



kiddipedia®
Where parents go for their answers.

COVID-19 Tool Kit

Edition 2





Introduction

The COVID-19 era has presented our generation with the most exceptional set of circumstances; incomparable to anything we are likely to ever experience in our lifetime again.

I believe that it's during the most challenging times in life that we encounter our greatest growth. The reason for this is that we have to become something greater than what we are, to find solutions to problems we've never had or experienced before.

Life in lockdown is far different to the pre-COVID-19 era, bringing us a new sense of reality.

We can make a choice to either resist the changes in our lives, or grow through them.

Understanding the adversity everyone is facing, we have created a COVID-19 Tool Kit to provide you with expert information and advice.

The aim of the guide is to simply help and make a difference. I hope that it does that for you.

Remember the challenges we're facing won't last forever, but the people's lives you can impact through acts of kindness will.

Embrace this time with the kids; the special moments created during the stay at home era will soon become treasured times. It's these moments that create memories your children will talk about with their children and handed down through their families for generations to come.

Much love,



Rach

XoXo





Keyword Search

Save Time, Get Answers Fast



Kiddipedia's website is a good place to start for general information as our keyword search provides access to Australia's top parenting websites, and their articles, from one place.



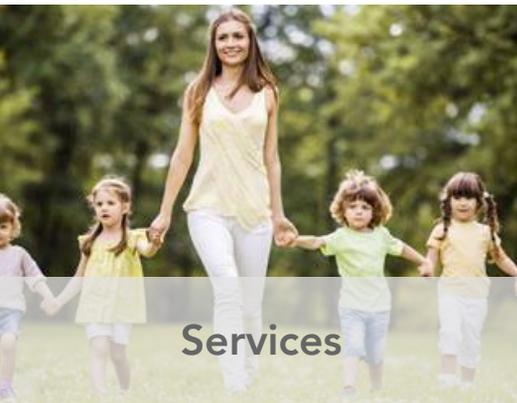
Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



Directory

Kiddipedia's Directory is another great place to find products and services to help you through the COVID-19 era.



Services



Clothing, Shoes & Accessories



Education, Development & Learning



Products



Manchester & Furniture



Keep them busy



Job seeking & Small Business Ideas



Toys & Outdoor Equipment



Children's Parties



Baby Products & Accessories



Baby to Toddler: Clothing & Accessories



Maternity Wear

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Stay at home.

Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.



Immunity-Boosting Articles



3 Tips for COVID-19 Nutrition

Stefanie Valakas APD

With the growing concerns around the spread of COVID-19, we are more aware than ever of our own health and the health of loved ones. While following our local government guidelines to limit the spread of COVID-19 is key, we can take control of our diets to help support a healthy immune system so it can respond quickly to this novel virus.

So how can you keep your whole family healthy during this time? Check out my top 3 nutrition tips:

For the full article, [click here](#)



Boosting Immunity with food options available

Sarah Smith

Let's start with a whack in the face with honesty – your immunity is pretty established already and starting to make change now is unfortunately going to make very little difference to whether or not you contract Coronavirus, the flu or another autumn bug. But right now, even that feels like enough so let's identify some top foods to include if you can.

For the full article, [click here](#)



5 One-pot Dishes to Boost the Immune System!

Marie-France Laval

Covid-19 is public enemy number 1 at the moment and following advice from Health Gov and AMA is the sensible thing to do. Hygiene and social distancing are effective action we can all take right now. Yes but can I boost my immune system?

In such a context it is only fair that many of us are thinking about “boosting our immune system”. I will use “boosting” interchangeably with “maintaining”, “optimizing” and...

For the full article, [click here](#)



Foods that Boost Immunity

LifeShape Clinic

Are you feeling a bit of Coronavirus (or COVID-19) overload right now? It's a fast moving story, with information coming from a lot of sources. When we have information overload, we tend to feel a bit confused or helpless. While the health authorities are focusing on preparing our health system, and isolating those that have been diagnosed, there are things we can do to minimise our own health risk.

For the full article, [click here](#)



Do your kids realise Food is Medicine?

Clare Zivanovic

As a lovingly parent, you want your kids to be the healthiest and happiest they can be. That's why you encourage them to eat fruits and vegetables, even when they complain.

You've learned over the years from your parents, teachers, books and TV programs that these foods are essential for growing bodies. But, do you realise these healthy foods are in fact MEDICINAL? Hiding inside healthy foods (e.g. fruits, vegetables, whole grains, legumes) are special powers...

For the full article, [click here](#)



Pregnant and worried about COVID-19? How diet can help boost your immune system.

Melanie McGrice

If you're pregnant and overwhelmed by the current COVID-19 situation, you have made it to the right spot! Understandably, you probably have a few questions on your mind such as 'can COVID-19 cause problems for a pregnancy?' or 'how can I protect myself from getting the virus while pregnant?'. While there is currently limited research on how this new virus might affect pregnant women...

For the full article, [click here](#)



Boosting Immunity Naturally for Better Health

Cherie Rivas

Our immune system functions to protect us against the constant daily barrage of microbial pathogens, foreign invaders and mutating cells. How easily we are able to resist and recover from disease is largely due to the strength and integrity of our immune system.

A robust immune system is created through a number of simple strategies, including a healthy diet and exercise, stress reduction practices and simple hygiene habits.

For the full article, [click here](#)



Healthy Happy Smart Kids

Jacinta Callaghan

As a lecturer of Nutritional Medicine, speaker and clinical nutritionist of over 10 years, specialising in children's health, I see when parents address the food intake of their children. Most often this results in children performing significantly better and their health reflecting the same.

How does this work? In essence, one of the most important parts of a child's education is their brain function.

For the full article, [click here](#)



What are nutrients and what do they do? How to answer kid's "why?" questions around food.

Alicia Edge

As parents, understanding the nutrients in food can help us not only in our confidence of providing a nourishing diet to our family, but also be a pretty fun way to bring discussion around food at the table without the morality of saying it is 'good' or 'bad'.

Kids love to ask "why?", so if we can feed that curiosity (pun intended) we can create an environment where food is fun and interesting – rather than something that they are feeling...

