

# Freemans Reach Public School

## Newsletter

Term 2 Week 6

2 June 2020



### Upcoming Events

#### TERM 2

All Events CANCELLED until further notice.

## WELCOME BACK STUDENTS



#### SCHOOL ENEWS AND FACEBOOK

Due to the constantly changing environment we live in, please continue to regularly check School Enews and Facebook for important updates.



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Relieving Principal: Lisa McGrath

### *From the Principal's Desk ...*

Welcome Back! It was lovely to welcome all of our students back last Monday and to see their bright, happy faces. I have sincerely enjoyed the excited, "Good morning Mrs McGrath!" at the gate. Now we are busy ensuring the children are settled and engaged in learning. After such a long absence we are also checking in on their well-being. All classes are focusing on assessment, as we will be delivering a modified form of report to reflect the temporary changes to their learning environment and the curriculum. You will receive your child's report in Week 10 of the term. These reports will cover the level of engagement, effort and achievement through both remote learning and class lessons. Grade assessment using the NSW Department of Education's A-E criteria, will not be applied this semester.

#### **DROP OFFS AND PICK UPS**

Thank you to our parents for such a smooth return to the first week of full-time face to face schooling. I understand that parents want to come in and see how the school has progressed, but we ask that you drop your child off at the front gate, without entering the school, where possible.

I thank the families who have been social distancing themselves as they wait inside the school gate in the afternoons and leaving the grounds straight away. This also makes coordinating bus lines more manageable.

#### **KINDERGARTEN 2021**

Enrolments for Kindergarten 2021 are now being accepted. **Children born between 1 August 2015 and 31 July 2016** are eligible to enrol. Please see the office for more details.

#### **OPPORTUNITY CLASS PLACEMENT TESTS**

The placement process for opportunity class entry in 2021, including the Opportunity Class Placement Test, has been delayed and changes have been made to the placement process for 2020 applicants only. These include:

- A new date for online applications. Parents must apply between Tuesday 9 June 2020 and Friday 26 June 2020. Late applications cannot be accepted.
- A new test date - Wednesday 16 September 2020.
- Principals will not be required to provide school assessment scores but are requested to verify the information entered by parents.
- Placement in an opportunity class will be based solely on the results of the test.
- The illness/misadventure or appeals processes will not be available.
- The Executive Officer of the Team and the Principal of the Primary School with an opportunity class will conduct the selection process.
- Offers will be made to successful students overnight on 1 December 2020.

If you would like further information, please see the front office for an information pack or to schedule a meeting with me.

I have taught an Opportunity Class myself for 13 years, and am looking forward to offering extended enrichment opportunities to the students of Freemans Reach PS.

Watch this space!

**Safe**

**Respectful**

**Environmentally Friendly**

**Learner**

## RETURNED LAPTOPS AND MATH RESOURCES

Thank you to all of our families who borrowed laptops. All 43 have been returned in record time! This has supported our students and teachers when planning for teaching and learning. We will also require all of the mini whiteboards and dice packs (delivered by the Easter Bunny last term) to also be returned for classroom use.

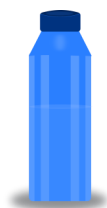


## ATTENDANCE

We have seen a marked improvement in student attendance from the pre COVID-19 days of Term 1. In all of Week 5 of Term 1, 63 students were absent (36.6% of the total population). Compared to student attendance for all of Week 5 in Term 2, only 33 students were absent (18.6% of the total population). Great job Freemans Reach Public School! We knew you missed us, we missed you too! Good attendance is an important element in supporting quality learning at school.

## WATER BOTTLES

Please remember to send your child/ren to school with a water bottle. At present, all bubblers are not in use. Water bottle refill stations are available to all students.



## BIRTHDAY CUPCAKES OR BISCUITS

We know that a birthday at school is very special. If you would like to send in birthday cupcakes or special treats, we ask that in this current climate of COVID-19, please limit these to shop packaged items. This will ensure some level of quality control and enable us to confirm ingredients used. Whole cakes that require cutting with large knives are not easy whilst supervising a class. Cupcakes or biscuits are a suitable alternative. Please be aware of dietary needs. Ask your child's teacher about appropriate treats to share as they know their class' needs.



