental Practice*

**CHILDREN'S FULL DENTAL CHECK UP ONLY €30**

**FAMILY SPECIAL  
3 Children only €60**

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## My child's mind, wellbeing, and health — traditional methods or computer?

Neuroscientific research worldwide has demonstrated that completing a set of learning tasks in a frequent and intense manner accelerates learning. New brain pathways are created, correcting learning impairments or difficulties with lasting results. Experts agree, whether traditionalists or software neuroscientists, that intervention should take place as early as possible — in primary school.

However traditional methods are labour intensive and therefore expensive, and are not delivered in a frequent or intense manner, owing to school holidays, mid term, school free days, teacher meetings, reduced special needs hours, school closure due to inclement weather, teacher absence, etc. Traditional methods can therefore take years, with no guarantee of success, as school time allocated to a student is inadequate and classroom distractions do not help. Years of flash card learning inevitably leads to brain boredom and student 'switch off'. Add to this the fact that many primary school teachers suffer from stress and depression due to work pressures resulting in chunks of absence as cited in a Women's Christian Association (January 2011) published study, reported in the *Guardian* and *Daily Mail*, that three out of five women have had, are experiencing, or will be affected by mental health problems of some kind, resulting in 13 per cent quitting their job, and 44 per cent taking time off work. Women are the lynchpin of the family, so raising a family and working can prove too much to cope with, especially among female teachers who make up nearly 90 per cent of primary teachers with its added stresses.

If adult mental health is important, surely children's mental health and wellbeing is just as or more important. With constant cutbacks and absences we are abandoning our children with learning problems. So if we cannot change the school system, what can we do to give our children



**James Lee of Griffin Tuition.**

with learning impairments and difficulties an equal academic footing in life?

An alternative is Fast ForWord® which has already helped more than one million children in some 50 countries worldwide. Fast ForWord® intervention technologies are scientifically proven to accelerate learning by boosting the brain's ability to process incoming information faster, more effectively, and efficiently. An additional advantage of Fast ForWord® over traditional methods is that the programmes are delivered frequently and intensely, adapting to the student brain abilities, so the programmes are not too hard or easy. Fast ForWord® simultaneously develops major cognitive (brain) and reading skills throughout the brain, producing successful and lasting improvements, restoring self esteem and confidence, important to mental health, plus developing focus, concentration, and social abilities to allow learning, academic, and life success.

Youngsters live in the computer age; traditional methods are viewed by the young as boring, so they decide not to participate — and simply switch off. I have had numerous parents coming to Fast ForWord® for solutions having followed the traditional path at home or in schools for years with little results to show. Pupils have often said, "I hate leaving the class to go to the special

needs class. I feel that the class is laughing at me, is there any other way to 'fix my brain'?" The frustration has built over the years and usually ends up with parental and/or pupil tears.

Griffin Tuition in NUI Galway ([www.griffintuition.ie](http://www.griffintuition.ie)) provides Fast ForWord® that can screen your child, even adults, for learning impairments and/or difficulties. These learning impairments/difficulties can then be corrected using Fast ForWord®, which on average takes 16 weeks, and achieves lasting results.

To book a €50 screening call (091) 589771. Places are limited to 20 pupils.

## Look after your child's eyesight with Colette Kelly Optometry

Colette Kelly Optometry can look after your children's eyes whatever their age. The optician, located in Buttermilk Walk, Middle Street, can cater for the special optical needs of preschool and schooling children. Regular eye tests are vital for young children who may not be aware that their sight needs attention.

The practice first opened in 1977 under the ownership of its founder Colette Kelly and today is run by her son Aaron, who qualified as an optometrist in London and trained at the Oxford Radcliffe Infirmary before returning to Galway in 2004. Aaron Kelly, optometrist Linda Walsh, optical assistant Trina Shakespeare, and technician Declan Fahy, make up the practice team.

The practice recently invested in a total revamp of its premises to a bright, spacious, modern, look which complements the up to the minute eyewear on offer.

While Colette Kelly Optometry prides itself on its range of fashion frames, including designer frames, the main emphasis is on delivering a five-star quality eye check. It has invested heavily in the most modern computerised eye exam equipment for precision results every time and prides itself on its ability to screen at every exam not only for eye conditions such as cataracts, glaucoma, optic nerve quality, and dry eye, but also for optical signs of many general health conditions such as diabetes, blood pressure, and thyroid problems. The interior of the eye can be photographed using a fundus camera which allows photographs to be emailed to a consultant when any abnormal eye condition is detected or suspected.

