

FOR PARENTS & CARERS

COVID-19 Information

Information, Helplines & Advice

- Victorian Coronavirus Hotline: [1800 675 398](tel:1800675398).
- Victorian Coronavirus Info hub: <https://www.vic.gov.au/coronavirus>
- Dept Education Info for Parents:
<https://www.education.vic.gov.au/parents/Pages/default.aspx>
- Yarra Ranges Council Coronavirus supports: 1300 368 333
<https://www.yarraranges.vic.gov.au/Council/Coronavirus-Updates/Community-relief-and-support-agencies>

Family Resources

Mental Wellbeing

- **Coronavirus Mental Wellbeing Support Service**
Beyond Blue has developed a dedicated area on their website addressing wellbeing and mental health during COVID-19, which is regularly updated with information, advice and strategies to help people manage during this time. There are various ways people can access the online community including forum and chat options.
 - [Coronavirus Mental Wellbeing Support Service](#)
 - Beyond Blue: 1800 512 348
 - [Access the online forum](#)
 - [Access the Online Chat Service](#)
- **Together We've Got This Campaign**
Headspace has launched a new digital awareness campaign "Together we've got this", which aims to support the mental health of young people and their parents as we move through the COVID-19 pandemic.
<https://headspace.org.au/tips/>
- **Emerging Minds Mental Health Toolkit**
Resources, videos and tips to support children's mental health during COVID-19.
[Supporting Children's Mental Health During a Pandemic Toolkit](#)

Parenting Supports

- Raising Children COVID-19 Family Guide
<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>
- **Triple P Online for parents of 2 to 16 year olds (Parenting Support, DHHS)**
The Victorian Government is providing free access to Triple P Online for Victorian parents caring for children aged 2 to 16 years. Triple P Online includes strategies to

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help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. The program has been adapted with resources specifically on parenting during coronavirus (COVID-19). To access Triple P Online, go to: www.triplep.online/victoria

- **Play Learn Grow text messaging program for parents of 2 -3 year olds (DET)**
The Victorian Government has a new free SMS program for parents and carers of two-year-old and three-year-old children called 'Play Learn Grow'. Parents and carers who sign up to the program will receive three text messages a week for the duration of the program with practical advice and easy at home activities to support their child's learning, development and wellbeing. Play Learn Grow has been developed in collaboration with early childhood experts, and the messages are designed to be accessible and easy to action.
To sign-up, parents and carers can text "PLAY" to 0428 606 027.
www.parenting.vic.gov.au/playlearngrow *Flyer attached.*
- **Article - Students won't get through all school content while learning at home: here are 3 things to prioritise – The Conversation**
<https://theconversation.com/students-wont-get-through-all-school-content-while-learning-at-home-here-are-3-things-to-prioritise-134539>

Remote Learning and Play

Facebook pages to Like and follow for information and home based learning supports:

- **Yarra Ranges Families Facebook Page**
<https://www.facebook.com/yrfamilies/>
- **Cire Children's Services Facebook Page**
<https://www.facebook.com/cirechildrenservices/>
- **ABC Kids Community Facebook Page**
<https://www.facebook.com/ABCKidsCommunity>

Downloadable Home Activity Packs

PDFS attached

- **Parentzone St Home Winter Holidays Resource**
- **Parentzone Preschool Activity Book (0-4years)**
- **Parentzone Activity Book (5-7years)**
- **Parentzone Teens Activity Book**
- **Playgroup Victoria – Nature Play booklet**
- **Playgroup Victoria Winter Play At Home Booklet**
- **EACH Isolation Activities for Kids**
- **Building Better Brains Learning from Home for Parents - Resource Book**

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Parenting Webinars. Podcasts & Online Programs