I have had the pleasure of speaking with many families over this term. Thank you all for the continued support of our amazing school.

Kind Regards

Lisa McGrath  
Relieving Principal

## NOTICE FROM THE OFFICE

Now that students have returned to full time face-to-face learning; Freemans Reach Public School have reintroduced the SMS and email notification system for student absences.

You will receive an SMS or email by 11am asking you to respond with a reason as to why your child may be absent from school on that particular day. If your child/ren are absent on more than one day, you will receive an SMS or email for each child on each day that they are not in attendance.

Please reply with a simple text message, email response or a hand written and signed note explaining the absence so that we can list the absence under the correct code. **The Department of Education require absence explanations to be in written form, which means we can no longer accept a verbal reason over the phone or in person.**

Picture messages will not come through to us; if you need to send us a medical certificate, you can do this via the school email or send a hard copy in with your child when your child returns to school. Please also be aware that if your child/ren have been absent due to a cold, influenza or stomach issues we require a Clearance Certificate from their doctor allowing them to return to school.

With this system, it is important to keep your mobile phone number up to date, please contact the school office to amend this if needed.

## STATEMENT OF ACCOUNTS

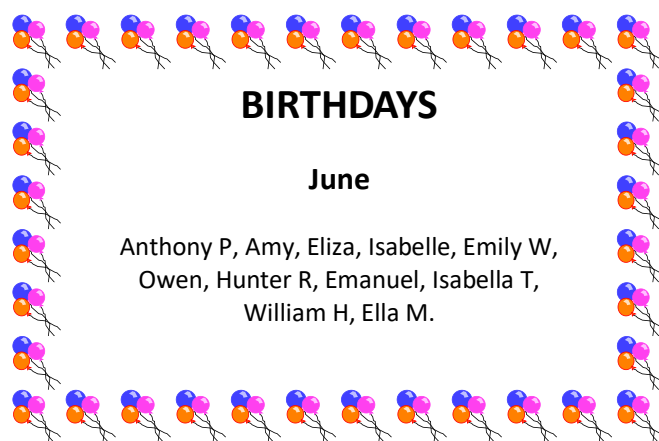
Please be advised that student statement of accounts are being sent home today to those families who are still owing fees for 2020.

Some of you may notice an unallocated credit on your statement of account. This credit is a result of an excursion you have paid for being cancelled (due to COVID 19), and your money being reallocated to fees in advance.

Should you wish to use your unallocated credit against the items listed as owing in your statement of account, please confirm this with the office.

If you are experiencing financial difficulties and need an extension on paying fees, please also contact the office.

Thank you.



Safe

Respectful

Environmentally Friendly

Learner

# FACT SHEET FOR PARENTS, GUARDIANS AND CARERS

## WHAT IS THE NCCD?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) takes place every year.

The NCCD is a collection that counts:

- the number of school students receiving an adjustment or 'help' due to disability
- the level of adjustment they are receiving to access education on the same basis as other students.

Students are counted in the NCCD if they receive ongoing adjustments at school due to disability. This 'help' allows them to access education on the same basis as a child without disability. The NCCD uses the definition of disability in the [Disability Discrimination Act 1992](#).

Schools provide this information to education authorities.

Go to *What is a reasonable adjustment?* below to learn about adjustments.

## WHY IS THIS DATA BEING COLLECTED?

All schools in Australia must collect information about students with disability.

The NCCD:

- ensures that the information collected is transparent, consistent and reliable
- provides better information that improves understanding of students with disability
- allows parents, guardians, carers, teachers, principals, education authorities and government to better support students with disability.

## Student with disability loading

Funding from the Australian Government for students with disability is based on the NCCD through the student with disability loading.

Students with disability who are counted in the top three levels of the NCCD (extensive, substantial and supplementary) attract the loading. Funding is based on a per-student amount at each of the three levels of additional support. The amount of the loading reflects the level of support students with disability need to participate fully in school, with higher funding for those who need higher levels of support.

