

# COVID-19 Resources for Parents

## WEBSITES



**raisingchildren.net.au**  
the australian parenting website

Provides free, reliable, and up-to-date 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

**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-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](http://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

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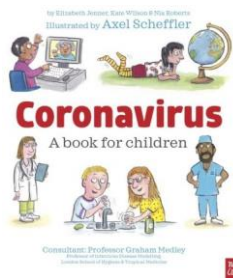
## BOOKS

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