For the full article, [click here](#)



How to protect yourself and your family in the COVID-19 era

Jennifer May

As a mum of a young toddler, an asthma sufferer and someone with elderly and frail family members, I'm right with you on this one, the COVID-19 era is a challenging time for us all. Whilst we recognise that this virus will be mild for most young and healthy people – with children showing little to no symptoms, it's important that we protect our health care system from collapse. The healthier and more resilient we all are, the less likely we are to require medical care or hospitalisation – which preserves our medical centres and hospitals for those who really...

For the full article, [click here](#)



Foods to harness or hamper health

Gillian Harvey

Why isn't the health of Australians as good as it could be? In a nutshell, we live in an obesogenic food environment, which means that the foods that are promoted to us (and are most readily available) will eventually contribute to making us overweight or obese. Even while consuming too much energy from food – many people are almost malnourished in terms of micronutrients – vitamins and minerals. Micronutrients are required for all the essential functions of the body, including the immune system.

For the full article, [click here](#)



Stockpiling tips during quarantine

Brittany Darling

If you have potentially been exposed or have tested positive to the novel COVID-19, you will need to be in isolation or quarantine for 14 days. There are two factors I want you to consider when stocking up on foods: (1) shelf life, (2) nutrient contents of food to support your immune system.

Here are my top tips for what food items to stock up on...

For the full article, [click here](#)



Looking after yourself around food during lockdown

Sarah Smith

Think about how different the Coronavirus has made your situation with food. How many different things are there for you to manage around food right now? For the first time in a long time, many people are simply managing how to get enough to eat. It might be a change in food supply or a change in income that is putting food at risk.

For others, it may be about a whole new range of emotions that seem unrelated to food and yet they seem to pop up and have a huge effect on the way you are eating. For many people...

For the full article, [click here](#)

Activities for Kids



Keeping your family Entertained during COVID-19 Isolation

Dr Karen Phillip

As the virus progresses, we are seeing more families being isolated for their 2-week containment time. Sure, you can go outside but other than that you are housebound for the 2-week duration. I hear the shriek of screams but wait; help is at hand. Here are some helpful ways you can ward off the boredom. If parents need to work, then arrange your day around child activities. You may not be able to manage 9 am to 5 pm, but you can put in considerable time and effort if you plan appropriately.

For the full article, [click here](#)



5 Art Activities Using Household Items

Georgie Doherty

There is a bubbling anxiety and chaos creeping into homes across our country. With many parents choosing to self isolate or work from home and the looming possibility of school closures, it begs the question “what will I do with my kids during lock down?!”.

While its ok to loosen the rules at bit (hey, we’re in uncharted territory here), setting up invitations for children to create and make will keep them from climbing the walls and jumping on your goose feather couch.

For the full article, [click here](#)



5 Easy STEM play ideas and experiments for pre-schoolers using household items

Alice Zsembery

It is never too young to start teaching STEM to young children. In fact, pre-schoolers are naturally inclined to undertake STEM activities without us even realising it (!) as they process the world around them through questioning, observing and communicating. This early exposure to STEM is shown to develop critical thinking and reasoning skills, and helps support overall academic growth.

For the full article, [click here](#)



Activities to do with Children while in Isolation

Yvette Salvaris

Isolation does not have to be boring for kids. It's time to think outside the box and have a little fun at home. These activities are easy to do, and are a great way to help keep children calm and entertained during this difficult time.

Make your own bubbles. Bubbles are fun and easy to make. Why not make a bubble game where children have to try and catch a bubble and see how long they can hold it before it pops. Or even a bubble chasey game.

For the full article, [click here](#)



Five ways to keep the kids entertained during self-isolation.

Gumtree

An increasing number of Australian families are choosing self-isolation at home as a precaution to protect themselves from potential exposure to COVID-19. Ordinarily, when children are home for long periods, such as the school holidays, there are programs and activities available outside the home to keep them busy. In the case of a pandemic, however, it is time for parents to start thinking of ways to keep the kids entertained while on lock-down.

Fortunately, Gumtree has rounded up some top tips and tricks to help parents keep their kids...

For the full article, [click here](#)



170 Activities To Keep The Kids Busy In Isolation

Kiddipedia

When playing and creating we only need to provide a few essential core ingredients to begin with to provide an open ended play experience. With a few simple ingredients that we provide, and with their imagination children can, and do, create inspirational stuff.

Here are 170 ideas to keep your little ones entertained and engaged together. Remember the challenges we're facing won't last forever.

For the full article, [click here](#)



Games List the kids will enjoy in this time of Isolation

Andrea Castello

As we are all aware, the world is in a little bit of a state now. The Coronavirus and Covid-19 have placed the world into a spin and we are all doing our best to deal with our new reality, especially when it comes to our kids.

With all things, one of the government directives has been around social distancing and self-isolation, with some jurisdictions around the world moving to total lockdowns where people are confined to their homes for 14 days.

For the full article, [click here](#)



STEM – What is it? And how can I incorporate it at home?

Tutorsfield

To put it simply STEM stands for science, technology, engineering and mathematics. This acronym has also recently branched out to include an 'a'- STEAM- including 'a' for arts. STE(A)M is an approach to learning that involves each of these learning areas. In essence it's a way of learning that applies science, technology, engineering, mathematic concepts to solve real life problems/lessons.

For the full article, [click here](#)



Ways to Engage your Baby during Lockdown

Georgie Doherty

It's not the norm out there right now. With a corona virus epidemic at our feet and social distancing well and truly put in place I'm not surprised if you're feeling a little on edge about being confined to your four walls at home. Luckily for our tiny tots, they are none the wiser, and are full steam ahead in making a mess on our living room floor. Despite the scary noise and head lines on our TV screens, lets take a minute to zoom in on our babies and just watch

For the full article, [click here](#)



The Ultimate Isolation Survival Guide for Kids Parents Mostly *Nickelodeon*

With self-isolation underway, Nickelodeon has pulled together a Survival Guide to keep the kids busy and to stop parents from pulling their hair out.

