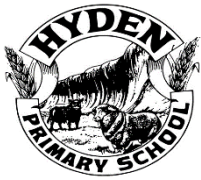


# Parent & Carer Resources



# Parent/Caregiver Resources

Organisation	Description	Website
<b>Self-Regulation and Executive Functions</b>		
Co-Lab – Collaborate for Kids (Telethon Kids Institute)	Fact sheets and advice on how to support the development of self-regulation and executive functions amongst children.	<a href="http://www.telethonkids.org.au/projects/HPER/executive-function/">www.telethonkids.org.au/projects/HPER/executive-function/</a>
<b>Literacy Development</b>		
Five from Five	Information about the five keys to reading, how to support literacy development at home and links to online games and apps.	<a href="http://www.fivefromfive.com.au">www.fivefromfive.com.au</a>
Australian Education Research Organisation	Introduction to the science of reading (how students learn to read) with links to education research evidence.	<a href="http://www.edresearch.edu.au/resources/introduction-science-reading">www.edresearch.edu.au/resources/introduction-science-reading</a>
<b>Numeracy Development</b>		
Dr Paul Swan	Parent friendly descriptions of the mathematics curriculum and associated home- based maths activities.	<a href="http://www.drpaulswan.com.au/planning/quick-curriculum-guides/">www.drpaulswan.com.au/planning/quick-curriculum-guides/</a>
<b>Positive Parenting</b>		
Raising Children Network	Australian website providing articles, videos and interactive resources tailored to different ages and stages, taking parents from nurturing newborns to raising confident, resilient teens and helping parents look after themselves too. Answers to 100's of parenting questions provided.	<a href="http://www.raisingchildren.net.au/">www.raisingchildren.net.au/</a>
Triple P – Positive Parenting Programs	An Australian and evidence-based organisation that provides tips and free online courses to support positive parenting.	<a href="http://www.triplep-parenting.net.au/au/triple-p/">www.triplep-parenting.net.au/au/triple-p/</a>
Ngala	Supports families with contemporary, inclusive, and evidence informed services that enhance the wellbeing and development of infants, children and young people. They provide a free parenting advice line for all WA parents and caregivers from conception to 18 years.	<a href="http://www.ngala.com.au/">www.ngala.com.au/</a>  Parenting line: 1800 111 546 (from landlines) 08 9368 9368 (from mobiles)

<b>Nutrition</b>		
Telethon Kids Institute	Evidence based information and advice for families about childhood nutrition including how to support fussy eaters and tips to help prevent children from developing allergies.	<a href="http://www.telethonkids.org.au/information-for/parents-and-families/">www.telethonkids.org.au/information-for/parents-and-families/</a>
Crunch and Sip	Information, recipes and lunch box ideas designed to increase the amount of vegetables, fruit and water consumed by WA children.	<a href="http://www.crunchandsip.com.au/parents">www.crunchandsip.com.au/parents</a>
<b>Mental Health &amp; Wellbeing</b>		
Telethon Kids Institute	Research and evidence about anxiety and depression	<a href="http://www.telethonkids.org.au/information-for/parents-and-families/">www.telethonkids.org.au/information-for/parents-and-families/</a>
Beyond Blue	Information about the mental health including the mental health continuum and available supports.	<a href="http://www.beyondblue.org.au/">www.beyondblue.org.au/</a>
Smiling Mind	Prevention focused mental health organisation that provides information on how to promote positive mental health at home and school including recommended resources, activities and a mindfulness app.	<a href="http://www.smilingmind.com.au/at-home">www.smilingmind.com.au/at-home</a>
<b>Cyber Safety</b>		
eSafety Commissioner	Information for parents about how to promote online safety for their children including gaming, cyberbullying, screen time etc.	<a href="http://www.esafety.gov.au/parents?gclid=EAlaIqobChMIva6k-9r5gQMVRs0WBR3o9QS_EAAYAyAAEgJdtfD_BwE">www.esafety.gov.au/parents?gclid=EAlaIqobChMIva6k-9r5gQMVRs0WBR3o9QS_EAAYAyAAEgJdtfD_BwE</a>
Telethon Kids Institute	Top 10 tips for cyber safety	<a href="http://www.telethonkids.org.au/information-for/parents-and-families/">www.telethonkids.org.au/information-for/parents-and-families/</a>
<b>Pregnancy</b>		
Telethon Kids Institute	Information about advice for healthy pregnancies	<a href="http://www.telethonkids.org.au/information-for/parents-and-families/">www.telethonkids.org.au/information-for/parents-and-families/</a>
<b>Health</b>		
Healthy WA	Information about a range of health topics from the WA government.	<a href="http://www.healthywa.wa.gov.au/">www.healthywa.wa.gov.au/</a>

