

RESOURCES TO SUPPORT PARENTS AND CARERS

The Department of Education and Training has a number of resources to support parents and carers with a range of issues from mental health and wellbeing, to bullying and looking after yourself.

Resource and link	Description
Looking after your child's wellbeing	<p>Tips and advice about wellbeing and how to build it through:</p> <ul style="list-style-type: none"> • Praise, encouragement and positive attention • Being mindful, and practicing kindness and gratitude • Setting rules and boundaries • Includes a range of easy, fun wellbeing activities and conversation starters for parents/carers and children to do together
Looking after your child's mental health	<p>Tips and advice about mental health including:</p> <ul style="list-style-type: none"> • Noticing changes in your child • Talking to your child • Getting support, accessing services and some helpful tools for parents and carers
Keeping your child active and healthy	<p>Tips and advice on ways to keep your child physically active and eating well with links to:</p> <ul style="list-style-type: none"> • FUSE – physical activity resources for remote learning - Links to a number of sites to encourage physical activity during remote and flexible learning • FUSE – Fun with food activities - Links to a range of activities that encourage healthy eating
Taking care of yourself	<p>Includes information on:</p> <ul style="list-style-type: none"> • Tips to take care for yourself • Services and supports for parents and carers
Talking to your child about coronavirus (COVID-19)	<p>Tips on having a safe and reassuring conversation with your child including:</p> <ul style="list-style-type: none"> • Adapting information depending on your child's age • Being guided by your child • Things to look out for in your child

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	<ul style="list-style-type: none"> Advice in a range of languages
Learning from home information for parents	<p>A range of information for parents and carers including:</p> <ul style="list-style-type: none"> Supporting your child's learning Supporting your child with additional needs
Parentline (13 22 89)	A phone service for parents and carers of children from birth to 18 years old. It offers confidential and anonymous counselling and support on parenting issues.
Bully Stoppers	<p>An online bullying prevention toolkit with advice and information for parents, carers and students about:</p> <ul style="list-style-type: none"> Bullying, cyber bullying and upstander behaviour Wellbeing with Melbourne Football Club – a series of videos featuring AFL and AFLW players talking about a range of topics including keeping active, resilience and gratitude
<p>Raising Learners podcast series</p> <p>Developed in partnership with the Parenting Research Centre, the Raising Children Network (RCN) and the Murdoch Children's Research Institute.</p> <p>Release date: September 1st and available on the RCN website</p>	<p>Raising Learners will provide parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school. The topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.</p> <p>Available September 1st</p>