



RESSOURCES



Projet de recherche
Adaptation des enfants âgés de 6 à 17 ans et de leur parent vivant
en contexte de pandémie COVID 19

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UQTR



Université du Québec
à Trois-Rivières
Savoir. Surprendre.



LaRIDAPE



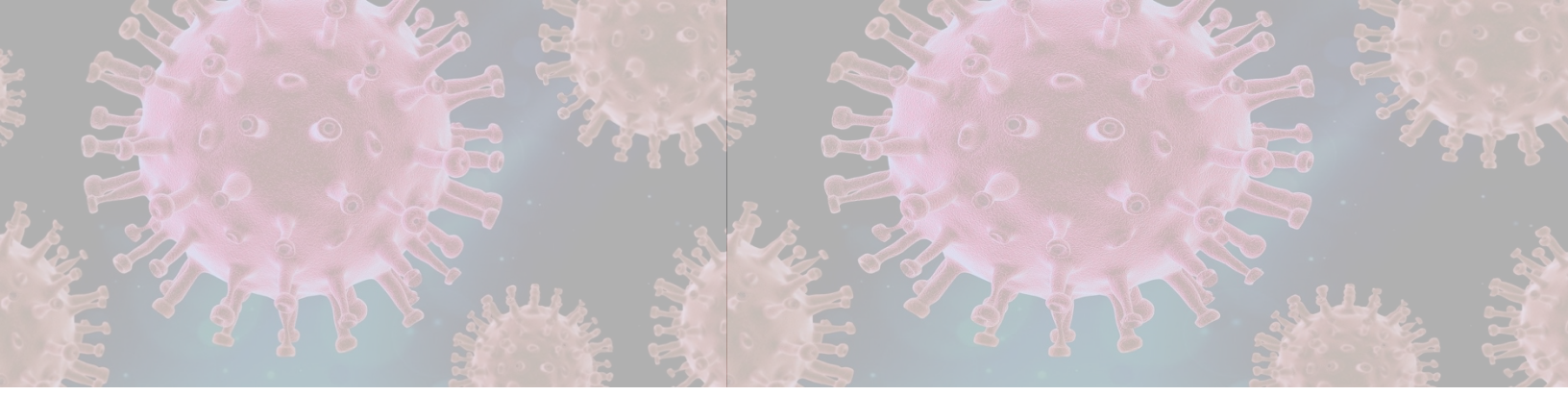


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Ressources Français – Pandémie

Info-social 811;

Info-Social 811 est un service de consultation téléphonique gratuit et confidentiel. Le 811 est le numéro de téléphone unique de ce service. Composer le 811 permet de joindre rapidement un professionnel en intervention psychosociale en cas de problème psychosocial.

- Vous traversez une situation qui vous fait vivre de l'anxiété.
- Vous avez des inquiétudes pour un proche.
- Vous vivez des difficultés dans votre famille ou votre couple.
- Vous vivez un deuil.
- Vous avez des questions concernant d'autres situations ou comportements qui vous inquiètent.

Par téléphone : 811

TEL-Jeunes;

- Service confidentiel si tu as besoin de parler de n'importe quel sujet (stress, anxiété, amour, amis, famille)