Australian Government recurrent school funding is provided as a lump sum to school authorities including state and territory governments, which can then distribute the funding to their member schools according to their own needs-based arrangements.

The Government expects schools and school systems to consider their funding from all sources (ie Australian Government, state and territory and private) and prioritise their spending to meet the educational needs of all of their students, including students with disability. This can include payment of professional learning for staff and building inclusive cultures in schools.

## WHAT ARE THE BENEFITS OF THE NCCD FOR STUDENTS?

The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disability at school.

The NCCD encourages schools to review their learning and support systems and processes. This helps schools to continually improve education outcomes for all students.

## WHAT MUST SCHOOLS DO FOR STUDENTS WITH DISABILITY?

All students have the right to a quality learning experience at school.

Students with disability must be able to take part in education without discrimination and on the same basis as other students. To ensure this, schools must make reasonable adjustments if needed for students with disability. Educators, students, parents, guardians, carers and others (eg health professionals) must work together to ensure that students with disability can take part in education.

The *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005* describe schools' responsibilities.

## WHAT IS A REASONABLE ADJUSTMENT?

An adjustment is an action to help a student with disability take part in education on the same basis as other students.

Adjustments can be made across the whole school (eg ramps into school buildings). They can be in the classroom (eg adapting teaching methods). They can also be for individual student need (eg providing personal care support).

The school assesses the needs of each student with disability. The school provides adjustments in consultation with the student and/or their parents, guardians and carers.

Schools must make reasonable adjustments if needed. The Disability Standards for Education 2005 define 'reasonable adjustment' as an adjustment that balances the interests of all parties affected.

## WHO IS INCLUDED IN THE NCCD?

The definition of disability for the NCCD is based on the broad definition under the *Disability Discrimination Act 1992*.

The following students are examples of those who may be included in the NCCD if they need monitoring and adjustments:

- students with learning difficulties (such as dyslexia)
- students with chronic health conditions (such as epilepsy or diabetes).

## WHO COLLECTS INFORMATION FOR THE NCCD?

Schools identify which students will be counted in the NCCD. They base their decisions on the following:

- adjustments provided for the student (after consultation with the student and/or their parents, guardians and carers)
- the school team's observations and professional judgements
- any medical or other professional diagnoses
- other relevant information.

School principals must ensure that information for the NCCD is accurate.

## WHAT INFORMATION IS COLLECTED?

A student is counted in the NCCD if they receive reasonable adjustments at school due to disability.

Each year, schools collect the following information about the student, including:

- their year of schooling
- the level of adjustment received
- the broad type of disability.

For students who have more than one disability, the school uses professional judgement to choose one category of disability. They choose the category that most affects the student's access to education and for which adjustments are being provided.

A high level summary of the NCCD data is available to all Australian state and territory governments to improve policies and programs for students with disability.

## HOW IS THIS DATA USED?

The NCCD data informs funding and work by schools and sectors. It ensures that support for students with disability becomes routine in the day-to-day practice of schools. The NCCD also supports students in the following ways.

- The NCCD helps schools better understand their legislative obligations and the Disability Standards for Education 2005.
- Schools focus on the individual adjustments that support students with disability. This encourages them to reflect on students' needs and to better support students.
- The NCCD facilitates a collaborative and coordinated approach to supporting students with disability. It also encourages improvements in school documentation.
- The NCCD improves communication about students' needs between schools, parents, guardians, carers and the community.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) annually publishes high-level, non-identifying NCCD data.

## WHEN DOES THE NCCD TAKE PLACE?

The NCCD takes place in August each year.

## IS THE NCCD COMPULSORY?

Yes. All schools must collect and submit information each year for the NCCD. This is detailed in the *Australian Education Regulation 2013*. For more information, ask your school principal or the relevant education authority.

## HOW IS STUDENTS' PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students is an essential part of the NCCD.

Data is collected within each school. Personal details, such as student names or student identifiers, are not provided to federal education authorities. Learn more about privacy in the [Public information notice](#).