We've launched #KidsTogether, a multiplatform, global prosocial initiative to help kids and families stay safe and keep busy at home! Nickelodeon's popular characters and talent, including SpongeBob SquarePants, Blue's Clues & You!, Henry Danger, and Bubble Guppies, are doing their part to help educate kids on how to practice social distancing and demonstrate proper...

For the full article, [click here](#)



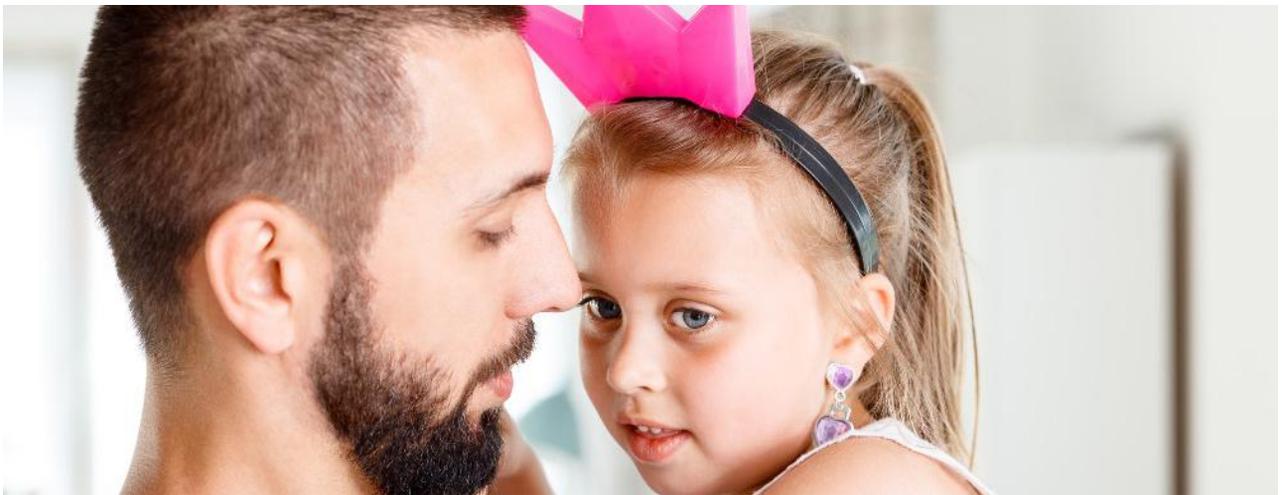
How to Entertain your Energetic Pre-schooler at Home *Alice Zsembery*

It can be so easy to turn on the screen time for 'just a little bit' or to resort to toy-buying in an attempt to keep them entertained at home... but the truth is, there are so many easy activities that you can do with little to no setup!

So, why not try these five (5) activities to get those bodies moving and squeeze every last morsel of energy out of those pre-schoolers without destroying your house!

For the full article, [click here](#)

Communicating with Kids about Covid-19



How to talk to your children about Coronavirus

Kari Sutton

With everything that's going on in our world it's very easy to feel incredibly overwhelmed by all of the information that we're hearing about Coronavirus COVID-19. The levels of anxiety in the community are rapidly rising and it is understandable if your children are feeling anxious too. They are hearing about Coronavirus COVID-19 from the media, at school in the playground and could be worried that they or someone they love is going to get sick. Many parents I've spoken with are wondering how to broach the epidemic. The following suggestions will provide you with practical strategies to empower your children with knowledge during this global ...

For the full article, [click here](#)



Discussing Coronavirus with your child

Adventurers

As everybody comes to grips with the implications of a type of coronavirus known as CoVID-19, it's a very uncertain time in the world. You only need to look as far as the local supermarket to see that people are scared about how events will unfold and how they can protect their loved ones.

Naturally, as music classes, swimming lessons and other outings are cancelled, children try to comprehend what's going on. Here are some top tips to help you speak to your children about...

For the full article, [click here](#)

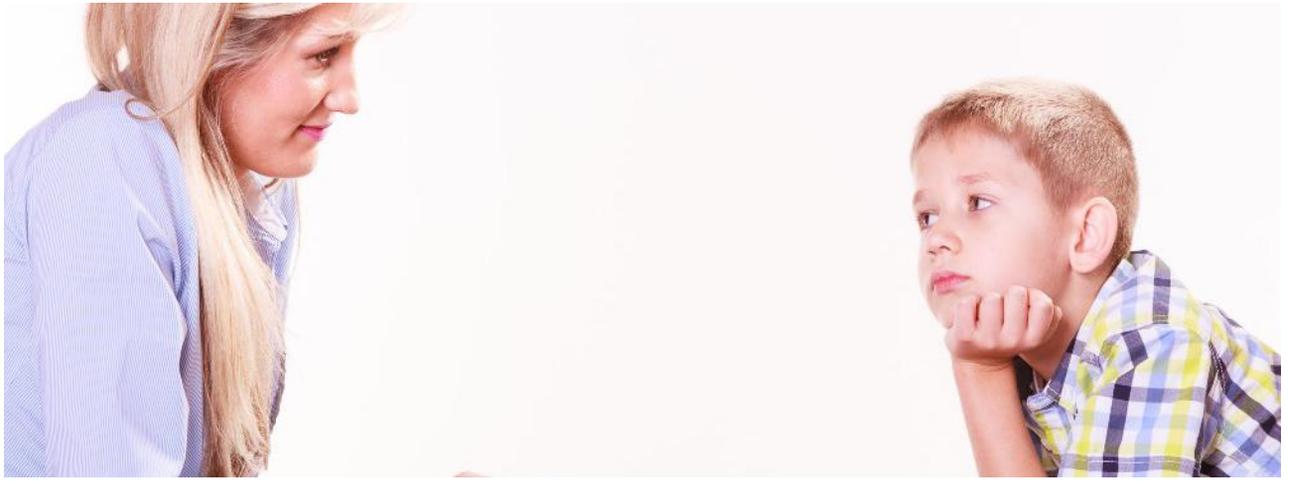


9 Tips for Speaking to your Kids about COVID-19

Rachel Tomlinson

Lots of people are pretty fearful right now about the Corona (COVID-19) virus. We are constantly being inundated with information about the virus; whether that be on the news or social media, its dominating conversations, or we see the empty shelves at our local supermarket and worry. Many parents are looking for reassurance and strategies to support their children at this time. Although I'm writing in response to the Corona virus pandemic, these strategies can be applied to any "big" event happening in your community that might impact on you and your child; like natural disasters and other health issues etc.