Par téléphone : 1 800 263-2266

Par texto : 514-600-1002

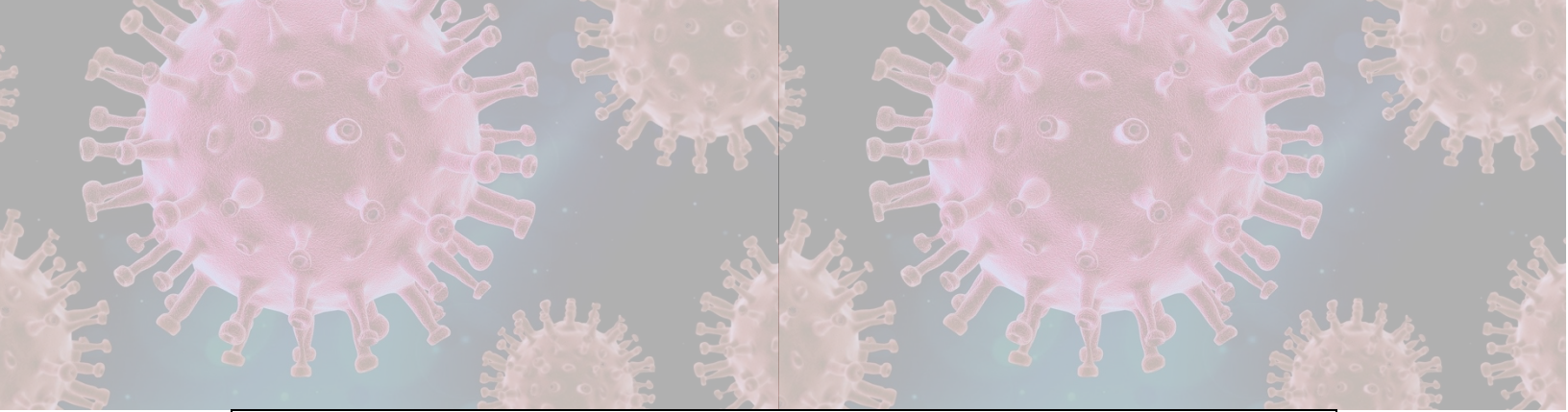
Discussion en ligne : <https://www.teljeunes.com/Tel-jeunes>

TEL-Aide;

- Vous vivez de la solitude, de l'angoisse, du stress au travail, des relations difficiles ? Vous souffrez de dépendances, subissez de la violence ou vivez des pertes dans votre vie ? Ils sont à l'écoute

Par téléphone : 514-935-1101

Site Internet : <http://www.telaide.org>

**Jeunesse, j'écoute ;**

- Jeunesse, J'écoute est toujours là pour toi. Tu peux communiquer avec nous, de n'importe où au Canada, par téléphone ou texto parce que nous sommes un service numérique de santé mentale 24 h sur 24 et 7 jours sur 7.

Site Internet : <https://jeunessejecoute.ca/information/nous-sommes-la-pour-toi-pendant-lepidemie-du-covid-19>

Par téléphone : 1-800-668-6868.

Par texto : Texte **PARLER** au **686868**

Ligne d'intervention et de prévention du suicide provinciale

Site Internet : <https://www.aqps.info/besoin-aide-urgente/liste-centres-prevention-suicide.html>

Par téléphone :

1 866 277-3553 (1 866-APPELLE)

Écoute, entraide

Écoute Entraide est un organisme communautaire qui a pour mission d'offrir du soutien aux personnes aux prises avec de la souffrance émotionnelle, par le biais de l'action bénévole et de l'écoute active.

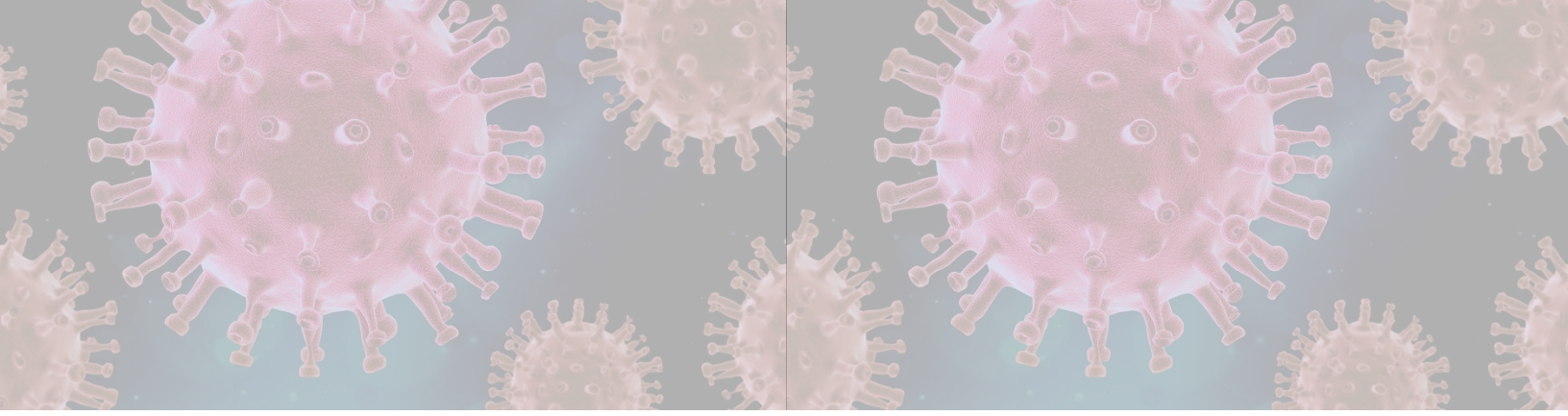
Par téléphone : 1 855 EN LIGNE (365-4463)

