

COVID-19 Resources for Parents

WEBSITES



raisingchildren.net.au
the australian parenting website

Provides **free, reliable, up-to-date and independent information** to help families grow and thrive together, funded by the Australian Government.

<https://raisingchildren.net.au/>



eSafety Commissioner

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

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



Official government website on Covid 19

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



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

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

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



Service linking families with the most appropriate service or supports for their individual needs

<http://www.familyreferralservice.com.au/>

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-the-coronavirus-covid-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

Mensline 1300 78 99 78

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

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

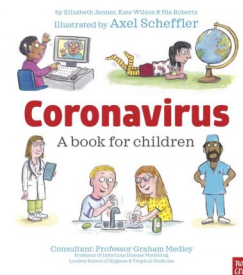
HELLO!

I am a VIRUS,
cousins with the Flu and
the Common Cold



My name is Coronavirus

Hello I am a VIRUS, cousin with the Flu and the Common Cold. My name is Coronavirus



Many Ways to Share a Hug



My Hero is You



Many Ways to Share a Hug

WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunchbreak <https://www.digitallunchbreak.nsw.gov.au/>

The Digital Lunchbreak 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 <https://headspace.org.au>

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



Youth Beyond Blue <https://www.youthbeyondblue.com/>

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