## FURTHER INFORMATION

Contact your school if you have questions about the NCCD. You can also visit the [NCCD Portal](#).

There is also a free [e-learning resource](#) about the *Disability Discrimination Act 1992* and Disability Standards for Education 2005.

This document must be attributed as *Fact sheet for parents, guardians and carers*.



# Parents and carers: 'essentials' toolkit

A directory of useful online resources and handy lists for parents and carers for the school holidays and beyond.

# Contents

☐ Introduction

☐ Top parenting books

☐ Top parenting podcasts

☐ Top parenting apps

☐ Top parenting websites

☐ Self-care tips for parents

## Introduction

Parents and carers are essential. What would we do without them?

Don't forget That's why we've created this toolkit. It's for all the hard working, patient and wonderful mothers, fathers, guardians and caregivers out there. That's right, we mean you.

Jam-packed with curated lists, self-care tips and helpful advice, it aims to give you a head start and support during the school holidays and beyond.

For more school holidays ideas and advice, go to:

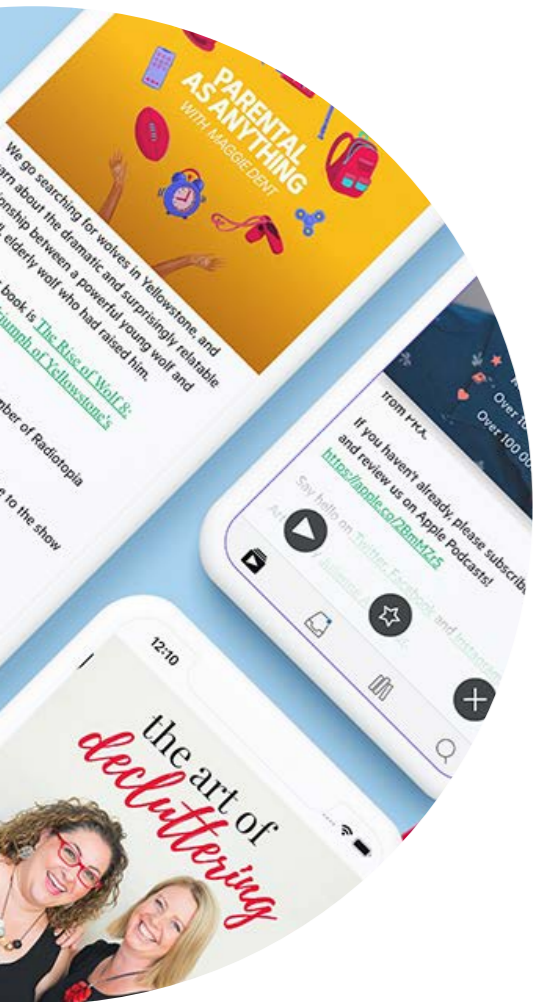
[education.gov.au/parent-and-carers/school-holidays](https://education.gov.au/parent-and-carers/school-holidays)



# Top parenting podcasts

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Whether you're doing late night nursing or chores around the house these school holidays, why not have some industry-leading voices in the background?



From child psychologists to mums-of-many to new dads doing a deep dive discussion, here are 17 insightful and relatable parenting podcasts to make any parent or carer feel less alone.

Happy listening!

## Australian podcasts

**Babytalk (ABC):** Babies don't come with instruction manuals but that just means that there's a lot to learn. This podcast will share insights and offer advice about living with your baby.

**Parental As Anything (ABC):** Join one of Australia's favourite parenting authors and educators Maggie Dent, to get tips and answers to your real-world parenting dilemmas.

**DadPod with Charlie Clausen and Osher Günsberg:** DadPod is a weekly podcast documenting the new Dad adventures of Charlie Clausen and Australian TV host, Osher Günsberg.

**The Art of Decluttering:** This weekly podcast shares tips and tricks for decluttering and organising your home. The hosts help take control of the clutter and reclaim your home as a peaceful retreat, where you can relax and regroup and raise your family.

**The Modern Mommy Doc Podcast:** The Modern Mommy Doc Podcast helps mums say "no" to unrealistic expectations for a balanced life, and say "yes" to what really matters.

