





A WHERE TO GUIDE

for when you can't go anywhere!

Are you juggling life in lockdown with being a parent, home schooling, or working from home? If yes, you may find some helpful links in this where to guide*, when you can't go anywhere. We have compiled a helpful list of resources, groups, and activities that you can participate in both online and offline from home or in your neighbourhood. We hope they bring inspiration and fun to the day for you and your family.

**Please remember to monitor and balance your child's screen and online activity and check that any games, websites or TV programs are appropriate for their age.*





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PARENTING

RAISING CHILDREN NETWORK

COVID-19 resources plus tips to help you and your family cope

TELETHON KIDS INSTITUTE

Advice from scientists for families, including staying healthy, cyber safety guidance and more

ZERO TO THREE

Tips for families including responses to common questions, a guide to self-care, and activities for children socially distancing.

BEYOND BLUE

Ways to cope when working from home as a parent or carer

REACH OUT

Parents forum, with a trusted and supportive community of parents and carers of teenagers

CHILD SAFE MOVEMENT

Seven lockdown tips for families

UNICEF

A set of handy expert tips to help manage COVID-19 parenting challenges

SYDNEY UNIVERSITY

Tips and resources to keep kids engaged and stimulated during lockdown learning

NSW HEALTH

COVID-19 resources in different languages

NSW EDUCATION

Learning from home packages and tips for years K-6

LEGAL AID QUEENSLAND

Tips for separated parents during COVID-19

RED CROSS

Tips for families isolating

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YOUNGER CHILDREN

RAISING CHILDREN NETWORK

Toddlers play and learning ideas

LOVE TALK SING READ PLAY

The latest evidence based information on children's emotional and social development developed by parents who are health workers

DEADLY TOTS

Deadly Tots App contains information for every Aboriginal Family of 0 to 5 year olds to help their Bub learn and grow

LET'S READ

Reading tip sheets in English, ten community languages and for Aboriginal families

STORY BOX LIBRARY

Australian children's books, read by a diverse range of local storytellers

MY HERO IS YOU

A storybook developed by and for children to help families around the world understand and cope with COVID-19

HI, THIS IS CORONAVIRUS

A COVID-19 book for children.

CBEBBIES

Games, shows, songs and colouring to help toddlers and preschoolers learn

SESAME STREET

Preschool games, videos and colouring pages

SESAME STREET IN COMMUNITIES

A range of activities and tips for the challenges and joys of parenting younger children

ABC KIDS LISTEN- APP

Songs, stories, news and podcasts, carefully selected to entertain and educate preschool-aged children

ABC PLAY SCHOOL: 50 BEST SONGS

A Spotify playlist with the 50 best songs from Play School

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ONLINE PLAYGROUPS

THE NORTHERN CENTRE

Supported playgroups for parents to share and learn while providing an opportunity for children to socialise, play and learn

PLAY & LEARN TIME

Free online Early Childhood Education and Care Program for parents and children

MAGIC OF STORYTELLING PLAYGROUP

Group to get updates on the playgroup, connect with other parents and learn about services

RELATIONSHIPS AUSTRALIA-COMMUNITY BUILDERS

Supported playgroups:
Chinese/ English- jianh@ransw.org.au and
Korean/ English- jisunk@ransw.org.au

EARLYED

Supported playgroups to meet with other families and for you and your child/ren to be involved in fun activities.

PLAYGROUP NSW

Find a playgroup and access parent resources

PRE-SCHOOL AND HOME SCHOOLING

NSW EDUCATION – LEARNING FROM HOME

Learning packages for parents and carers to use with their children and sample timetables

NSW EDUCATION – TRANSLATED RESOURCES

Learning from home advice in other languages

OZZIE

Videos designed to entertain, excite, engage and educate kids

ART FOR KIDS HUB

Family YouTube channel uploading new art lessons for kids M-F every week

TYPING.COM

Free lessons and fun activities teaching the foundations of techology

STUDY LADDER

Online education activities for students aged 4-12, mapped to the curriculum

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TOP MARKS

Fun mathematics activities suitable for preschoolers to primary school age children