For the full article, [click here](#)



Talking to our children about Coronavirus (COVID-19)

Donna Cameron

As an adult the topic of COVID 19 or as we all know it as Coronavirus or Corona for short is everywhere, it is all we are talking about, reading about, seeing memes about and focusing on. There are fears for the future and daily new rules and restrictions that are impacting our lives. At least as an adult, we can find out the answers to our questions, we can listen and understand the news broadcasts and we can try our best to keep our anxieties under control taking one step at a time. But what about our children? How are they feeling while the world around them is in turmoil and how do we talk to them about this event that is new for all of us?

For the full article, [click here](#)



How to talk to your child about COVID-19

Brooke Batchelor

With the world looking very different and the future uncertain, you might be surprised to find that your children are likely just as worried. Children will always look to the adults in their lives for cues as to whether they need to be afraid or not.

A great example of this is when you meet an old friend who your child has never met. They may stand back, much closer to you, for the first few moments while they look to you for your response. Wondering, 'Is Mum or Dad happy to see this person?' or, 'Are they nervous about...'

For the full article, [click here](#)



Language to use when talking to your children about COVID-19

Amanda Curran

Children are intuitive beings, even more so than adults sometimes! So, when things change your child will feel that change but might not understand why it's happening and what the change has been caused by. This disconnect between the feeling they're picking up on and the reasoning behind it can cause underlying anxiety in your child.

Whether you have a toddler, a kid in primary school or a teenager in the middle of year 12, it's

For the full article, [click here](#)



How to talk to your kids about Coronavirus

Val Priekuli from You thrive

As the spread of the coronavirus continues to gain momentum globally, children are being exposed to frequent media updates, panicked behaviour, and anxious conversations. It's only natural that they will have a lot of questions about the pandemic, so it's important that adults can answer these questions appropriately to help reduce children's anxiety.

For the full article, [click here](#)

Immune Boosting Recipes



Fun & Healthy Recipes to Bake with kids

Sam Wood

We are all stuck at home and we don't know for how long so it's important we look at things we can do. There has never been a more important time to take care of our health from home so here are some delicious healthy snacks that you can make with your kids (and all the ingredients should be available). Stay active, stay creative and stay strong everyone.

For the full article, [click here](#)



Immunity Tea

Clare Zivanovic

This tea is suitable for all ages and acts as both a preventative and also helps treat infections that are present. Note: intake is best limited in those with bleeding disorders, heart failure or if pregnant.

For the full article, [click here](#)



Tropical Ginger & Turmeric Smoothie

Tilda Rice

This tropical smoothie is ideal for fuelling your workout. It's light and delicious, with wholegrain rice blended for a silky texture and slow release carbohydrates to keep you going from start to finish.

For the full article, [click here](#)



Blueberry Chia Jam on Toast

Wellness

Toast: Grainy, seedy wholemeal toast with unsweetened, unsalted peanut butter

For the full article, [click here](#)



Muesli Slice

Wellness

These store pretty well, normally up to a week in an airtight container. They don't last that long in our house!

For the full article, [click here](#)



Chicken Curry with Turmeric Basmati Rice

Sam Wood

This fragrant, quick and healthy recipe is perfect for a midweek meal or meal prep. Basmati rice is perfect for serving with curry. Add a dash of turmeric for an even healthier twist on this pantry staple.

For the full article, [click here](#)



Golden Lebanese Turmeric Cake Called Sfouf

Janelle Sultan

Oh hey turmeric semolina cake (Sfouf). Just look at the colour of this amazing sweet cake. Hailing from Lebanon, this cake called Sfouf in Arabic; it's moist on the inside with crispy edges as they turn golden brown (I love eating the edges – nom nom). When serving this cake, consider serving without the edges (keep them for yourself to gobble up – it's the moist inside that is prized) This is perfect to serve in the afternoon with some with cardamom coffee or tea.

For the full article, [click here](#)



Avocado Chimichurri with Portobello Steaks

Luke Hines

This recipe proves avocado isn't just for guac! Luke Hines' avocado chimichurri is a delicious addition to any meal. Try it topped on portobello mushroom steaks for a tasty plant based meal..

For the full article, [click here](#)



Veggie & Bacon Frittata

Wellness

Let's be real, we've all got left over veggies at the end of the week, so let's use what's there!

For the full article, [click here](#)



Lamb shanks with sweet potato mash

Magdalena Roze

These lamb shanks are one of my go-to recipes because they're incredibly simple to make, nourishing, versatile and flavoursome – the magic lies in the slow cooking. This gives the meat a chance to release all of its flavours and mesh with the others, while becoming deliciously tender too which makes it easier to digest too. While the lamb shanks present beautifully, they can very easily be replaced with much cheaper cuts to make more of a stew, which is what I often do for family dinners. Just ask your butcher what they recommend.

For the full article, [click here](#)



Seasonal farm vegetables with home made ricotta and carrot top salsa verde

Magdalena Roze

This dish is a celebration of the stunning fresh produce we're so lucky to have here, especially at the farmer's markets. If you've never made your own cheese before then ricotta is the perfect one to begin with. It's not only very easy but the leftover "whey" is nutritious and a great ingredient for baking things like scones, as a replacement for stock in risotto, or a boost to your smoothies.

For the full article, [click here](#)



Amazing Avocado Salad with Macadamia and Avocado Pesto

Luke Hines

Topped with delicious slices of Shepard avocados and an avocado and macadamia pesto, you'll understand quite quickly why Luke Hines calls this his Amazing Avocado Salad. Australian Shepard Avocados are available now. Shepard avocados fill the gaps while Hass avocados are out of season, giving Australians locally grown avocados year-round.