**Everyday Motherhood:** Grab your pile of laundry and listen to this podcast for advice on how to care for yourself while mothering and walk away with a play idea to connect with your kids.

**Spot Family Podcast:** If you have a family, are a teacher, health professional or are even remotely interested in child development, health, or learning, this is the podcast for you. Cutting through the snake oil with deep dives into the science behind supporting you and your child.

**Happy Families:** The Happy Families podcast with Dr Justin Coulson is for parents who want all the answers but don't have any time. Each short, easily digestible episode sees Dr Justin address a specific topic, offer his expert advice and provide simple strategies to make families happier.

## International podcasts

**Spawned Parenting Podcast:** Liz Gumbinner and Kristen Chase are parents to six kids between them. They, and their guests, offer candid parenting culture discussions, non-judgemental tips, and a good dose of humor.

**Little Sprigs:** On this podcast, you'll find a mix of interviews and recordings focusing on early childhood education, communication and mindfulness.

**Mom and Dad Are Fighting:** Jamilah Lemieux and Dan Kois share their triumphs and failures while offering advice on parenting kids from toddler to teens.

**The One in a Million Baby:** This podcast by New Zealander Tessa Prebble tells the stories of the children and their parents who find themselves in that one-in-a-thousand, or one-in-ten-thousand, or even one-in-a-million position of having a child with special needs and how they've come to cope.

**The Mom Hour:** Co-hosts Meagan Francis and Sarah Powers have eight kids between them, little to grown. This weekly podcast offers practical tips and encouragement for mums who want to enjoy motherhood more, and cut back on comparison, worry, and stress.

**Unruffled:** Each episode addresses a reader's parenting issue through the lens of host, Janet Lansbury's respectful parenting philosophy. Janet is a respected parenting adviser, author, and consultant whose work informs, inspires, and supports caregivers of infants and toddlers across the globe to create relationships of respect, trust, and love.

**Turning This Car Around:** This is a podcast about parenthood from three dads, Lex Friedman, John Moltz and Jon Armstrong

**The Modern Dads Podcast:** The stories of modern dads. Men who are not only involved in their children's lives, but active and engaged in the decisions, the drudgery, the pain, and the joys of parenthood. Each episode discusses the issues modern dads face as they try to navigate work, parenthood, relationships, and play.

Not all of these podcasts will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.



# Top parenting websites

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The online resources worth bookmarking for every parent and carer.



There is a considerable amount of online parenting advice and information for all stages of your child's development from toddler to teen.

To make the search easier, we've curated some of the leading Australian parenting sites worth bookmarking.

## General advice

**Raising Children Network** - Supported by the Department of Social Services, the Raising Children Network offers free parenting advice in a variety of mediums, including videos and apps. It has information ranging from pregnancy topics through to raising your teenager, and adulthood.

**ABC Life** - Family - a collection of articles and advice addressing issues that families face, drawn from the ABC's extensive television, radio and online programs and publications.

**Parenting Ideas** - a collection of blogs, parenting guides and online courses intended to help parents raise happy, resilient children.

**Practical Parenting** - this is the companion website to the Practical Parenting magazine, collating articles on all stages of child development.

**SBS - Parenting** - articles, news stories and videos on parenting and related issues from [national broadcaster SBS](#).

**Kiddipedia** - this online encyclopedia collates parenting advice from a range of different sources, including government, non-for-profit and commercial sites.

**Ellas List** - A Sydney-specific selection of activities - both outside and inside the home - for your children and you.

## Activities and courses

**Resourcing parents** - this NSW Government website provides you with help on choosing between different parenting courses and explanations of some of the more popular ones on offer.

**Family Connect** - this activity, developed by [Uplifting Australia](#), aims to develop a family's listening, appreciating and emotional skills, along with self-responsibility.

**Parent Works** - this free online program is self-directed and is part of a research project conducted by the University of Sydney. It includes ways to manage challenging behaviour and improve parenting skills.

