
Useful Online Support Resources

1 April 2020

Antenatal & Postnatal Support

Karitane Virtual Home Visits: [Virtual Home Visits](#) Phone: 1300 227 464 For parenting challenges around sleeping & settling, feeding, routine, toddler behavior, adjustment to parenting and post- natal depression

Ternity - Online courses for antenatal and early parenting classes: [Services](#)

Tresillian - [Tresillian Family Care Centres: Baby Advice & Parenting Tips](#)

Phone: 1300 272 736 Online support and parent help.

Child & Family Health: Email FamilyCareCentre@health.nsw.gov.au Phone: 95407322

Wellbeing for Children

Happy Families Podcast - Dr Justin Coulson. Download app. Like Dr Coulson on Facebook and benefit from regular posts. [Happy Families Podcast](#).

Raising Children Network - Social distancing, self-isolation and how to cope. Lots of good information about everything to do with babies & children [Raising Children Network](#)

Playdough Recipe: [No-cook play dough recipe](#)

Toddler Activities at Home: [40+ Super Easy Toddler Activities](#)

Childrens' Yoga (YouTube - Cosmic Kids Yoga): [Cosmic Kids Yoga](#)

Exercise, 5 Minute Routines (YouTube - The Body Coach TV): [The Body Coach TV](#)



Wellbeing for Children- Continued

Sutherland Shire Libraries - Join the Library, then scroll down to Email button to subscribe for remote activities: [Library](#)

Audio Books (Audible - selection of free titles for duration of worldwide school closures): <https://stories.audible.com/start-listen>

Wellbeing for Parents & Carers

Yoga (Relief Ekhart Yoga, Free subscription): <https://relief.ekhartyoga.com>

Exercise Routines (YouTube - The Body Coach TV): [The Body Coach TV](#)

Search Apps for exercise routine eg. Free 7 minute workout for time poor parents

Adjusting to Routine at Home with School Age Children - RedTricycle:

[How to Keep a Routine if School Is Cancelled](#)

Adjusting to Routine at Home with School Age Children - The Conversation:

[Kids at home because of coronavirus? Here are 4 ways to keep them happy \(without resorting to Netflix\)](#)

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ABC Podcast - Coronacast: <https://www.abc.net.au/radio/programs/coronacast/>

Apple Podcast - To help adults sleep - Nothing Much Happens: [Nothing much happens; bedtime stories to help you sleep on Apple Podcasts](#)

Beyond Blue: Provides information & support to help everyone in Australia achieve their best possible mental health. Phone 1300 224 636 [Beyond Blue: Anxiety, depression and suicide prevention support](#)

Black Dog Institute: [Black Dog Institute](#)

Lifeline: Phone 13 11 14



Early Years Support Service

Domestic and Family violence counselling, info & referral. Phone: 1800 737 732

Medical Links

Handwashing Poster: [Practise simple hygiene by washing hands regularly](#)

Australian Government National Health Plan, Primary Care Fact Sheet:

[Primary Care – Bulk Billed MBS Telehealth Services as PDF](#)

Healthdirect: Phone 1800 022 222 and download the App. [Trusted Health Advice | healthdirect](#)

General Practices have the capacity to do Telehealth services under Medicare.

Phone your GP practice to organise.