For the full article, [click here](#)



Healthier 'Fried' Chicken

The Ultimate Performance Cookbook

Fried chicken is a firm favourite treat for many people – but anything deep fried in oils is anything but helpful. That's why this version of the classic American dish is so much better for your waistline and your health – it's not deep fried in pro-inflammatory oils, but baked in the oven. The fat content and the calorie count is much lower but it has still got that great Southern-Fried taste so it feels like an indulgence. What's more it's incredibly cheap to make if you are on a budget. You can pair it with anything you want – oven-cooked potato wedges, or a great side salad drizzled in healthful extra virgin olive oil.

For the full article, [click here](#)



Kid Friendly Nourish Bowl

Wellness

In a world where health is at the forefront of most of the conversations online and IRL right now, you might be asking yourself how do I just keep my family's health in check? People are spruiking sentiments all over social to eat well, move your body and make a point of taking care of your mental health. Which are all indeed, great places to start. Now we're dietitians so we're here to shed some light on the 'eating well' part of that equation. More to the point... supporting your immune system through great nutrition.

For the full article, [click here](#)



Avocado Popsicles

Luke Hines

This would be an amazing treat for the kids while on break from homeschooling.

For the full article, [click here](#)



Vietnamese Beef Pho

The Ultimate Performance Cookbook

This Vietnamese Beef Pho is a healthy and nourishing dish that is packed with flavour as well as vitamins and minerals. For the uninitiated, a pho is a delicious broth served with a selection of fragrant garnishes such as fresh herbs, chilli and lime. Fresh coriander, Thai basil and mint often garnish a pho, along with a wedge of fresh lime, spring onions or chillies. You can also add fish sauce, hot sauce or soy and the result is an individual blend of strong, aromatic flavours from your broth. It can be served with rice noodles, or you can enjoy it with low carb alternatives such as courgette.

For the full article, [click here](#)



The Purple Greenie

Adam Bogatin

Acai is known to be full of antioxidants! The full effects of eating antioxidants is still being researched, however it is thought that a diet high in antioxidants could help reduce the risk of many diseases such as heart disease and certain cancers. Antioxidants are likely to reduce the free radicals in your body which in turn decreases the damage caused by oxidation. Apart from being healthy for you Acai is also delicious!

For the full article, [click here](#)

Indoor Physical Activities



Stay Active to Boost Immunity

Jane Kilkenny

During the current uncertainty surrounding CoVID-19 it is essential that we focus on our health and wellbeing, Staying active will boost our immune system, keep us fit and also help to reduce stress and anxiety.

Despite the chaos that surrounds us we still have control over our how we think, behave and react. As parents it is vital that we ensure that our stress levels remain under control so that we can support our children and maintain normality where possible.

For the full article, [click here](#)



How to stay in control of your fitness and nutrition while working from home!

Siobhan form Outer Strength Fitness

Right now we are smack bang in the middle of a pandemic where, for the most part, its impacts are beyond our control. For the general population losing a large degree of control over many aspects of their lives: health, finances, work and social contact (and at this point, even their supply of toilet paper!) has people feeling frustrated and, to be honest, a little bit lost.

For the full article, [click here](#)



6 fun ways to keep you & the kids active during quarantine

Emma Jory

Being stuck in the house with the kids, who are often glued to their devices can be a challenge. Kids need to move on a regular basis and so do you. Exercise is vital in our current situation with Coronavirus as it improves our immune system. It also ...

Improves our mental state & mood. Helps reduce stress. Calms the mind. Keeps the body relaxed. Reduces muscle & joint pain and tension. Gives an energy boost. Helps with bone ...

For the full article, [click here](#)



Express Workouts and Circuit Training at Home

LifeShape Clinic

Amidst current health concerns, it's a good idea to skip the public gym equipment right now. However keeping active is vital for both our physical and mental health, as well as keeping our immune system strong.

So, how do you get a good workout at home and skip the crowded group fitness classes? We've got a great interval and circuit training program you can do from home.

For the full article, [click here](#)



Body blast to stay active at home

Kate Allott

Kate Allott, Anytime Fitness' National Fitness Manager shares this high-energy bodyweight workout great for at-home or in the gym. It's guaranteed to utilise global muscle groups, get your heart rate pumping, and burn tons of energy.

Find an open space and complete 3 sets of each exercise in succession without a break in between. Time yourself, and see if you can do each set quicker than the previous.

For the full article, [click here](#)

Homeschooling



Difficult Times - How we can best Teach our kids at Home

Susan Spelic

It's a tough time around the Globe. Let's all take a big deep breath and think about what is important. As a mum I think mental health at this stressful time is the most important thing. Even though your child might be calm, they may be internalising their feelings. That being the case, it may be a good idea to talk about how it's normal to be feeling unsure when things change in our World. Validate their feelings but ensure that your child knows they are safe and supported by people who love them.

For the full article, [click here](#)



Expert Advice for Teaching your Child at Home

Dr Selina Samuels

With uncertainty around how governments and schools are going to respond to Covid-19, many Australian parents are looking for help with preparing for a homeschooling or remote learning scenario.

Experienced educator and Chief Learning Officer at Cluey Learning, Dr. Selina Samuels shares her top tips for maintaining continuity of learning at home...

For the full article, [click here](#)



Keeping children safe, well and calm

Andrew Oberthur

Keeping our children safe and healthy in our current climate, that is uncharted territory, must be the priority of everyone. Children are some of the most vulnerable in our community and hence rely on their caring adults to ensure their welfare. Young children, along with the elderly and those with existing medical conditions and low immunity are at most risk of contracting COVID-19. Therefore it is important to be informed about managing and minimising the risk and spread of the virus. It is also important to keep children calm, especially if they feel anxious or worried, having heard or seen the media coverage that may be causing unexpected community responses (such as panic buying of toilet paper!).

For the full article, [click here](#)



Parents encouraged to change the conversation from feeling the pressure of home-schooling to distance learning

Matific

As parents across the nation juggle work and home life, re-framing education expectations is an important step in the current time of uncertainty

With parents across the nation keeping their children at home due to the COVID-19 crisis – supporting their child’s education and learning has been a big topic of discussion recently.

For the full article, [click here](#)



5 tips to make homeschooling easier

Sharon Pegrum

Whether you have chosen to homeschool or have had this lifestyle thrust upon you there are strategies that will help you along the way.