## Childhood stages

**Starting Blocks** - created by the [Australian Children's Education and Care Quality Authority](#). Starting Blocks has information on your children's developmental milestones, what to expect from early childhood education and care services, and information about caring for and entertaining your young child at home.

**Pregnancy, birth and baby** - provided on behalf of the Department of Health, this site covers a broad range of topics relating to children aged under 6. It also has sections tailored specifically for fathers, teenager parents and indigenous families.

**Karitane** - Karitane has information for parents and carers of young children, including sections on sleep, feeding and adjusting to parenthood.

**Early Childhood Australia** - this early childhood advocacy organisation has a range of resources for parents of children aged up to eight years.

**The First Five Years** - supported by [Goodstart Early Learning](#), the First Five Years covers early childhood, providing material on education and child development.

**Essential Baby** - launched in 1999, Essential Baby has an extensive range of information including sections covering the development of your child as a baby and toddler, lifestyle articles and health and beauty tips.

**Essential Kids** - Essential Baby's older sibling includes news and advice on puberty, discipline, health and wellbeing and educational activities to do with older children.

**Reach Out - Resources for Parents** - Reach Out offers support to the parents of children aged 12 - 18, including self-help content, online forums and individual support. It is part of [Reach Out Australia](#).

## Specific groups

**Deadly Tots** - this website contains details of groups, community events, courses and activities for Aboriginal parents and their children.

**SingleMum.com.au** - this website has a range of resources for single mothers, including [advice on solo parenting](#).

**Support for Fathers** - here you can find [information for dads](#) covering topics like balancing work and family life and bonding with their kids. Part of Relationships Australia - Victoria.

**The Fathering Project** - the Fathering Project provides resources and advice to Australian fathers and father-figures, including activities to do with kids, tips for raising teenagers and information on self-care. They also have a [YouTube channel](#).

## Support for parents

**Parentline NSW** - a telephone counselling, information and referral service for parents in NSW, available weekdays and weekends.

**Relationships Australia (NSW)** - this independent not-for-profit organisation has centres across NSW and offers family skills courses and relationships advice.

**Council for single mothers and their children** - Based in Victoria, this non-profit organisation offers phone and online support for single mothers.

**Parents Beyond Breakup** - Phone and online chat support for parents - particularly fathers - dealing with relationship breakdowns and separation.

# Top parenting apps

Need a last-minute activity idea to keep your child engaged and excited? There's an app for that!

We've got you covered these school holidays with 15 popular - and free - mobile apps to support you and your child's mental and emotional wellbeing.

## Apps for you

**Bright Parenting** - Available on the [App Store](#) and [Google Play](#).

This US-developed app is designed to help parents of children aged 2-10, with strategies to deal with difficult behaviour and methods of strengthening your parental bond.

**Child 360 app** - Available on the [App Store](#) and [Google Play](#).

This app is designed to assist you in supporting your child's emotional and social wellbeing, with suggestions on how you can build their resilience.

**Day by Day** - Available on the [App Store](#).

Developed by the [Victorian State Government](#), this app includes a collection of fun activities that you can do with your child around the home.

**Family5** - Available on the [App Store](#) and [Google Play](#).

Aimed at parents of children aged 1 to 12, Family5 has educational activities for you and your child to try together, as well as tips for developing positive parenting habits.

**Hello Joey** - Available on the [App Store](#) and [Google Play](#).

This app is designed to help you with some of the tricky issues that parents face, including disciplining your child and dealing with picky eaters. It includes some paid content.

**Learning Potential** - Available on the [App Store](#) and [Google Play](#).

This app helps you support your child's learning, from preschool all the way through to adulthood. It has been developed by the Australian Government Department of Education and Training.

**PBS Parents Play & Learn** - Available on the [App Store](#) and [Google Play](#).

This US-developed app comes with ideas for games you can play with your child.

## Apps for your child

**ABC Kids** - Available on the [App Store](#) and [Google Play](#).

Developed by the ABC and aimed at younger children, the ABC kids app has material to entertain and educate your child.

**GoNoodle** - Available on the [App Store](#) and [Google Play](#).

This app has a huge range of activity-based videos encouraging your child to move, dance and stretch.