Site Internet : <https://www.ecoute-entraide.org>

Ordre des psychologues du Québec**Conseils aux ados pour traverser la crise de la COVID-19**

- Je me sens nerveux, frustré, en colère, etc.
- Je m'ennuie, je ne sais plus quoi faire de mes journées
- J'en ai assez de ne pas voir mes amis
- J'ai peur d'avoir à reprendre mon année scolaire
- Pourquoi je devrais suivre les directives de distanciation sociale ?

Site Internet : <https://www.ordrepsy.qc.ca/conseils-aux-ados-covid-19?>



Ordre des psychologues du Québec

Conseils aux parents en période de confinement

- La santé, **Les émotions et les comportements de mon enfant**
- **Et les parents dans tout ça?**

Site Internet : <https://www.ordrepsy.qc.ca/conseils-aux-parents-pendant-la-pandemie-de-covid-19>

Ordre des psychologues du Québec

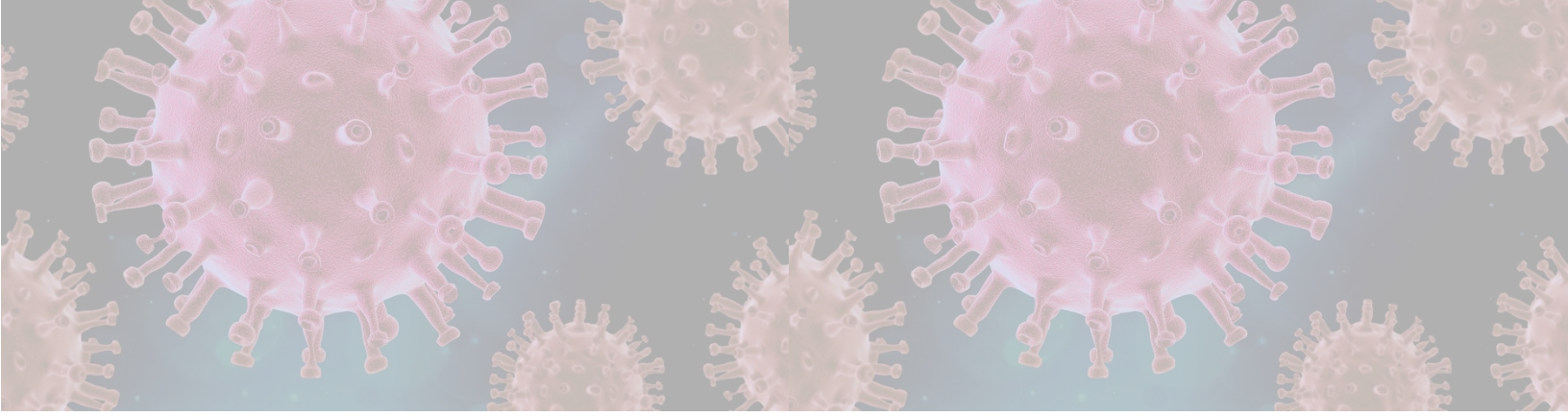
Intervenir auprès d'un enfant qui présente un trouble déficitaire de l'attention/hyperactivité (TDAH) durant une pandémie

Site Internet : https://www.ordrepsy.qc.ca/conseils-aux-parents-d-enfants-avec-tdah?utm_source=Cyberimpact&utm_medium=email&utm_campaign=COVID-19--Communication-du-22-avril-2020

Ordre des psychologues du Québec

Conseils aux enfants de 6 à 11 ans

Site Internet : https://www.ordrepsy.qc.ca/conseils-aux-enfants-de-6-a-11-ans?utm_source=Cyberimpact&utm_medium=email&utm_campaign=COVID-19--Communication-du-22-avril-2020



Association québécoise des CPE

Boîte à outils des parents

Vous êtes parents d'un enfant entre 0 et 5 ans? Voici une série d'outils qui pourraient vous être utiles en cette période spéciale de pandémie de COVID-19! Des informations sur le développement global de votre enfant, des trucs pédagogiques, des conseils de santé...

