

MENTAL HEALTH AND WELLBEING THROUGH PLAY RESOURCES

Information on the power of play for parents and carers

The Great Gratitude Surprise (book) by Rod Soper <https://playingwithgratitude.com/the-great-gratitude-surprise/>

Early Childhood Australia <http://www.earlychildhoodaustralia.org.au/parent-resources/>

Raising Children Network - why play is important for the very young through to school aged children
<https://raisingchildren.net.au/newborns/play-learning/play-ideas/why-play-is-important>

Emerging Minds – the power of play and child wellbeing during COVID-19

- <https://emergingminds.com.au/resources/using-play-to-support-children-during-covid-19/>
- <https://emergingminds.com.au/resources/podcast/the-power-of-play/>
- <https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/>

Harvard Centre on the Developing Child – various articles on play and child development
<https://developingchild.harvard.edu/?s=play>

Ideas for play and things to do

Child Development Institute – play ideas <https://childdevelopmentinfo.com/child-development/play-work-of-children/pl5/#gs.9qb7hq>

Early Childhood Australia – shop <https://shop.earlychildhoodaustralia.org.au/>

Sydney Scenic Walks – public facebook page containing posts about scenic, local and child-friendly walks for the Sydney metropolitan area <https://www.facebook.com/groups/sydneyscenicwalks>

National Gallery of Australia – Art From Home <https://nga.gov.au/learn/artfromhome/>

Museum of Contemporary Art – the museum may be closed but you can take a virtual tour, view artworks and find fun activities online <https://www.mca.com.au/>

Waverley Library online activities - <https://www.eventbrite.com.au/o/waverley-library-2726730432>

The Art Gallery of NSW resources for children and young people making and appreciating art at home

- <https://linktr.ee/artgalleryofnsw?fbclid=IwAR32kYuQjQ9BK2BKvdEVBCUrRrXxYB4pmxPuw0X2e46yXm7INqhrmu1yQ9Q>

For younger children

- <https://www.playgroupnsw.org.au/ParentResources/PlayActivities>
- <https://www.northshoremums.com.au/fun-home-activities-with-kids/>
- <https://www.ideas.org.au/blog/what-to-do-in-isolation-in-the-school-holidays.html>
- <https://www.netdoctor.co.uk/parenting/baby-and-toddler/a35137593/lockdown-activities-kids/>

For young people

- <https://actuallymummy.co.uk/activities-for-teenagers-during-lockdown/>
- <https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-resources-young-people.aspx#resources>



Parenting and family support

School TV – offers supportive information for parents and educators managing home schooling during COVID-19 from educational psychologist Michael Carr-Gregg <https://schooltv.me/>

Parenting Ideas – helpful articles and resources for parents and educators <https://www.parentingideas.com.au/>

Local services

Waverley Council Family Support - our experienced family practitioner Stella Despinidis connects with families with young children to assist with information, advice or support for your child, family or your own wellbeing.

We understand that the current situation with COVID-19 restrictions creates additional pressures for families. Please feel free to contact Stella for further information or just to chat.

Stella works Mon, Tues & Wed and can be contacted on 0481 462 575 or stella.despinidis@waverley.nsw.gov.au

WAYS Youth & Family – offers a range of services for tweens, teens and their families <https://ways.org.au/>

Information and advice lines

Parent Line 1300 1300 52 <https://www.parentline.org.au/>

Kids Helpline 1800 55 180 <https://kidshelpline.com.au/>

COVID-19 Advice Lines and Referral directory contains a range of information including mental health and counselling support

https://www.waverley.nsw.gov.au/community/waverley_community_profile/community_support_during_covid-19