

# Elizabeth O Mahony Education Articles

D.E.S.T.Y. Education UK

## Dealing With Your Child's Emotional Wellbeing

**You feed him and clothe him but is he happy?**

We all like to think of our children as happy little people enjoying their years of freedom before being overtaken by grown-up life.

But have you ever wondered if a child in your care is truly happy?

Have you seen that child being withdrawn and not having the confidence to play, truly play with friends? Or have you seen him holding back in situations where he should really be jumping in and joining in the fun?

Or are you concerned about his progress in school?

He may not be doing as well as he should be. Maybe his interest in school has dropped. Maybe he mentions friends less often or is unwilling to talk about his school day.

And how do you feel when this happens?

Helpless? Hurting for him? Confused because you don't know where to turn?

**We know 21<sup>st</sup> Century life is hard on children and their carers.**

You and the child you care for are possibly among the many whose lives have been overtaken by the speed and general busyness of 21st-century life. Living a life dominated by screens, technology and the daily grind can be demanding and allows little space for the essential moments of your child's development.

**Vital moments in the child's development have to take a backseat.**

- Opportunities for developing social skills are lost.
- Self-confidence becomes less important than having the latest gadget.
- The emotional development required for dealing with life's challenges is pushed aside.
- Children's carers are left confused.

**DESTY Education Academy is there to answer your questions**

Stephanie O Malley, B.A. Psych, M.A. Psych, an educational psychologist, had thoughts like yours when working with children. Seeing the effects 21st-century living was having on young people and their carers, and having a passion for children's emotional wellness, she resolved to do something about it.

And so DESTY Education was born.

DESTY Education has already helped thousands of parents, carers and educators of young children deal with the emotional challenges they are facing. Established in 2015 DESTY Education offers 2 programmes for children and their caregivers, The DESTY Emotional Resilience Programme and The DESTY Island programme both of which have answers to your problems.

**----- The DESTY Emotional Resilience Programme is designed for parents, carers, and educators.**

In the programme, adults working with children will discover how to help the child develop his/her emotions in a way that will give him the emotional tools to deal with setbacks and difficulties they may face now or in the future.

Having taken this programme, you will be able to teach your child how to deal with difficult moments and how to bounce back up again after a setback. Recognising how busy adults are today, the programme is presented in short audios that can be listened to while doing everyday chores.

### **How do I know if this programme is for me?**

People who have taken the programme have had the following to say:

*I was able to observe the child and find out the most effective way of communicating with him. I have been able to build children's confidence in the classroom and redirect their anger. Angelina McDonnell -Mangan, Early childhood educator.*

*The course has helped me to be calmer and more empathetic in stressful situations, Yvonne Gogan, parent, Middlesex*

And you can also [GO HERE](#) for a demo

**----- DESTY Island is an online one to one programme designed for children.**

A fun interactive programme DESTY Island helps children navigate through the range of emotions they may be experiencing. In 14 lessons of approximately 30-40 minutes each, the children visit DESTY Island where they meet their new friend DESTY. They tell Desty their story, personalising their island experience.

And they learn to:

- Identify their emotions
- Control those emotions
- Build self-confidence
- Develop emotional strength

They are accompanied on their Island visit by a mentor:

- Who may be a significant person in their lives
- Who has undergone training in the D,E,S,T,Y, Mentorship programme
- Who becomes their role model as they work through the programme together.

To add to the learning and the fun they carry:

A teddy bear modelled on D.E.S.T.Y.

A pack of feeling cards which they can store in their Desty's pockets.

To build on the work started on D.E.S.T.Y. Island they are encouraged to continue the experience with an offline toolkit which includes a workbook.

### **What guarantees the effectiveness of the programme?**

The individual child's progress is evaluated giving you a clear indication of how the programme is working for him.

The programme is evidence-based and developed by an educational psychologist.

Mentors and significant adults have access to psychological help throughout the duration of the programme.

Studies have found that 80% of children who completed the programme have become emotionally stronger.

Over 2,500 parents, carers and educators have trained through the D.E.S.T.Y. Academy.

The Desty programme has been implemented in virtual schools, international schools and by trusts dealing with children's needs.

### **How do I know if this programme is for my child?**

You can check out some of the statements made by people who engaged with the programme

*It empowers children and gives them strategies to become resilient human beings. Paula Jensen Educator. Dubai.*

*I find it easier to calm down now and I find it easier to talk to the adults in my life. James Age 7*

Or you can book A DEMO and see how the programme works.

DESTY is the answer to the problems modern life presents to parents, caregivers, and educators. More importantly it gives the children in their care the emotional strengths to deal with life's difficulties in the present and the future. To help you give the child the tools he/she needs

BOOK A DEMO or contact DESTY at

## **E-Learning Post Covid**

**How does e-learning fit into a post covid world?**

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**A year ago, sitting school children down to learn at a computer was unthinkable. Up to that point, the world was worried about young peoples' screen time. Covid changed all of that. E-learning became the saviour of young and older learners alike.**

**Post-covid will the newly found love for learning online continue or will it disappear as quickly as it became a thing?**

**That will perhaps depend on generations. Older generations have discovered the comfort of learning from home and are wondering if they will ever again venture out on cold nights to take a class.**

**But for younger people returning to classrooms will be a more attractive option. For them working with computers was never new. It was what they had spent much of their leisure time doing. Going to school via a laptop didn't hold the attraction of playing computer games. And it didn't offer the rough and tumble of schoolyard lunchtime.**

**The big question is, how will they adjust to a return to school? Sure, they will hate the early mornings, the teachers who detect undone homework, but they will love the meeting with friends, classroom banter, and school buses.**

**So, how will e-learning fit into all of this? When the serious business of preparing for examinations approaches e-learning will still have a part to play. Covid has taught them they work better in a quiet, distraction-free atmosphere. They have learned how to relate to their teachers online and teachers have upskilled on online presentation.**

**But for the essential fun part of getting an education? Classrooms and school corridors are necessary for that.**

**So, where should e-learning go? Could the schools consider a combination of classroom and online learning? That would provide the perfect answer, combining the best of both worlds.**

**And what of the teachers? Will they see online learning as an important part of educating their students in the post covid years?**

**Covid has changed the way we do things. Like everything else, we can expect our world of learning to have changed.**

**Published by**

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