**Khan Academy Kids** - Available on the [App Store](#) and [Google Play](#).

This app offers a broad selection of lessons on reading, language, writing and maths, as well as many other topics.

**Kinderling Plus** - Available on the [App Store](#) and [Google Play](#).

This Australian kids radio station plays family-friendly music, stories and lullabies - and it has some parenting tips for grown-ups too.

**Photomath** - Available from the [App Store](#) and [Google Play](#).

This app uses the camera on your child's phone to scan a maths problem and offer up ideas for solving, with the working shown in steps.

**Swift Playgrounds** - Available on the [App Store](#).

Swift Playgrounds will introduce your child to the basics of coding and will allow them to experiment as they learn. Suitable for children ages 12 and above.

**The Robot Factory** - Available on the [App Store](#).

Let your child's imagination run wild while they create robots and develop their creativity and problem-solving skills.

**Youth Beyond Blue** - Available from the [App Store](#) and [Google Play](#).

This app is designed to help teenagers talk to friends that they think might be struggling.

Not all of these apps will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.

# Top parenting books

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While the kids enjoy some light reading this school holiday, why not do the same and enjoy some books of your own?

Raising children of any age is challenging at best. Add the school holidays and the current world climate and it can be overwhelming.

Here are some great parenting books we've compiled to give you a head start and help you navigate raising children while juggling the rollercoaster of life.

## **Baby Love by Robin Barker**

This book offers expert advice for the first 12 months of every baby's life and full of Robin Barker's wisdom and humour, this classic guide has been fully revised, including new material on nutrition, food allergy and intolerance, and updates on safe sleeping, breastfeeding, reflux and immunisation.

## **Babies & Toddlers By Kaz Cooke**

This book has reassuring info, helpful suggestions, answers to your worries and is backed by the professional advice of more than thirty medical and other experts. Fun, practical and updated every year, Babies & Toddlers has everything you need to know about looking after babies and toddlers.

## **The Art of Growing Up by John Marsden**

John Marsden has spent his adult life engaging with young minds in this book he pulls together all he has learned from over forty years' experience working with and writing for children. He shares his insights into everything - from the role of schools and the importance of education, to problem parents and problem children, and the conundrum of what it means to grow up and be 'happy' in the 21st century.

## **10 Things Every Parent Needs to Know by Dr Justin Coulson**

Parenting expert Dr Justin Coulson shares the ten things every parent needs to know to raise their children in positive ways. They are also ways to make parenting easier for you - so you don't have to keep 'making it up as you go along'.

## **They'll Be Okay: 15 Conversations to Help Your Child Through Troubled Times by Collett Smart**

Teens and tweens are struggling with social media, relationships, and so much of what modern life is throwing at them. It's impossible for parents to be experts on every challenge their child is facing. This book is for parents of young people who want to keep their children safe, whole and happy.

## **Surviving Adolescents 2.0 by Dr Michael Carr-Gregg**

This book contains all the thorny issues that confront families with teenagers, such as technology, social media, risky behaviours, school and study problems, and much more.

## **Teen Brain by David Gillespie**

This book sets out clear, reasonable and effective rules to help you confidently manage your kids' use of screens at this critical point in their lives.

## **So ... You're Having a Teenager: An A-Z of adolescence from argumentative to zits by Sarah Macdonald, Cathy Wilcox**

This book is a straight-talking, not entirely sarcastic, informative guide to what for many parents are the most challenging - but interesting and exciting - years.

## **Anxious Kids: How children can turn their anxiety into resilience by Michael Grose and Jodi Richardson**

Anxious Kids offers parents a new perspective on their children's anxiety, encouraging them to view each episode as an opportunity to empower their kids with the skills to manage anxiety, and thrive.

