

# Resources for families and children

## Coronavirus Covid-19



### Information Support and Resources

#### Latest updates and advice on services and health information

##### [Department of Health and Human Services:](#)

[dhhs.vic.gov.au/coronavirus](https://dhhs.vic.gov.au/coronavirus)

Information, updates and advice about the Covid-19 pandemic.

##### [Department of Education and Training:](#)

[education.vic.gov.au](https://education.vic.gov.au)

Information, updates and advice about the Covid-19 pandemic in relation to schools and early childhood services.

##### [Melton City Council:](#)

[melton.vic.gov.au/COVID19](https://melton.vic.gov.au/COVID19)

Local information about Covid-19 and impacts on local services and programs.

### Useful websites and articles

#### [Raising Children Network](#)

[raisingchildren.net.au](https://raisingchildren.net.au)

Parenting articles, advice and support from leading experts. Includes play and learning activity ideas for children of all ages.

#### [Raising Children's Network: Coronavirus and children in Australia](#)

#### [Emerging Minds](#)

[emergingminds.com.au](https://emergingminds.com.au)

Mental health and emotional wellbeing support for Australian infants, children, adolescents and families.

#### [Emerging Minds: Supporting children during the Coronavirus Covid-19 Outbreak](#)

#### [Emerging Minds: Communicating with your child about Covid-19](#)

#### [Parenting Ideas](#)

[parentingideas.com.au](https://parentingideas.com.au)

Positive parenting tips on child development for raising children and teenagers to be happy and resilient.

#### [Parenting Ideas: Leading the way for children during the Covid-19 Pandemic](#)

#### [The Royal Children's Hospital](#)

[rch.org.au/home](https://rch.org.au/home)

Provides reliable, up to date health information for children and families.

#### [The Royal Children's Hospital: Supporting children and young people to cope with the Coronavirus Covid-19](#)

#### [The Fathering Project](#)

[thefatheringproject.org](https://thefatheringproject.org)

Covid-19 Family Tips

#### [Centre in Excellence and Family Welfare](#)

[cfecfw.asn.au/coronavirus-parents/](https://cfecfw.asn.au/coronavirus-parents/)

Resources to support parents and carers in dealing with Covid-19.

#### [Centre in Excellence & Family Welfare: Coronavirus parent information](#)

### Free Printable Resources

#### [Mind Heart CoviBook for kids](#)

[mindheart.co/descargables](https://mindheart.co/descargables)

A resource to support discussion and exploration with children regarding Covid-19.

#### [The Autism Educator coronavirus social story](#)

[ppmd.org](https://ppmd.org)

A printable social story about Covid-19 developed for children with autism.



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## Activity ideas for families and children

### Education and learning

#### [Scholastic Learn From Home](#)

classroommagazines.scholastic.com

Day to day projects to keep children reading, thinking and growing.

#### [ABC Education](#)

education.abc.net.au

Educational, curriculum based resources for primary and secondary school aged children.

#### [Teachstarter](#)

teachstarter.com

Downloadable and printable resources based on primary school curriculum.

#### [Education.Com](#)

Education.com

Educational worksheets, guided lessons and games for kindergarten to grade 5.

### Interactive

#### [Animal House](#)

www.zoo.org.au/animal-house

Melbourne and Werribee Zoo are live streaming from some of their animal houses.

#### [Story Box](#)

storyboxlibrary.com.au

Favourite storybooks read online by storytellers.

#### [PE with the body coach](#)

thebodycoach.com

Daily 30 minute work outs designed for children.

#### [Cosmic Kids Yoga](#)

cosmickids.com

Guided yoga and mindfulness sessions for children.

## At home play and activity ideas

#### [Kidspot](#)

kidspot.com

100 activities and games for children.

#### [ABC News](#)

abc.net.au

Creative play at home during Covid-19 Pandemic.

#### [Popsugar](#)

popsugar.com

Indoor activities to keep children busy at home during the Covid-19 Pandemic.

### Other

#### [Playschool Covid-19 special for children](#)

abc.net.au

A special edition of Playschool to support children's understanding of Covid-19.

#### [City of Melton Libraries](#)

melton.vic.gov.au/ecollections

Explore the e-collection of books, magazines, music, films story times and games. Online story time and baby rhyme sessions launching soon!

## Mental Health Support- 24/7 Support lines

Coronavirus Mental Wellbeing Support Line 1800 512 348

Lifeline 13 11 14

Beyond Blue 1300 22 46 36

Kids Helpline 1800 55 1800

Mens Line 1300 78 99 78

