COVID-19 Resources for Parents

WEBSITES



Provides free, reliable, and up-to-date https://raisingchildren.net.au/ information to help families grow and thrive together. Funded by the Australian Government.





The eSafety Commissioner (eSafety) is Australia's national independent regulator for online safety.

https://www.esafety.gov.au/



Official government website on Covid

https://www.nsw.gov.au/covid-19



Non-judgemental and evidencebased support by professionals for any parent or carer

http://www.parentline.org.au/

1300 1300 52 Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm

Family Connect and Support

Free service linking families with the most appropriate community based service or supports for their individual needs

1800 066 757



Coronavirus Mental Wellbeing Support Service

https://coronavirus.beyondblue.org.au/

1800 512 348 24/7



Organisation dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families.

https://emergingminds.com.au/resources/ supporting-children-during-thecoronaviruscovid-19-outbreak/

ARTICLES

Coronavirus (COVID-19) and children in Australia

Communicating with your child about COVID-19

Physical distancing and family wellbeing

Home schooling (and keeping kids busy during COVID-19

How to talk to kids about the coronavirus pandemic

What to Say to Your Child about the Coronavirus

Staying Sane When School is Closed

Working From Home with Kids

Official Corona Virus Information

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government's National Coronavirus **Helpline:** 1800 020 080 (24 hour help line)

Useful Contacts

Domestic Violence Line 1800 65 64 63

Mental Health Line 1800 011 511

Lifeline 13 11 14

1300 78 99 78 Mensline

In an emergency, please call 000 or go to a hospital emergency







COVID-19 Resources for Parents

BOOKS

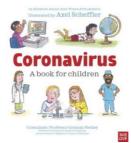
Free children friendly ebooks available to download (Click on book title or book cover)



Don't Walk Your Cat & Other Advice for a Worried Kid

Birdie & the Big Sickness





Coronavirus: A book for children

My Hero is You



Many Ways to Share a Hug



Many Ways to Share a Hug

WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunch break https://www.digitallunchbreak.nsw.gov.au/

The Digital Lunch break website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



Kids Helpline https://kidshelpline.com.au/



Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

headspace

Information, resources and support for young people dealing with mental health



Youth Beyond

Information, resources and support for young people dealing with depression and/ or