Site Internet : <https://www.aqcpe.com/covid-19-quelques-informations/boite-a-outils-des-parents/>

Ligne Parents

Soutien professionnel gratuit 24/7

La situation actuelle peut être plus difficile à vivre pour certaines familles. Dès maintenant, LigneParents et la Fédération québécoise des organismes communautaires Famille (FQOCF) unissent leurs forces pour créer **Priorité Parents**. Grâce à ce projet, LigneParents propose à certains parents de bénéficier d'un accompagnement personnalisé offert par un intervenant d'un organisme communautaire Famille.

Par téléphone : 1 800 361-5085

Site Internet (Clavardage en ligne) :

<https://www.ligneparents.com/LigneParents>

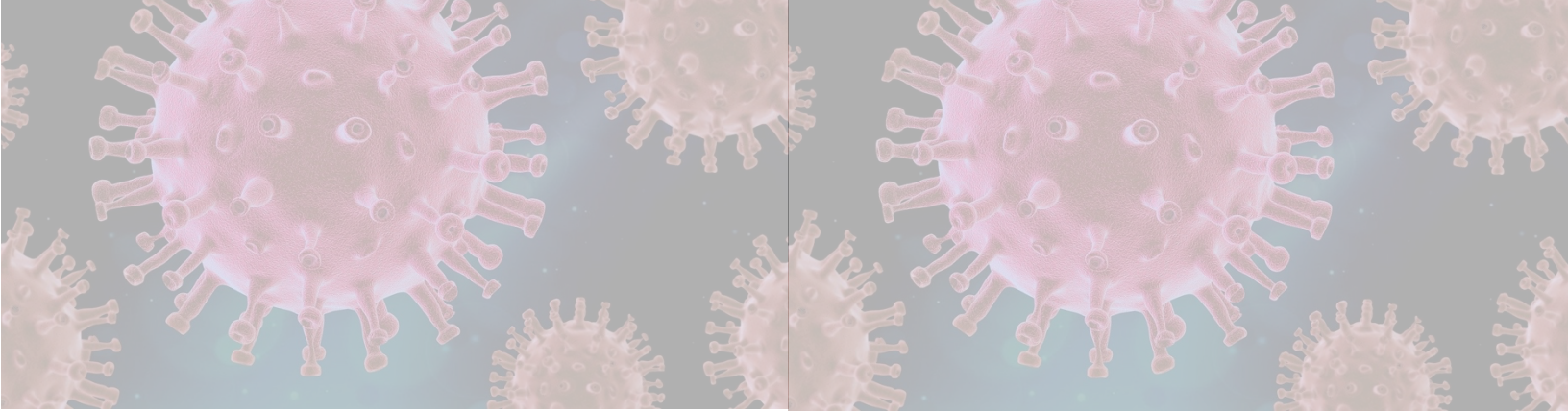
Pandemic - English and French version

School Mental Health Ontario/ Santé mentale en milieu scolaire Ontario

Do you have questions about how to support student mental health during the COVID-19 response? We've put together some answers.

****Site Internet disponible en Anglais et Français ****

Website: <https://smho-smsso.ca>

**Kids Help Phone**

Kids Help Phone is always there for you. No matter what you want to talk about, we're here to listen. No judgement, totally private, 24/7.

Website (Live Chat): <https://kidshelpphone.ca>

Phone: [1-800-668-6868](tel:1-800-668-6868)

Text: Text CONNECT to [686868](tel:686868)

Jack.org

Covid-19 youth mental health resource hub.

Jack.org is Canada's only charity training and empowering young leaders to revolutionize mental health in every province and territory.

Website: jack.org

Child Mind Institute**Supporting Families During COVID-19**

We know parents are struggling to balance work, child care and self-care while keeping worries — both your children's and your own — under control. You don't have to do it alone.