As a parent who has homeschooled since day 1 (and ran a family daycare before that) I have had days that I felt like I had it all together and other days when I felt like I was failing on all levels. Thankfully I have now found a flow that works for me and my family. There are some pivotal concepts that create the basis of the way we work and I am sharing them with you today:

For the full article, [click here](#)



Advice to Parents Homeschooling their Kids

Dr Ryan Harvey

As Australian families grapple with the demands of homeschooling amid the coronavirus crisis, after-hours doctors are offering advice on how to maintain a healthy routine for kids.

House Call Doctor is Queensland's largest after-hours medical service and Clinical Director Dr Ryan Harvey said with more parents opting to keep their children home during COVID-19 restrictions, it was important families maintain balance and healthy habits.

For the full article, [click here](#)



Top Tips for Teaching Kids Mathematics at Home

James Burnett

With an increasing number of us parents trying to help our children continue their education at the dining table, it's only natural that tensions and anxiety will often run high as we try our hand at teaching. After all, we are used to professional teachers taking on this important task! How are we supposed to know what to do?

Teaching our kids at home is certainly a challenge, but it's not an insurmountable problem – given the right approach and the right tools.

For the full article, [click here](#)



10 Ways to Tell that Children are Learning Effectively at Home

Mandi Dimitriadis

There is a lot of talk about the impact that COVID-19 is having and will continue to have on our children's education. Parents are worrying that their children will fall behind, waste a year of schooling, or not learn anything while their schools are closed.

Schooling is certainly going to look different over the coming weeks and months as teachers find new ways to help their students learn from home. Parents will need to help their children learn at home as well as juggle the many pressures the COVID-19 situation is causing.

For the full article, [click here](#)



Homeschooling Tips for Parents

Hayden McEvoy

You're passionate about your children's education. But, you didn't sign up for being their teacher. And yet, suddenly, thanks to COVID-19, you're home-schooling. Whether you're teaching ABC's or motivating your high schooler to do their history homework, this pandemic induced home-schooling is a tough gig. Over the years, I've trained many tutors and students in my unique teaching philosophy. It's the philosophy which transformed my grades from D- to straight A's. And, I've seen those results duplicated in thousands of Aussie kids. In this time of crisis home-schooling, I want to share these skills with you.

For the full article, [click here](#)

Stress Management



How to respond to your child's anxiety about COVID-19

Dr Ameika Johnson

As concerns about COVID-19 intensify, many parents are wondering how to talk to their children about the virus. Most children will be aware that something significant is happening and it's natural for them to experience some anxiety. Here are some simple ways to help your child cope.

Focus on the relationship. The most valuable way to support your child is to simply be present to them. Take time to listen and reassure them that they are safe. Let them know you are here for them no matter what.

For the full article, [click here](#)



Resolving Stress During COVID-19

Anna Block

As a parent, you want to do everything you can for your family to protect them and yourself against the risk of Coronavirus. In this challenging time, it can be stressful when your regular routine is thrown out of sync, you've got the kids home from school and there's uncertainty in the air.

There are however, three key areas you can control – managing your emotions, your diet and sleep – in order to promote a more calm, relaxed household during coronavirus (COVID-19.)

For the full article, [click here](#)



Within these four walls

Chrissie Davies

Now more than ever, our children need us to be their place of calm, confidence and safe place. Whilst the rest of the world comes to terms with the events as they are unfolding at an alarming rate, we can only have positive influence over what is happening inside our own four walls. We have a responsibility as adults to ensure that our children understand that they are under no immediate danger, and that their family will be safe during this challenging time.

For the full article, [click here](#)



"OM" Meditation for Stress Management

Kim Norton

Meditation allows you to live in the moment, to calm yourself, to regulate your breathing, to help visualise your successes and to help you focus your attention on the "good" in your life. You can meditate anywhere at any time (you do not have to sit in the lotus position chanting "Om" in your designer gym wear) and it can be done in as little as one minute with a one-minute breathing meditation. See my last article "Just Breathe" for instructions on how to do this.

For the full article, [click here](#)



In each others pockets?

Jay Anderson

Spending time together is great – right? So many things we can do. For some families, being together is fun and enjoyable – for other families, it is stressful, distressing, boring or even conflictual. For some – the holidays are a "breeze", while for others it is a huge challenge. So when the country talks of people being isolated, and when things are cancelled.....and cancelled.....or don't happen. This is a big surprise, a challenge or distressful.

For the full article, [click here](#)



Helping parents being a couple through this challenging time

Donna Cameron

During this challenging time, we are feeling the stress as an individual, the stress as an employee or an employer, the stress as a parent and even the stress in our relationship with our partner. For many of us our worlds have changed and with that the usual routines are out the window. The family unit, how it looks and how it operated, is also going through an adjustment phase, so it is important to know how to adjust and survive this time.

For the full article, [click here](#)



Managing Pre-birth Anxiety during COVID-19

Lael Stone

In what should be the happiest time in a woman's life, many pregnant women are reporting it's a time of increased anxiety as they prepare to give birth during the Coronavirus pandemic.

With pre-natal classes now cancelled, and limits placed on the number of support people allowed in birthing suites, it's not surprising that mums-to-be are feeling more anxious than normal.

For the full article, [click here](#)



Staying COOL through COVID-19

Teach Ted

As parents, we feel exhausted from not only the usual chaos of day to day life with kids but also from continually monitoring our children's mental health and anxiety levels. There are often tears and meltdowns for no obvious reason and a constant need to know where we are going and when we'll be back. When my kids started behaving this way, my first concern was that something was going on at school – they're in that age group where kids' relationships start to get a bit tricky... but then I remembered that anxiety can come out in all sorts of ways and we've certainly had a lot of challenging things to deal with this year.

For the full article, [click here](#)



Calm in a Crisis

Jane Kilkenny

When we are subjected to an event that creates high levels of stress we can control the level of impact we sustain. Biologically our fight or flight response will kick in if there is imminent risk and this is our natural response to avoid danger. However when there are events that cause sustained periods of stress, such as the current Co-VID 19 outbreak, we need to be mindful of our reactions.

