














Online ECEI Resources for Families

Resources for Families carers and Children at home during this COVID-19 pandemic:

Name of Organisation & Resource	Contact and links	Comment
Carers support group and mental health resources		
 Carer Gateway	https://www.carergateway.gov.au/	Carer and parent support groups
 Carer Gateway	https://forum.carergateway.gov.au/s/	Online carer forum
 Carers Gateway online & Phone counselling services	https://forum.carergateway.gov.au/s/article/A-guide-to-counselling-for-carers	If you are feeling distressed and would like to talk to a counsellor, contact the Carer Gateway Counselling Service on 1800 422 737 8am to 6pm weekdays. For 24 hour support call Lifeline on 13 11 14.
 Perinatal Anxiety and Depression Australia (PANDA) Supports to help expecting and new parents concerned about the coronavirus	https://www.panda.org.au/info-support/managing-emotional-wellbeing-in-expecting-and-new-parents-affected-by-natural-disasters-global-crises-or-concerns-for-the-future https://theconversation.com/coronavirus-while-pregnant-or-giving-birth-heres-what-you-need-to-know-133619	PANDA has recently published a resource for expecting and new parents who are worried or experiencing symptoms of anxiety related to the coronavirus and other global crises and disasters. Because the virus is new we do not have a lot of information on the way pregnant, new parents, and babies might be impacted, however this is the information we do have.
 Beyond Blue	Looking after your mental health during the coronavirus outbreak https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak	Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) and offers wellbeing advice. You can find out more here .

 <p>emerging minds®</p>	<p>Supporting children during the coronavirus outbreak https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/?utm</p>	<p>This curated selection of resources will assist parents and carers to best to support their children and reduce worry and distress. It contains a video, fact sheets and tips about what you can expect and how you can help children cope.</p>
<p>Fun and educational Resources for children stuck at home</p>		
 <p>Story Time from Space</p>	<p>https://storytimefromspace.com/library/</p>	<p>Story time from space is such a great resource and will certainly be exciting and entertaining for children at home during this time.</p>
 <p>Goodstart Early Learning</p>	<p>If all of this sounds like something you and your child want to be part of, please talk to Good start Centre Director, or contact one of their Family Support Team on 1800 222 543. https://www.goodstart.org.au/goodstart-at-home/subscribe</p>	<p>Goodstart@Home is a free, regularly updated online collection of fun and enriching learning activities available for your family to discover at home. Some of the activities are designed for you to play together with your child, and some might even let you take a well-earned backseat while they explore and learn. It's a free, regularly updated online collection of fun and enriching learning activities available for your family to discover at home.</p>
 <p>Playgroup WA</p>	<p>https://www.facebook.com/groups/playgroupathome/wa/</p>	<p>A new Facebook group called Playgroup at Home WA . This group is for WA families with children aged 0-5 years and in it we will share many different activities and ideas to keep you inspired, entertained and connected while at home. We encourage you all to join us and share, interact, and have fun.</p>
 <p>Storyline Online</p>	<p>The SAG-AFTRA Foundation's award-winning children's literacy website, Storyline Online, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations. https://www.storylineonline.net/</p>	<p>Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each</p>

		<p>book includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners. Storyline Online is a program of the SAG-AFTRA Foundation. The Foundation is a nonprofit organization that relies entirely on gifts, grants and donations to fund Storyline Online and produce all of its videos.</p>
 <p>raisingchildren.net.au the australian parenting website</p>	<p>https://raisingchildren.net.au/toddlers/play-learning/play-videos?</p>	<p>Australian parenting website has got a large collection of parenting resources and good number of toddlers play videos that is accessible from their website https://raisingchildren.net.au</p>
<p>Kida Activities.com</p>	<p>https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/</p>	<p>Links to free K-12 educational resources such as audiobooks, e-books, videos, multimedia materials and more are also available on the Open Culture website.</p>
 <p>Encouraging Your Child's Smarts</p>	<p>https://www.focusonthefamily.com/parenting/encouraging-your-childs-smarts/</p> <p>https://www.oneplace.com/ministries/adventures-in-odyssey/listen/</p>	<p>Focus on the Family had amazing resources for children of all ages. Learn about eight "smarts" that will help you recognize your interests and abilities and help you strengthen them children's and the adventure in Odyssey stories for older children.</p>
<p>Inclusive Mandurah</p>	<p>https://www.facebook.com/inclusivemandurah</p>	<p>Encourage families to follow the Inclusive Mandurah Facebook page for community resource updates.</p>
	<p>Please visit the website for more information and the booking details and feel free to refer to families who would benefit from this. https://www.ngala.com.au/service/earlyparentingprogram/</p>	<p>During this period of COVID-19 where group sessions are unavailable, the Early Parenting Program is provided by Ngala Child health nurses through virtual sessions to support parents through various stages of their baby's early development.</p>

		<p>The following sessions are being offered:</p> <ol style="list-style-type: none"> 1. Early Parenting Groups (for parents of newborn babies aged 0-3 months) 2. A Solid Start (for parents of babies aged 4 to 6 months) 3. Let's Sleep (for parents of babies aged 6 to 12 months)
<p>Covid- 19 community and family Resources</p>		
<p>COVID-19 Community resources Hub</p>	<p>https://pwd.org.au/covid-19-hub/ https://pwd.org.au/covid-19-hub/accessible-resources/</p>	<p>A covid-19 community resource Hub developed by People with Disability Australia who also is one of the recipients of the current NDIS ILC grants</p>
<p>COVID-19 Social Story for Children</p>	<p>https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html</p>	<p>Some easy read information for children especially if schools do close</p>
<p>Teachable moments by NASA</p>		<p>Resource from investigating the universe</p>
<p>Kida Activities.com</p>	<p>https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/</p>	<p>Links to free K-12 educational resources such as audiobooks, e-books, videos, multimedia materials and more are also available on the Open Culture website.</p>