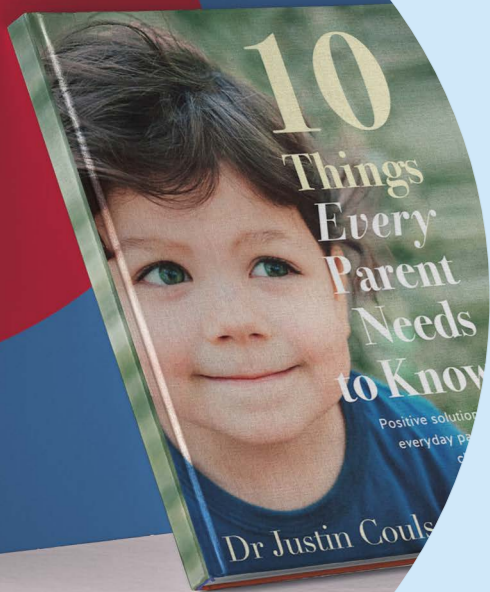
## **The Father Hood: Inspiration for the new dad generation by Luke Benedictus, Andrew McUtchen, Jeremy Macvean**

This book celebrates the growing tribe of hands-on dads who are discovering that becoming a father is the greatest opportunity a man can have to be better than he's ever been before; stronger, wiser and more compassionate. The Father Hood is the guide to helping modern dads thrive and survive in the only job that really counts.

## **Everyday Resilience by Michelle Mitchell**

In this book Michelle shows every family how they can cultivate resilience in their children or adolescents by focussing on 7 key traits – courage, gratitude, empathy, self-awareness, responsibility, self-care and contribution.

Not all of these books will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.



# Self-care tips for parents

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Every flight attendant says before take-off: place the oxygen mask on yourself first before helping others.

Self-care is incredibly important and can help to strengthen your family. If you're happy and healthy, you can be more attentive and engaged as a parent and spouse.

When developing your own self-care routines and rituals, keep in mind that the more often you manage your wellbeing the longer you will be able to sustain a happy and positive household.

Here are some ways you can look after your physical and mental wellbeing to ensure you have enough energy to continue to successfully parent and care for your children:

**Practice gratitude:** When you start to feel overwhelmed, try to think about the good things in your life. Even if it's just little things. This helps you change your mindset and focus on the present instead of potential future anxieties.

**Keep a journal:** Spend some time every day just writing out your thoughts. This can help you uncover feelings that are just under the surface. Once you know about these emotions and what's causing them you can deal with them directly.

**Meditate:** Just 5 minutes a day can help you feel rejuvenated. If you're new to meditation, you can try one of the many guided meditation options available. If this isn't for you, breathing exercises, closing your eyes or taking a bath can also create a meditative state helpful for reducing stress.

**Create a schedule:** Set aside some 'you' time in the schedule, whether it's going for a run, video-calling with friends or sitting down to read. If you have a partner, coordinate with them so you both get regular scheduled alone time.

**Listen to music or a podcast:** Music has the power to influence mood and energise. If you're feeling anxious, listen to calming music. If you're feeling sad, listen to uplifting music. The best part is you can listen to music while doing other tasks and you can even involve your family for an impromptu dance party if you feel everyone needs it.

Not all of these tips will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.

**Start or join a virtual book club:** Virtual book clubs have taken off since people can no longer meet in person, once a week/month meet up virtually with friends and family to discuss the book you've read. Not only will this help you talk to people outside of your family and help you concentrate on something else, but it will also give you a weekly/monthly goal.

**Start a new hobby or re-discover an old one:** Did you used to play an instrument? Have you always wanted to learn how to cook lasagna? Now is the time. Putting energy into a new hobby or skill or rediscovering old talents can help you to focus on the here and now, as well as help you feel a sense of accomplishment in learning something new.

**Colour in with the kids:** There's a reason adult colouring books have skyrocketed in popularity across the world. Just like it does for children, colouring clears the mind and channels focus into the task at hand, helping you to de-stress of other worries.




**Be kind to yourself:** Keep in mind that everyone is under a lot more stress than normal. You won't have the same level of resilience, patience and mental fortitude that you normally have, and that's ok. Give yourself a break, and manage as best you can. That's all anyone can do.



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We acknowledge the homelands of all Aboriginal people and pay our respect to Country.

## Say hello

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