Colette Kelly Optometry also offers a range of specialist services such as eyesight certification for drivers, supply of prescription eyewear to industry, sight checks for VDU users, low vision assessment for those with failing eyesight and the partially sighted, prescription sunglasses, sports vision eyewear, contact lenses, and a full eye care service for preschool and schooling children.

Fashion eyewear at Colette Kelly Optometry includes a lovely range of complete spectacle frames guaranteed for 12 months complete with single vision lenses for only €69. The practice stocks a range of designer brands such as Fendi, Oakley, Mykita, Lindberg rimless, Oga, and Vivienne Westwood.

For more information visit Colette Kelly Optometry, 1 Buttermilk Walk, or phone 091 566778.

## Discover the benefits of the Bowen and Emmett therapies

Growing up can be challenging for any child, and sometimes knowing what your child needs is not always easy when it comes to sleep problems, infant colic, digestive trouble, or other health issues. Many parents do not realise therapies such as the Bowen and Emmett technique can help settle these upsets and keep everyone happy and smiling. As children grow so rapidly, having such treatments from time to time ensures their posture is not compromised, which may help them as adults to avoid sports injuries, neck and back pain, and the many chronic ailments which many adults endure.

When it comes to special needs, helping a child's development is essential as well as keeping all those other childhood troubles at bay. In the UK, Bowen clinics dedicated to children with special needs are very popular and have shown tremendous improvements for numerous disabilities including autism, cerebral palsy, and learning difficulties. Howard Plummer's clinic in Cardiff is one of the largest in the UK and has led the way of working with children with special needs. Some of the changes reported by his clinic include improved balance/co-ordination and motor control, better

concentration and comprehension, loss of some obsessive/repetitive behaviour, sleep patterns greatly improved, improved digestion, less frustration, calmer, quieter and happier children.

Emer Carr is a fully qualified Bowen therapist since 2005 and more recently qualified as an Emmett practitioner. She also trained with Howard Plummer in 2008 in his fascial Bowen course for children with special needs. These therapies work brilliantly together giving some outstanding results. The treatment is a very gentle form of hands-on bodywork which children love. It involves gentle rolling moves over the muscles, holding points or switches on points within muscles which help release tensions and restrictions in the body while also stimulating the sensory receptors, which aids physical and mental development.

Ms Carr has worked with newborns for infant colic, toddlers for sleep difficulties and digestive troubles, young children with bed wetting problems, postural and behavioural problems, and children with special needs such as autism with some fantastic results. She is based in Doughiska.

Her website is [www.bowentechnique.ie](http://www.bowentechnique.ie) and appointments can be arranged by phone on 087 9492656.

**Emer Carr** MSc MBTPA Cert ECBS  
**Bowen & Emmett Practitioner**  
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**During Pregnancy**  
Infant colic  
Poor sleep patterns  
Special Needs  
Postural  
Behavioural  
Bed wetting  
Balance/co-ordination

**My child's learning problems are not being met!  
My child is falling further & further behind in school.  
There is help, but it does not seem to be working!  
What can I do?**

Youngsters live in the computer age, so Neuroscientists worldwide have developed Fast ForWord® software, scientifically proven to accelerate learning by boosting the brain's ability to process incoming information faster, more effectively & efficiently resulting in growth of new brain pathways facilitating dramatic lasting reading & learning improvements & allowing the brain to function as it should.

**Phone Griffin Tuition ([www.griffintuition.ie](http://www.griffintuition.ie)) in NUIG (091) 589771 for a €50.00 screening.**

**eden**  
MESSAGE & BEAUTY TREATMENTS

**BABY MASSAGE & BABY SWIM**  
*Celebrating 10 years in business*

**Baby Massage**  
**Knocknacarra:** Thursdays 12pm, Knocknacarra Church  
**Oranmore:** Monday 10.30am, Busy Bees  
**Tuam:** Monday 2.15pm Irish wheel chair association Tuam.  
New class starting 26 March

**BABY SWIM**  
Friday at 11.00 Ocean fitness Salthill hotel  
**TODDLER SWIM**  
Saturday morning starting soon. Leisureland Salthill

Contact Mary Kenny Tel 087 9641246  
[www.edenmassagegalway.com](http://www.edenmassagegalway.com) Check us out on Facebook: Baby swim Galway