List of COVID-19 Resources

We have collated a list of COVID-19 related resources for organisations working with children, young people and families in the ACT during these challenging times. The resources are grouped by the following headings:

- **Resources for practitioners/frontline workers**
- **Resources for families and children**
- **Resources for families with teenagers/young people**
- **Resources for organisations/governance issues**

We hope these resources help you in your work and private life. If you have any resources you would like to share please email them to comms@familiesact.org.au and we will include them in our list. We will aim to update the list on a regular basis.

Resources for practitioners/frontline workers

In this section you will find more general resources on COVID-19 provided by the ACT and Australian Government as well as from other organisations on how to support your clients, their families and children during the COVID-19 pandemic.

Government resources
- ACT Government COVID19 website
- ACT Government COVID19 resources
- ACT Government's new **COVID19 hotline on 02 6207 7244** between 8am and 8pm daily
- ACT Health: Mental Health and Wellbeing during COVID-19
- ACT Education: Home learning resources for students and families
- Australian Government Department of Health COVID19 health alert

Useful resources from other organisations
- Domestic Violence Crisis Service: Ways to increase safety during Covid-19
- SNAICC: COVID-19 resources for children, families, communities and services
- NACCHO: Aboriginal Health News Alerts
- Institute of Child Protection Studies: Safeguarding children during COVID-19
    - ICPS: Supporting shared parenting in the time of COVID-19 (Practitioner guide) (PDF, 256KB)
- International Society for the Prevention of Child Abuse and Neglect (ISPCAN): COVID-19 resources
- Center on the Developing Child (Harvard University): A Guide to COVID-19 and Early Childhood Development
- Centre for Excellence in Child and Family Welfare Factsheet: Organisational child safeguarding and coronavirus (COVID-19)

- National Debt Helpline: [COVID19 Financial survival guide](#)
- [Community Info Hub](#) (Volunteering ACT): [Updated Services & Programs Info Guide (due to COVID-19)](#)
- Lifeline: [Mental health and wellbeing during the Coronavirus COVID-19 outbreak](#)
- Black Dog Institute: [Coronavirus: Resources for anxiety, stress & wellbeing](#)
  - [My self-care plan (template)](#)
- Paediatrics.online: [COVID-19 information page](#) providing great resources on talking to children and young people including picture books, home activity ideas and TED talks for children.
- Ethnolink: [COVID-19 (Coronavirus) Translated Resources](#) - a resource on COVID-19 in 24 languages so far, with more to come.

Articles, videos and other relevant resources
- DMA, a service design agency developed in cooperation with Ainslie School [an artefact (poster)](#) visualising how the school will achieve 'home learning' together with the teachers, children and parents. Read more [here](#).
- Teacher Magazine article on [Teacher wellbeing during COVID-19](#)

Resources for families and children

This section includes resources for parents and families with practical tips and advice on how to deal with confinement at home, what constitutes normal child behaviour under these new circumstances and how to deal with difficult behaviour. We have included resources on how to talk to children and young people about the coronavirus, how you can support them during this time of social distancing as well as how to look after yourself.

Resources from other organisations
- WHO resources: [Parenting in the time of COVID-19](#)
  To help parents interact constructively with their children during this time of confinement, WHO developed six one-page tips for parents cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behaviour, managing stress, and talking about COVID-19.
- The Australian Psychological Society tips for coping with coronavirus anxiety.
- Relationships Australia: [COVID-19 and supporting healthy relationships in Australia](#)
- Relationships Australia (WA): [Coping with COVID-19 resources](#)
- Beyond Blue Coronavirus [Mental Wellbeing Support Service](#) (including resources)
- Emerging minds: [Supporting children during the COVID19 outbreak](#)
- Raising children website: [COVID19 and children in Australia](#)
  - [COVID19: talking with children about physical distancing and self-isolation](#)
  - [COVID19: tips and links to help families manage physical distancing or self-isolation](#)
- ARACY: [protecting your kids from COVID-19](#)
- BeYou & BeyondBlue's student Wellbeing Toolkit: [online resources to support student wellbeing](#)
- Institute of Child Protection Studies: [Supporting shared parenting in the time of COVID-19 (Parent guide) (PDF, 65KB)](#)
- The Parents website: [Coronavirus – a guide for parents to support their children](#)
- Lifeline: [Mental health and wellbeing during the Coronavirus COVID-19 outbreak](#)

- Paediatrics.online: COVID-19 information page providing great resources on talking to children and young people including picture books, home activity ideas and TED talks for children.

Articles, videos and other resources
- Jacinda Ardern's Conversations on COVID19: Psychologist Nigel Latta
- 'Let's quit trying to home school and start crisis learning instead' (Women's agenda article)
- Five ways to stay productive & sane while working from home (Women's agenda article)
- Look for the grey: A practical tool to tackle perfectionism (Women's agenda article)
- 'COVIBOOK' explaining COVID-19 to children under the age of 7
- For the kids: Sesame Street and Headspace have joined forces to create "Monster Meditations," kid-specific mindfulness content designed to teach the basics of mindfulness, meditation, and juggling emotions.
- For the grown-ups: Therapist Esther Perel has launched a free workshop series for adjusting to life under COVID-19.

Resources for young people
In addition to the resources for young people and their families provided above, we have included here resources speaking directly to young people going through the COVID-19 pandemic.

Useful resources from other organisations
- Headspace: We are here for you during COVID19
- 'COVID 19: How to not panic, but not to switch off'- A post aimed at young people who are going through the COVID-19 pandemic in Australia

Resources for organisations/governance issues
This section includes useful resources for executives and managers of community organisations providing advice and guidelines on how to support their employees working from home during COVID19 including advice on governance issues.

Useful resources from other organisations
- Institute of Community Directors Australia (ICDA): COVID19 response
  - ICDA: Working from home during the pandemic: Guidelines for not-for-profits
  - ICDA: What should I do about my AGM in the midst of COVID-19?
  - ICDA: Epidemic & Pandemic Policy template
  - ICDA: Basic working from home survival skills
- UN Policy Brief: The Impact of COVID-19 on children
- UN Policy Brief: The Impact of COVID-19 on Women
- The Centre for Social Impact (CSI)'s **impact2020 summit** starts on 23 April 2020 with daily webinars with educators, researchers and thought leaders who will share their research, expert insights, innovative thinking, case studies, tools and resources for the for-purpose community in Australia.

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