Website : <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Family and Children's Services/ Services à la famille et à l'enfance

COVID-19 Resources for Families and Youth

****Site Internet disponible en Anglais et Français ****

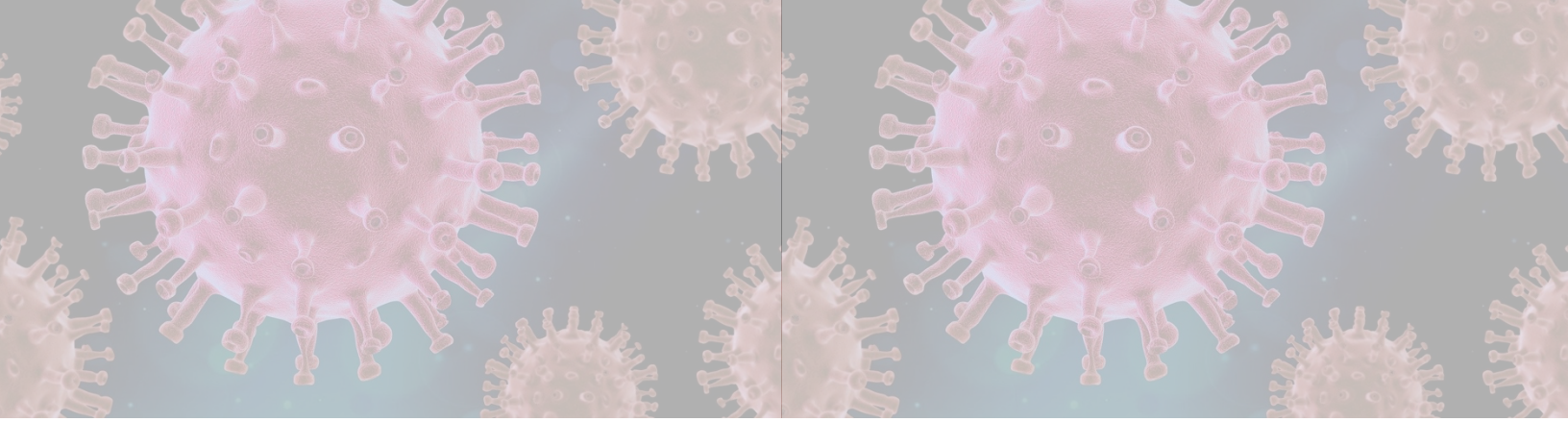
Website: <https://www.neofacs.org/covid19-resources/>

CAMH

Mental health and COVID-19

Tips, coping strategies and resources for the public and health care workers.

Website: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

**Good2Talk**

Good2Talk provides confidential support services for post-secondary students in Ontario and Nova Scotia.

In Ontario

Phone: 1-866-925-5454

Text: Text GOOD2TALKON to 686868

In Nova Scotia

Phone: 1-833-292-3698

Text: Text GOOD2TALKNS to 686868

Website: <https://good2talk.ca>

Wellness Together Canada: Mental Health and Substance Use Support

Wellness Together Canada provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

For support:

Youth: Text WELLNESS to 686868

Adults: Text WELLNESS to 741741

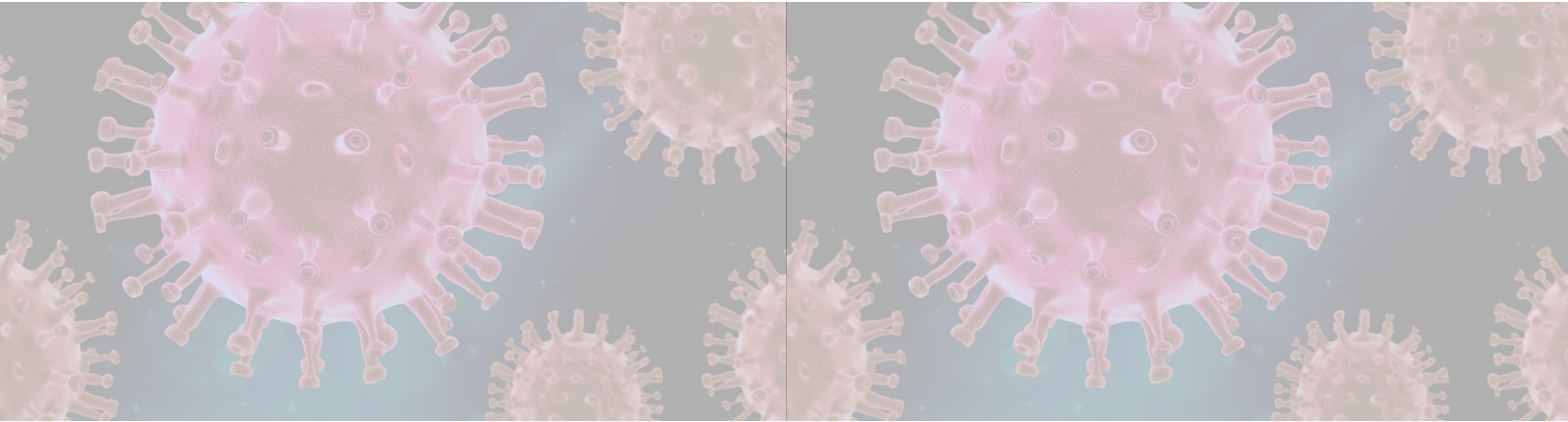
Website: <https://ca.portal.gs/?lang=en-ca>