- **Free Webinar – Parenting During Lockdown: Managing Stress and Isolation**
Thursday 30 July, 7pm to 8.30pm
***As this webinar is being hosted by our Linking Learning Networks specifically for Upper Yarra parents and carers we need your help in promoting this session to families. *Parenting During Lockdown: Managing Stress and Isolation Flyer attached.*
The Linking Learning Networks present this free webinar for parents and carers in the Upper Yarra. Accredited Mental Health Social Worker and All The Feels facilitator Bec Filliponi will introduce parents and carers of children 0-12 years to the basics of emotional regulation and its benefits, taking them through simple tools to use in managing stress, uncertainty, and the challenges of parenting during lockdown and techniques to teach their children which will support their emotional regulation and wellbeing. Bookings: <https://www.trybooking.com/BKMQW>
- **Free Webinars: Dadstuff!**
Sessions August through to December
Support for Fathers is hosting a number of webinars for dads, father-figures and families. The free Dadstuff sessions will provide you with resources to support healthy family relationships, connecting with other dads, bonding with your kids, managing family/work life, and more. [For info on session dates and bookings](#)
- **Webinar - Anxious Kids, From Anxiety to Resilience**
Tuesday 26 August, 7pm to 8.30pm, Cost \$10
Dr Jodi Richardson will share her experience and talk about children's resilience and building their distress tolerance; child anxiety and the brain; and how parents can better manage their own stress.
Bookings: <https://www.trybooking.com/book/event?eid=635773&>
- **Online Program - Calm Parents Happy Kids**
July 15 - August 19, 10.00am - 11.30am, Wednesdays (5 morning sessions)
A 5-week program for parents in developing skills to better understand what drives parental anger, reduce frustration and friction in the home, let go of guilt and shame, and develop valuable behaviour management strategies to better engage with your children
Booking and enquiries: Laurie 0488 501 204 Laurie-Lee.Arrowsmith@anglicarevic.org.au
- **Online Program - Strengthening Parent Support Program**
Weekly on Tuesday nights, 7pm - 8pm
Weekly peer support groups for parents who have a child with a disability or developmental delay aged between 0 - 18yrs. One hour sessions run during school terms
Booking and enquiries: Michelle 0438 646 744 or: strengtheningparentsupport@anglicarevic.org.au
- **Free Podcasts - Parenting in the age of coronavirus**
This podcast from the Murdoch Children's Research Institute in Melbourne hosts child health experts g the challenges parents are facing, and exploring how parents

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and carers can best support themselves and their children so they can continue to learn, thrive and develop.

Access the podcast: <https://www.mcri.edu.au/podcasts/coronavirus-parenting>

Seeking Submissions

- **Pandemic Play - documenting kids' culture during COVID-19.**
This unique research project is an opportunity to reflect on this moment in history, and recognise the importance of play in the lives of children. Pandemic Play is asking children to tell them about what they've been playing at home and at school during the COVID-19 pandemic. Parents are encouraged to submit comments and observations to the webpage:
<https://pandemicplay.wordpress.com/>

FOR SCHOOLS & SERVICES

Webinars & Videos

Managing Stress

- **The neuroscience of stress and regulation**
A series of 14 videos by neuroscientist Dr. Bruce Perry presents on the simple neuroscience of stress and regulation to help practitioners understand the power of intentional regulatory practices - especially in the current COVID-19 pandemic.
<https://www.neurosequential.com/covid-19-resources>

Staff Wellbeing

- **Website - Mindful.org**
This website - recommended by the folks at the Resilience Project - is full of articles, tips and practices to support mental health and wellbeing
<https://www.mindful.org/category/health/well-being/>
- **Website - Greater Good Science Center**
The Greater Good Science Center studies the psychology, sociology, and neuroscience of wellbeing, and its website provides specific information for educators and parents including newsletters, articles and videos.
<https://ggsc.berkeley.edu/>
- **Article – Real-time Resilience Strategies for Coping with Coronavirus**
This article from the NZ Institute of Wellbeing and Resilience provides some simple practices to consider in your day to day, to help you manage through the pandemic.
https://nziwr.co.nz/wp-content/uploads/2020/03/NZIWR_Real-time_Resilience_Coping_with_Coronavirus.pdf
- **Free Webinar - Flourishing futures: Why wellbeing science is essential for educators in the early years**
Wednesday 15 July, 3.30 – 4.30pm