For the full article, [click here](#)



Panic-free Parody

Rachel Favilla

Fellow Australians, what we need right now is a good laugh and the uplifting atmosphere of a campfire sing-a-long.

In light of the recent Bushfires, I feel that lighting any sort of fire would be in poor taste. I also can't play the guitar and even if I could, it would have to be via a Facebook Live because we can't have our boganesque Aussie gatherings and practise social distancing too.

For the full article, [click here](#)



10 tips to 'calm the COVID farm'

Anita Van Rooyen

Kiddos are so intuitive, right? They sense when things are good, bad and ugly... They also sense panic, fear and distress... all of the things that we're facing right now.

So, what can we do to help 'calm our own farm' so that we can calm the menagerie in our home as well? We asked Anita van Rooyen, Human Behaviour Expert, for her top 10 tips... This is what she said...

For the full article, [click here](#)



Balancing Quarantined Life with Single or Solo Parenting

Rachael Scharrer

We are experiencing unprecedented times. We are learning about the new phenomenon of 'social distancing' and for many people they are facing isolation due to health concerns or government regulations. For divorced primary carer parents, social restrictions are incredibly hard and already unrelenting task of parenting even more intense without any relief. Rachael Scharrer, Life Change Counsellor and Separation Strategist at Divorce Answered, shares some tips for balancing quarantined life with single or solo parenting.

For the full article, [click here](#)



Keep calm and carry on... but in a different way

Yvette Salvaris

Isolation can lead to panic and anxiety which is not good for anyone. It's important that we look after ourselves and find ways to keep our minds occupied. If you find yourself in isolation it maybe the best time to learn a new skill via online courses. Online learning is a great way to occupy yourself and keep your mind active.

For the full article, [click here](#)

Managing COVID-19 Stress

Tips on looking after yourself



Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO



Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO



Make time to unwind.

Use a few minutes of your day to do something you enjoy.

Source: WHO

Connect with others.

Talk to people you trust about your concerns and how you're feeling.

Source: WHO



The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO



Tips & Safety



Baby-Friendly Home Cleaning Tips and Recipes

Jane Wilson

Having a baby changes the lives of everyone involved. The everyday routine of the new parents turns upside down, new habits come in the place of the old ones, and everything revolves around the idea of helping your child grow healthy and protected from bad outside influences. This includes the cleaning routine in the house – you start paying attention to labels, harmful ingredients, possible side effects of those ingredients, and all kinds of other information. It can be quite overwhelming, so to help you out, here are a few baby-friendly cleaning tips and recipes.

For the full article, [click here](#)



What instructions are your Maternity HealthCare Providers receiving to keep You, Your Baby and Themselves safe during your pregnancy?

Kathy Fray

It is physiologically normal during pregnancy to naturally be immuno-compromised (it is part of how your body doesn't reject growing your baby). But add into that fact, knowing that local Hospitals (where you may have been planning to give birth) are heaving with COVID-19 patients, and it can feel justifiably unnerving.

For the full article, [click here](#)



To Scan or not to Scan

Kathy Fray

That is a question during this Pandemic

Here's the general recommendations to keep everyone as safe as possible:

Woman only at all scans – no extra attendees (unless as emotional support during a suspected miscarriage confirmation scan)

For the full article, [click here](#)



What instructions are your Maternity HealthCare Providers receiving to keep You, Your Baby and Themselves safe during your Postpartum?

Kathy Fray

Obviously, every country has slightly different policies, but the below is a good general overview to know how often both yourself, and your newborn, should be assessed by a maternity health professional during the postpartum, to ensure both yours and your baby's well-being.

For the full article, [click here](#)



Boost Your Pregnancy Compromised Immune System

Kathy Fray

Not since the Spanish Flu a century ago has the benefit of having a robust Immune System been so important to mankind, globally!

However, pregnancy naturally weakens the immune system making women immuno-compromised.

For the full article, [click here](#)



5 ways to stop twins and multiples sharing germs

Naomi Dorland

People often dream of having twins that share everything! But the one thing you don't want them to share is germs. How can you stop them from doing this – particularly when they are prone to taking each other's dummies!

Unfortunately, if one of your twins or multiples is already starting getting sick, then it may be too late to stop the spread to the other baby/babies. However, here are 5 tips to stop twins and multiples sharing germs.

For the full article, [click here](#)



Properly chlorinated pool water safe for swimmers against Coronavirus (COVID-19)

Elena Gosse

AIS Water's CEO Elena Gosse has advised that swimmers can rest easy when it comes to concerns surrounding COVID-19 and swimming pool water. COVID-19 is an airborne virus which is unlikely to spread through water. Providing pool water is properly disinfected, swimming remains safe.

For the full article, [click here](#)



How to clean safely with a baby in the house

Fantastic Cleaners

There are so many benefits to being a parent, however, what comes with them is also the responsibility of keeping your baby safe. This requires constant awareness because sometimes the danger could lurk in the most unusual place.

That's the case with cleaning products. Whether they are offered in liquid, spray or some other form, all of them serve one purpose only – to eliminate bacteria to the fullest. This requires the inclusion of powerful ingredients in their composition like ammonia, chlorine, sodium hydroxide..

For the full article, [click here](#)



4 of the best natural cleaning products for your home

Andrea Fallon

With so many cleaning products on the market, it can be overwhelming deciding which ones to use.

There is literally a whole aisle in the supermarket dedicated to hundreds of different cleaning products. Most of these products work well, however they are usually full of harsh chemicals that can be hazardous to the health of your family.

For the full article, [click here](#)

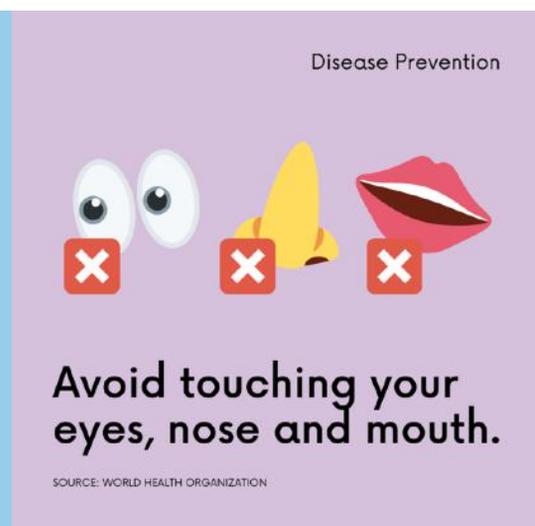
Coronavirus symptoms

(The following symptoms may appear 2-14 days after exposure.)