WellCan

WellCan offers free well-being resources to help Canadians develop coping strategies and build resilience to help deal with uncertainty, mental health and substance abuse concerns during the COVID-19 pandemic.

- Toolkits to adapt to remote work
- Tips on effective physical distancing and using technology to combat loneliness in isolation/quarantine
- Articles about managing feelings of sadness, anxiety, stress and more

Website: <https://wellcan.ca>



MyWorkPlace Health

Managing Anxiety Around Coronavirus

Video: How to Manage Anxiety about Coronavirus (COVID-19) that becomes Overwhelming and Turns into Panic

Link

<https://www.youtube.com/watch?v=UnUUd2mGmIE&list=PLMnuzZp8J5gob5gdro1C7ISk8cZ6Znwz&index=4>

Video: 7 Tips to Manage Anxiety and Worry about Coronavirus

Link:

<https://www.youtube.com/watch?v=2DLvKXgpfNI&list=PLMnuzZp8J5gobe5gdro1C7ISk8cZ6Znwz&index=3>

Calgary Counselling Centre

Improving the well-being of individuals and families and strengthening communities by delivering best practices in counselling, training and research.

Phone: 403.691.5991

Crisis line: 403.266.4357

Website: <https://calgarycounselling.com>

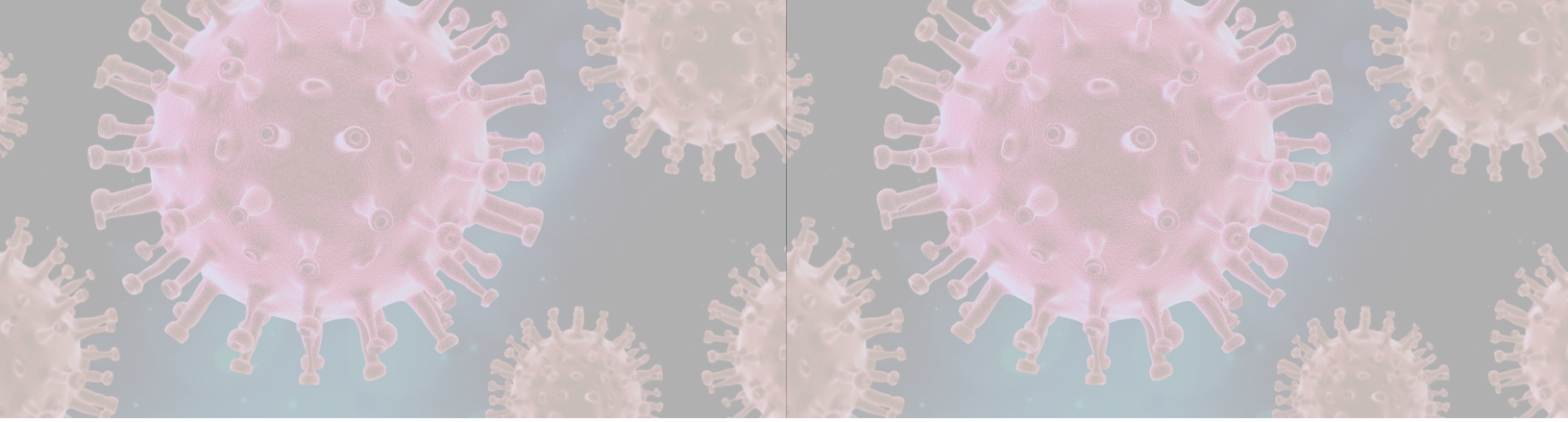
Bounce Back - reclaim your health/ Retrouver son entrain Feeling low, stressed or anxious?