<b>Safety</b>		
Kid Safe WA	Child accident and prevention foundation that provides information about home, road and play safety.	<a href="http://www.kidsafewa.com.au/">www.kidsafewa.com.au/</a>
<b>Sleep</b>		
Sleep Ninja	Evidence based smartphone app show to be effective at helping young people with sleep problems.	<a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/</a>
<b>Growth and Development</b>		
Puberty – online booklet	Illustrated, printable book about body changes, feelings, relationships and more produced by the	<a href="http://www.healthywa.wa.gov.au/~media/HWA/Documents/Healthy-living/Puberty/Puberty.pdf">www.healthywa.wa.gov.au/~media/HWA/Documents/Healthy-living/Puberty/Puberty.pdf</a>
Get the Facts	Department of Health WA website that provides information for individuals about puberty, bodies, relationships and other related topics.	<a href="http://www.getthefacts.health.wa.gov.au/">www.getthefacts.health.wa.gov.au/</a>
<b>Sexual Identify and Gender Diversity</b>		
Get the Facts	Department of Health WA website that provides information for individuals about diverse sexualities and gender diversity.	<a href="http://www.getthefacts.health.wa.gov.au/relationships">www.getthefacts.health.wa.gov.au/relationships</a>
Freedom Centre	Online resources including a glossary, information about online safety, mental health, coming out, identify and how to support LGBTIQ+ people. Counselling, workshops and training are also provided face-to-face.	<a href="http://www.freedom.org.au/learn/resources/">www.freedom.org.au/learn/resources/</a>
<b>Attention Deficit/ and Hyperactivity Disorder (ADD/ADHD)</b>		
ADDitude	Online guidance, resources and support for living better with ADHD and its related mental health conditions.	<a href="http://www.additudemag.com/">www.additudemag.com/</a>

Please let us know if there are any topics you would like us to recommend resources for by emailing [hyden.ps@education.wa.edu.au](mailto:hyden.ps@education.wa.edu.au)

## Useful contact numbers

Organisation	Purpose	Contact
Health Direct	Non-urgent health advice.	1800 022 222 24 hours a day, 7 days per week
Ngala Parenting Line	Free support service for WA parents and caregivers of children from conception to 18 years.	Call back service 1800 111 546 8am – 8pm, 7 days per week
Beyond Blue	Mental health support service.	1300 224 636 24 hours a day, 7 days per week <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Headspace	Online counselling to young people aged 12 to 25.	1800 650 890 9am to 1am daily <a href="http://www.headspace.org.au/ehespace">www.headspace.org.au/ehespace</a>
Kids Helpline	Free and confidential 24/7 online and phone counselling service for young people aged 5 to 25.	1800 551 800 24 hours a day, 7 days per week <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
MensLine Australia	Free professional phone and online counselling for men.	1300 789 978 24 hours a day, 7 days per week <a href="http://www.mensline.org.au">www.mensline.org.au</a>
1800RESPECT	Free counselling line for people impacted by family or domestic violence or sexual assault.	1800 737 732 24 hours a day, 7 days per week <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
Lifeline	Free support for people experiencing a personal crisis, contemplating suicide or caring for someone in crisis.	13 11 14 24 hours a day, 7 days per week <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Rurallink	After-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.	1800 552 002 Monday -Friday 4.30pm – 8.30am Saturday/Sunday 24 hours
Suicide Call Back	Crisis support and counselling service for people affected by suicide.	1300 659 467 24 hours a day, 7 days per week <a href="http://www.suicidecallbacksservice.org.au">www.suicidecallbacksservice.org.au</a>
13YARN	Crisis support for Aboriginal and Torres Strait Islander people.	13 92 76 24 hours a day, 7 days per week <a href="http://www.13yarn.org.au">www.13yarn.org.au</a>
QLife	LGBTIQ+ peer support and referral.	1800 184 527 <a href="http://www qlife.org.au">www qlife.org.au</a>