ORIGO AT HOME

Guidance and instruction for continuing maths learning at home (US site)

MATHS STARTERS

Games, quizzes and more to start maths lessons

LITTLE LEARNERS LOVE LITERACY

Decodable books apps available as apps to engage children learning to read

STARFALL

Language, arts, mathematics and music activities for grades K-3 accessible through website or app

QUESTACON AT HOME

Fun science activity sheets for children from Grades K-12 to do at home

ABC BTN

Behind the news for older children

BBC- BITE SIZE

Collection of video lessons, worksheets, quizzes and games presented by year group and by topic, plus parent resources

COOL AUSTRALIA BLUEY EDUCATION AND TEACHING

Bluey educational resources for early learning and primary students

KITCHEN CLASSROOM

Recipes and hands-on activities to bring learning into the kitchen

BIG LIFE JOURNAL

Free printables and parenting tips to navigate children's stress going back to school

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HIGH SCHOOL

LEARNING SUPPORT PROGRAMME

Learning assistance to young people (Years 6-10) from disadvantaged migrant families

MOVEMENT AND RELAXATION EXERCISES

NSW HEALTH

Activities and resources to share ways to safely exercise during the COVID-19 outbreak

ABOUT KIDS HEALTH

Learn how to keep your child active and provide them with the support to stay motivated

GO NOODLE

Range of activities to help child and families get moving

COSMIC KIDS YOGA

Yoga, mindfulness and relaxation for kids

MOVE TO LEARN

Exercise videos for Pre-K- year 12

PLAYLIST- KIDS WORKOUTS TO DO AT HOME

A playlist with a variety of kids workouts

SMILING MIND

Mindfulness app and website for young Australians

NSW FAMILY SERVICES AND CHILD'S PLAY

Ways to keep kids under five active while inside

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COMMUNITY ACTIVITIES

ALLTRAIL MAPS APP

Hike, bike and run - Detailed hand-curated trails maps

WILD WALKS

Bush walk information

AUSTRALIAN MUSEUM

Free online Sydney Science Trail event filled with family-friendly science programs

NATIONAL MARITIME MUSEUM

Play, create, learn and discover with online games, activity sheets, print-out-and-make templates

NSW STATE LIBRARY

Online activities for kids and families

NEWY WITH KIDS

150 ideas for family fun during lockdown

SYDNEY OLYMPIC PARK

Explore the Park from the comfort of your home

TARONGA ZOO

Curriculum- linked virtual zoo lockdown lessons led by a qualified Taronga teacher

STORYTIME- CITY OF SYDNEY LIBRARY

Storytime and rhymetime online , suitable for 0-2 year olds. Sessions available in English, Mandarin and Auslan

SYDNEY OPERA HOUSE FOR KIDS

Digital content and hands on activities created especially to inspire young minds

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DIET & NUTRITION

DEPARTMENT OF HEALTH

Healthy eating during the COVID-19 restrictions

RAISING CHILDREN (1-8 YEARS)

Healthy eating habits information

RAISING CHILDREN (9-18 YEARS)

Healthy eating habits information

HELPLINES & WEBSITES

RAISING CHILDREN NETWORK

Sleep problems & solutions for kids & teens

PARENTAL EQ

Support for emotional and social challenges for parents with children aged 5-12

RESOURCING PARENTS

Find a parenting program near you

RANDOM ACTS OF KINDNESS

Resources for home to make kindness the norm

PARENT LINE NSW

Bluey educational resources for early learning and primary students Ph. 1300 130 052

BIG LIFE JOURNAL

Free printables and parenting tips to navigate children's stress going back to school

RELATIONSHIPS AUSTRALIA NSW

Relationships Australia publications

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MENTAL HEALTH

THE MENTAL HEALTH TEACHER

Education videos about mental health for children

KIDS HELPLINE

free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 as well as parents

BEYOND BLUE

Coronavirus Mental Wellbeing Support Service
Call 1800 512 348

1800 RESPECT

National sexual assault, domestic and family violence counselling service. Call 1800 737 732