BounceBack is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

****Site Internet disponible en Anglais et Français ****

Website/ Site Internet : <https://bouncebackontario.ca>

Phone : 1-866-345-0224



Others English resources – Pandemic

Beyond Blue

Looking after your mental health during the coronavirus outbreak
Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Phone: 1300 22 4636

Website: <https://www.beyondblue.org.au>

Chat online

Online forums

Be You

Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health.

Be You has developed resources to help educators respond to the mental health impact of the coronavirus (COVID-19) outbreak.

Website: <https://beyou.edu.au>

Kids Help Line

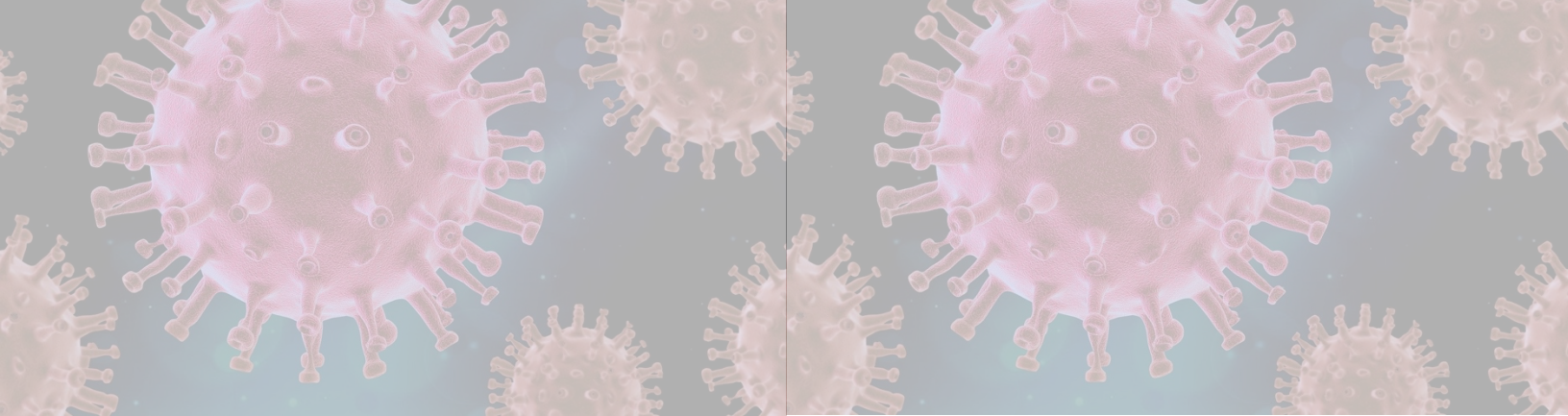
Anytime. Any Reason.

Are you worried about novel coronavirus (COVID-19)? Kids Helpline is still open to answer your call, email or WebChat

Phone: 1800 55 1800

Email : counsellor@kidshelpline.com.au

Website (WebChat): <https://www.kidshelpline.com.au>



Lifeline – Crisis support. Suicide Prevention.

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services
Through COVID-19 we're here for you.

Phone: 13 11 14

Text: 0477 13 11 14

Crisis support chat and resources: <https://www.lifeline.org.au>

Parent Line

Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18

Phone: 1300 1300 52

Website: <http://www.parentline.org.au/home>

Reachout.com

ReachOut is Australia's leading online mental health organization for young people and their parents. Our practical support, tools and tips help young people get through anything from everyday issues to tough times- and the information we offer parents makes it easier for them to help their tennagers, too.

Website: <https://au.reachout.com>

SANE

SANE Australia is a national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy. COVID-19: If you're affected by complex mental health issues, we're here for you

Phone: 1800 18 7263

Website (Chat): <https://www.sane.org>



Ressources Français – École à la maison

Allô Prof ;

Organisme de bienfaisance qui offre gratuitement de l'aide aux devoirs et aux leçons à tous les élèves du primaire, du secondaire et de la formation générale aux adultes, ainsi qu'aux parents d'élèves du Québec.

Site Internet : <http://www.alloprof.qc.ca/Pages/Accueil.aspx>

Par téléphone : [1 888 776-4455](tel:18887764455)

Par texto (selon la matière, numéro sur le site)

Conseils aux parents en période de confinement (Ordre des psychologues du Québec)

Les apprentissages de mon enfant

Site Internet : <https://www.ordrepsy.qc.ca/conseils-aux-parents-pendant-la-pandemie-de-covid-19>

Aider son enfant

Aidersonenfant.com, met à votre disposition du contenu pratique, concret et de grande qualité pour vous permettre de mieux soutenir vos enfants tant dans leur trajectoire scolaire que sur le plan affectif et social.