-
- Fever
 - Cough
 - Shortness of breath and fatigue
 - These symptoms are usually mild and begin gradually.
 - Seek medical advice if you develop symptoms, have been in close contact with a person known to have Covid-19 or live in an area with an on-going spread.
-

Call DOH hotline (02) 8-651-7800 loc 1149-1150 for appropriate management and referral.

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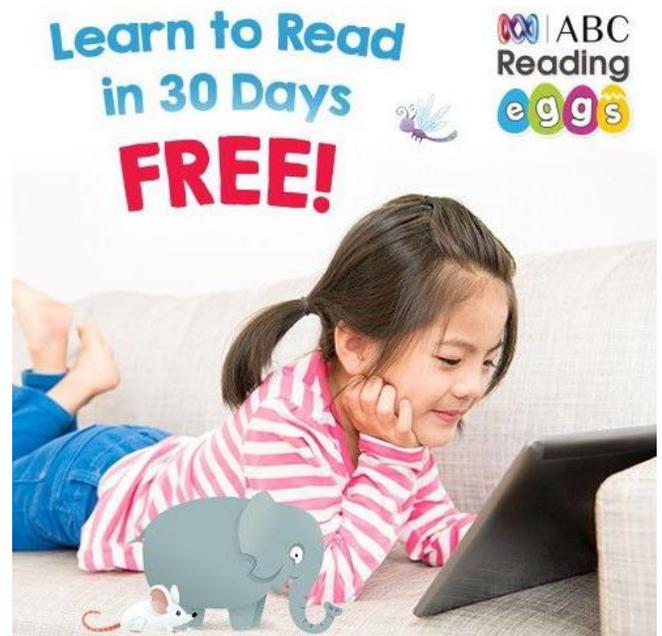
We stock a huge range of toys, games, puzzles, indoor and out-door activities from all the leading brands including LEGO, Fisher-Price, Ravensburger, Hasbro so you are sure to find something for kids of all ages.

With over 120 locally owned stores nationally Toyworld are committed to offering the best choice of toys and take pride in delivering knowledgeable advice and great customer service.

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Bring the classroom home! We're EXTENDING our 30-day free trial offer to help parents and caregivers during this stressful time. Your child will love the self-paced lessons, interactive phonics games and motivating rewards which help them master essential reading skills.



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Knowledge Builder

Educational games and resources. For 15 years Knowledge Builder has been designing and producing educational products for schools.

Our products are developed in-line with the Australian Curriculum and feedback from educators and classroom teachers. With our online store we can now offer our products to parents to use with their kids. All products come with easy-to-follow guides and activities.

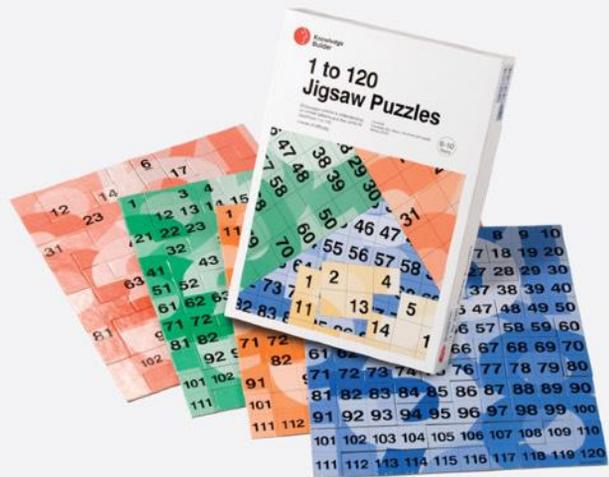
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At ThinkFun, we're passionate about our effort to make learning fun. It drives everything we do – and every game, brainteaser and puzzle we create. We love being the spark that ignites young minds and gives children an early learning advantage.



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Sylvanian Families live in the idyllic world of Sylvania. This adorable toy collection provides individual creativity and endless imagination through pretend play. Just like real families, these adorable animal figures have all kinds of family members to share their love.



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The Nebulous Stars® universe offers young girls from 7 years old a unique environment that combines aesthetics, well-being, and positive values. A wide variety of activities will keep children entertained while encouraging their personal development. In a world where children are affected by the chaos of modern life, this new line will allow them to reach a state of calm and well-being.

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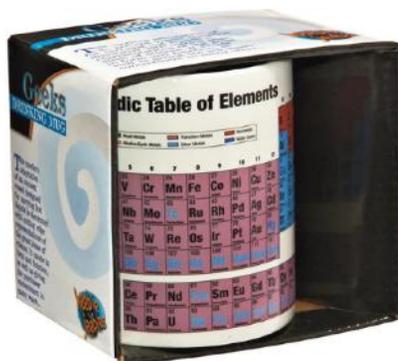
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Lava Lamp

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Australia's Top Parenting Resources

COVID-19 has brought unsettling change and adjustment to our lives. This may make many feel that things are a little out of control. One thing we can control is the quality of information we allow ourselves to consume.

Kiddipedia's website is a good place to start to access evidence based information and advice from subject matter experts and thought leaders.

The views and opinions expressed by our partnered parenting sites are of their editorial staff and contributors. Kiddipedia also provide a list Australia's National Helpline numbers which can be found [here](#).

The Australian Government's Department of Health website provides daily updates with the latest news, current facts and figures, key contact phone numbers and can be found here: <https://www.health.gov.au/>

I hope this guide helped provide some support during these challenging times and can assist you in being the best parent you can.

To help stop the spread of the Coronavirus in Australia be sure to follow the advice of the World Health Organisation and Australian Government.

For specialised medical advice please call the National Coronavirus Helpline on 1800 020 080. This number operates 24 hours a day, seven days a week.

Much love,

Rach
XOXO

Partner Parenting Sites





kiddipedia®

Where parents go for their answers.

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