



Suggested Parent Resources for COVID-19 (Coronavirus)

Australia, alongside the rest of the world, is currently experiencing an unprecedented state of emergency. As you are aware, the Government, in conjunction with the World Health Organisation (WHO), have activated and sequenced social distancing and self-isolation protocols to protect human life and wellbeing. APPTA wishes to provide parents with useful resources for parents, children and families that may be supportive during this time of uncertainty. These resources have been organised into five categories. Firstly, resources for parents to read. Secondly, resources for parents to read and watch. Thirdly, resources for parents to watch with their children and families. Next, resources for parents to read with their children and families. And finally, a few children's activities about the coronavirus. The Board of Directors of APPTA hope that these resources prove useful to parents as you care for yourself, your children and your family.

1. To read:

- World Health Organization (WHO): Parenting in the time of COVID-19 [link](#)
- Weforum: Parenting in the time of COVID-19? Consider these 6 tips from the WHO [link](#)
- Emerging Minds: Supporting children during the Coronavirus (COVID-19) pandemic [link](#)
- Bruce Perry: The Pandemic Toolkit Parents Need. 8 expert tips to help families stay regulated [link](#)
- Australian Childhood Foundation: Staying connected with our children ([poster](#))
- The New York Times: 4 Ways to Help Your Anxious Kid [link](#)
- The Sector: Resources for parents and educators [link](#)
- Australian Psychological Association (APS): Tips for coping with coronavirus anxiety [link](#)
- APS: Maintaining your mental health during social isolation [link](#)
- APS: Coronavirus (COVID-19) anxiety and staying mentally healthy [link](#)

2. To read and watch:

- ABC: Coronavirus anxieties eased with Tasmanian therapist's song for kids [link](#)

- Raising Children – Information and videos on play across the ages and stages [link](#)

3. To watch with children:

- Playmobil: [RObert explains the corona virus to children](#)
- The Wiggles: [Social Distancing](#)
- The Wiggles: [Handwashing Song in Auslan](#)
- Play School: [Wash your hands](#)
- Baby Shark: [Wash your hands with baby shark](#)
- Kim St. Lawrence (children’s author): [Time to Come In, Bear: A Children's Story About Social Distancing](#)
- Ana A Gomez: [The story of the oyster and the butterfly: The corona virus and me](#)

4. To read with children:

- Australian Childhood Foundation: [Social Story](#)
- Australian Childhood Foundation: [Many ways to share a hug](#)
- Manuela Moina: [“Hello I am the Coronavirus!”](#)
- Malia Jones: [A Kids Book About COVID-19](#)
- Ana A Gomez: [The story of the oyster and the butterfly: The corona virus and me](#)
- Susan Perrow: [Stories](#) for the Covid-19 Pandemic for Young Children
- Conscious Discipline: [Shubert and Sophie Stay Home](#)
- Malaka Gharib: [Exploring the new coronavirus. A comic just for kids](#)
- Nosy Crow: [Coronavirus. A book for children](#)
- The Guardian: Axel Scheffler and Julia Donaldson's [coronavirus cartoons](#)

5. Children’s coronavirus activities:

- St Jude: Learn about the coronavirus [Coloring Book](#)
- PDB-101: [Coloring coronavirus](#)



Coronavirus 2020, painting by David S. Goodsell: image source [here](#)