BROTHER TO BROTHER

24 helping for Aboriginal and Torres Strait Islander men - 1800 435 799

EMERGING MINDS

Improving social and emotional wellbeing for Aboriginal and Torres Strait Islander Children

UNDERSTOOD

Resources and information for those who think differently

LIFE LINE

Suicide prevention and mental health support service - ph: 13 11 14

HEADSPACE

Mental health related resources and support

PANDA

Perinatal Anxiety & Depression Australia

MENSLINE AUSTRALIA

Telephone and online support and information service for Australian men PH: 1300 78 99 78

BLACK DOG INSTITUTE

not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders PH: 02 9382 2991

THE RESILIENCE CENTRE

Resilience resources and education and group training courses

ADDITUDE MAG

Information and resources about ADHD

NORTHERN SYDNEY LOCAL HEALTH DISTRICT (NSLHD)

For local service contact details and links to a range of health information

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PODCASTS

HAPPY FAMILIES

Short episodes targeting specific parenting questions and topics with Dr Justin Coulson

PARENTAL AS ANYTHING

Practical tips and answers to parenting dilemmas with Maggie Dent

SCREEN TIME & ONLINE SAFETY

ESAFETY

helping Australians have a safe and positive online experience and choose quality online material

ESAFETY FOR KIDS

Teaching resources and information for kids about how to be safe online

SCREEN TIME TIPS

Tips about screen time enforcement and rules

ESAFETY FOR PARENTS

Resources and information about the best strategies to help children stay safe online

RAISING CHILDREN

Screen time checklist for healthy use

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AUTHORS

***Can also be found on Instagram & Facebook**

COLLETT SMART

A psychologist, qualified teacher, speaker and author with experience working in schools

JUSTIN COULSON

One of Australia's leading parenting experts and an international speaker

JUSTIN & KYLIE COULSON

Parenting books and webinars as well as other resources

STEVE BIDDULPH

Books on raising children in the twenty first century

KAREN YOUNG

Books and resources on anxiety in kids and teens

MAGGIE DENT

Books and resources about a wide range of parenting tips and information

STEPHANIE PINTO

Resources about how to connect with kids and bringing back calm

THE GOTTMAN INSTITUTE

Research-based approach to relationships for couples and parents

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LOCAL COUNCILS

HORNSBY SHIRE COUNCIL

- What's on
- Library

KU-RING-GAI

- What's on
- Library

WILLOUGHBY CITY COUNCIL

- What's on
- Library

NORTH SYDNEY COUNCIL

- What's on
- Library

MOSMAN COUNCIL

- What's on
- Library

LANE COVE COUNCIL

- What's on
- Library

RYDE CITY COUNCIL

- What's on
- Library

HUNTERS HILL COUNCIL

- What's on
- Library

NORTHERN BEACHES COUNCIL

- What's on
- Library

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ACKNOWLEDGEMENTS

Note: this list gives an idea of resources available, however, there are many more wonderful resources available.

This resource collaboration is an initiative of the NSLHD Child Youth & Family Health Service in partnership with Relationships Australia-Community Builders.

Contributions have been made by the amazing staff at NSLHD Child Youth & Family Health Service and members of the Lower North Shore, Ryde/Hunters Hill, Northern Beaches, and Hornsby/Ku-ring-gai Child and Family Interagencies across the Northern Sydney District.

For more information contact:

- **Maria Comino, Relationships Australia- Community Builders Team**
- **Email: mariac@ransw.org.au**
- **Phone: 0434 379 786**



**LOWER NORTH SHORE
CHILD & FAMILY
INTERAGENCY**



**RYDE/HUNTERS HILL
CHILD & FAMILY
INTERAGENCY**



**HORNSBY/KU-RING-GAI
CHILD & FAMILY
INTERAGENCY**



Health
Northern Sydney
Local Health District



**Communities
& Justice**

Relationships Australia.
NEW SOUTH WALES

NBCFI Northern
Beaches
Child and Family
Interagency