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Understanding the mechanics of wellbeing can help educators take care of themselves and improve their practice. Join Catharine Hydon in conversation with Lisa Baker. [Register here](#)

- **Free Webinar - Wellbeing in Action: How does it really work?**
Thursday, 30th July from 3.30 pm–4.30 pm
Wellbeing is about understanding and reflection but it's also about action. Catharine Hydon, Dr Narelle Lemon and Lisa Baker delve deeper into constructs of positive psychology and wellbeing for early years teachers and educators. [Register here](#)
- **Recorded Webinar - Reframing Parenting**
This Reframing Parenting session from the Parenting Research Centre discusses the challenges and opportunities for supporting children's wellbeing through effective framing in the context of COVID-19. [Watch here](#)
- **Free Webinar - Helping Australian schools understand, monitor, and improve student wellbeing**
Thursday, 30 July 2020, 12.00-1.00pm
As we navigate the ongoing uncertainty brought on by the COVID-19 pandemic, it's more important than ever to understand student wellbeing, help them build it, and for us to measure and monitor their wellbeing. ARACY is working with school systems across Australia, to 'operationalise' their wellbeing framework, the Nest, through a student wellbeing app called EI Pulse which gathers weekly data on the wellbeing of students based on ARACY's The Common Approach® program - a method of speaking with young people and their families to understand their strengths and challenges. The webinar will cover wellbeing definitions, how EI Pulse and the Common Approach are utilised. [Register here](#)

Supporting Family Engagement

- **Webinars - Working With Dads**
Sessions throughout August and October
Support for Fathers is running a webinar series for professionals offering knowledge, practical advice and strategies to engage dads and families in positive and effective ways, with in depth exploration of the Support For Fathers resources and professional's toolkit. Sessions include interactive elements, group discussion and Q&A. [Session dates, costs and bookings.](#)

Early Years

- **Free Webinar - Building on the Early Years Summit 2020 – what happened and where to from here?**
Thursday, 23 July 2020, 12.00-1.00pm
This webinar provides a follow up to this year's National Early Years Summit, and will provide information on what ARACY and partners are doing to continue the work of the Summit and how you can get involved in the ongoing work. [Register here](#)
- **Recorded Webinars – Supporting Learning from home (Seamann & Slattery)**
 - Getting Started with Remote Learning
 - Maintaining Relationships with families and Children

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- Adapting Programs and Learning Plans to be Delivered Remotely
- Supporting Children and Families Experiencing Vulnerability

[Access recorded webinars here](#)

- **Building Healing Communities: Early Childhood Leadership Symposium**

Event dates: 29 July, 5 August, 12 August 2020, online

This event will be hosted by the Children Communities Connections Learning Network and will feature three one-hour learning and discussion sessions on building healing communities for children and families. [Register here](#)

Studies & Reports

- **Families in Australia: Life During COVID-19 report**

AIFS has released their first report detailing findings from their Families in Australia Survey: *Life during COVID-19*, that was run during May and June. Over 7,300 people took part in the survey sharing how the pandemic was affecting their relationships, family, working life and home life. [Read the full report here.](#)

- **Australian Education Survey Examining the impact of COVID-19 Report Summary**

A national survey exploring the impact of COVID-19 on teaching and learning across all educational sectors was undertaken by researchers at the Melbourne Graduate School of Education at the University of Melbourne, recording a snapshot in time during the height of the pandemic restrictions and the rapid shift to remote and online learning. [Read the report here](#)

- **Influences of Parent Engagement in Early Childhood Education Centers and the Home on Kindergarten School Readiness**

Effective communication between early childhood education and care (ECEC) services and families can result in parents being more likely to engage in educational activities with their children at home, researchers from the University of Arizona (UA) have found. [Read a summary article here](#) [Read the report here](#)