



A WHERE TO GUIDE

for when you can't go anywhere!

Northern Sydney Edition

Lower North Shore LGA

Ryde/Hunters Hill LGA

Northern Beaches LGA

Hornsby/Ku-ring-gai Council LGA

Are you juggling life in lockdown with being a parent, homeschooling, 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.

September 2021






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Things to note:

- 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.
 - This list gives an idea of the resources available, however, there are many more wonderful resources available.
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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

MURDOCH INSTITUTE

Parenting in COVID

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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

INTEGRICARE

Playtime at home

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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

INTEGRICARE

Integricare has a number of early learning centres across Sydney that offer extended hours for busy families

LEARNING AT HOME

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

KITCHEN CLASSROOM

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

COOL AUSTRALIA

Bluey educational resources for early learning and primary students

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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

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

ALLTRAIL MAPS

Hike, Bike and Run - detailed hand-curated trails
maps

BUSHWALKS

Bush walk tracks

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COMMUNITY ACTIVITIES

STORYTIME

City of Sydney Library: Storytime and rhymetime online – suitable for 0-2 year olds – librarians present fun storytime sessions for pre-schoolers and rhymetime Sessions available in English, Mandarin and Auslan.

TARONGA ZOO ONLINE LESSON

Led by a qualified Taronga teacher, the curriculum-linked Virtual Zoo Lessons give the experience of being at the Zoo, and goes up close to animals (virtually!)

SYDNEY OPERA HOUSE FOR KIDS

variety of activities to watch, listen make and read from infancy and beyond

AUSTRALIAN MUSEUM

Fun science activities

NATIONAL MARITIME MUSEUM

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

QUESTACON

Questacon at home - Fun science activities for kids

BIG LIFE JOURNAL

Free printable journals with parenting tips for various ages

NSW STATE LIBRARY

Questacon at home - Fun science activities for kids

NEWY WITH KIDS

125 ideas for family fun during lockdown

RANDOM ACTS OF KINDNESS

Calendars full of kindness ideas

NATIONAL GALLERY OF VICTORIA

Experience NGV exhibitions and the NGV Collection with interactive virtual tours

ART GALLERY OF NSW

Photos of the collections of art and in museum features online

NEWCASTLE ARTS GALLERY

Virtual Tours of exhibitions

AUSTRALIAN MUSEUM SYDNEY

Online exhibits and collections

AUSTRALIAN NATION SURFING MUSEUM

Online exhibits and collections

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HELPLINES & WEBSITES

THE SLEEP CONNECTION

How to improve sleep for children

PARENTAL EQ

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

RESOURCING PARENTS

Find a parenting program near you

RAISING CHILDREN NETWORK

Sleep problems & solutions for kids and teens

COMMON SENSE PARENTING

Parenting advice for children of all ages

HEY SIGMUND

Building courage in kids and teens

PARENT LINE NSW

Free telephone counselling and support service for parents and carers Phone: 1300 130 052

ODYSSEY HOUSE

Rehabilitation services to address harms associated with alcohol and other drug use

RELATIONSHIPS AUSTRALIA

Useful resources to download

DEVELOPING CHILD

Center on the Developing Child Harvard University - brain architecture

SERVE & RETURN

The power of play - Serve and Return Guide: How Interaction with Children Can Build Brains

NDIS EARLY CHILDHOOD

NDIS Early Childhood Approach (Northern Sydney Early Childhood Partner)

NORTHERN SYDNEY LOCAL HEALTH DISTRICT (NSLHD)

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

TO REGISTER FOR ECEI WORKSHOPS

Cerebral palsy alliance programs and workshops

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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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MENTAL HEALTH

THE MENTAL HEALTH TEACHER

Education videos about mental health for children

LIFE LINE

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

KIDS HELPLINE

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

HEADSPACE

Mental health related resources and support

BEYOND BLUE

Coronavirus Mental Wellbeing Support Service
Call 1800 512 348

PANDA

Perinatal Anxiety & Depression Australia

1800 RESPECT

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

MENSLINE AUSTRALIA

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

BROTHER TO BROTHER

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

BLACK DOG INSTITUTE

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

EMERGING MINDS

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

THE RESILIENCE CENTRE

Resilience resources and education and group training courses

UNDERSTOOD

Resources and information for those who think differently

ADDITUDE MAG

Information and resources about ADHD

EMBRACE MULTICULTURAL MENTAL HEALTH

Embracing multiculturalism with translated information and resources

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LIVE!

SYDNEY OLYMPIC PARK

Virtual activities and tours

TARONGA ZOO

Virtual lessons

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

RAISING TEENS

How to raise teens with psychologists, teacher and internationally published author and speaker Collett Smart

ABC KIDS LISTEN

Podcasts for younger children

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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

This resource collaboration is an initiative of the amazing 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 in partnership with Relationships Australia-Community Builders ([Relationships Australia-Community Builders](http://relationshipsaustralia.org.au) - RANSW (relationshipsaustralia.org.au)).

For more information contact:

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**LOWER NORTH SHORE
CHILD & FAMILY
INTERAGENCY**



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



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



**NORTHERN BEACHES
CHILD & FAMILY
INTERAGENCY**



**Communities
& Justice**

Relationships Australia.
NEW SOUTH WALES