Site Internet : <https://aidersonenfant.com>

Boukili

Une application d'apprentissage de la lecture en français grâce à des livres illustrés gratuits. On y trouve une diversité d'ouvrages illustrés à découvrir à partir de 4 ans.

Site Internet : <https://boukili.ca/fr>



L'École Ouverte

Le Ministère de l'éducation offre une école ouverte sur le monde, le milieu scolaire, sur la communauté et sur l'univers de possibilités!

Préscolaire

Primaire

Secondaire

Site Internet : <https://ecoleouverte.ca/fr/?>

Télé-Québec en classe

Télé-Québec en classe vous accompagne pour vous aider à maintenir les acquis et les apprentissages

Préscolaire

Primaire

Secondaire

Parent

Site Internet : <https://enclasse.telequebec.tv>

Regroupement Lavallois pour la réussite éducative

Des ressources pour les parents dans le temps du COVID-19

Site Internet : <https://rlpre.org/carrefour-de-ressources/ressources-parents/>

La Chaire UNESCO de Développement Curriculaire

Conseils pour les parents afin de favoriser le maintien des apprentissages de leur enfant.

Site Internet : <https://cudc.uqam.ca/covid-19/>

**École branchée****Enseigner à l'ère du numérique**

L'École branchée est un OSBL dont les activités contribuent à l'avancement de l'éducation en l'aidant à relever les défis de l'ère du numérique pour favoriser la réussite des élèves en tirant profit des outils et approches pédagogiques actuels.

Site Internet :

<https://ecolebranchee.com/covid-19-meta-recensement-outils-numeriques-et-idees-utiles-pour-profs-et-parents/>

Habilo Médias

Ressources pour les familles et les éducateurs restant à domicile pendant la COVID-19

Site Internet : <https://habilomedias.ca/ressources-pour-les-familles-et-les-educateurs-restant-a-domicile-pendant-la-covid-19>

La CLEF

La CLEF est une communauté sur les médias sociaux où les parents apprennent et échangent des trucs pour compter, lire et écrire en famille. Elle comprend et supporte les parents dans l'accompagnement de leur enfant dans ses apprentissages. Elle contribue à favoriser l'éveil et l'apprentissage de la lecture, de la numératie et de l'écriture chez les enfants de 5 à 8 ans.

Site Internet : <https://laclef.tv/sujet/un-jeu-denfants/>



Home School - English and French version

School Mental Health Ontario/ Santé mentale en milieu scolaire Ontario

Do you have questions about how to support student mental health during the COVID-19 response? We've put together some answers.

****Site Internet disponible en Anglais et Français ****

Website/ Site Internet : <https://smho-smsso.ca>

Open School BC - Keep Learning

Suggestions for parents and caregivers to keep their children learning at home during the COVID-19 pandemic.

- Learning from Home
- Everyday Learning Activities
- Resources
- Keeping Healthy

Website: <https://www.openschool.bc.ca/keeplearning/>

Calgary Public Library – Solaro

The Alberta Study Guides Online

Find course lessons, reviews, and practice tests for students in grades 3 to 12. From science and math to social studies and English, Solaro follows the Alberta curriculum and provides online access to the same information found in The Key study guides.

Website: <https://calgarylibrary.ca/read-learn-and-explore/digital-library/solaro/>



Alberta Distance Learning Centre – ADLC

Help your Students Get Caught Up or Prepare for What's Ahead. The Preview/Review series is geared to helping students catch-up or work ahead on concepts in Math, Language Arts, Social Studies, and Science. Each booklet, available for Grades 4 to 9, includes 12 to 15 lessons that cover the most important areas or concepts in the Alberta Programs of Study. All materials were developed by certificated teachers.

Website : <https://www.adlc.ca/resources-teachers/supplementary-resources/preview-review/>

Learn at home/ Apprendre à la maison

Find supplementary resources for elementary and secondary students to practice math and literacy skills and learn at home.

Website / Site Internet: <https://www.ontario.ca/page/learn-at-home>

Education.com

Get the Help You Need for At-Home Learning

They are offering our registered Basic members free access to some of our best Premium resources to help support you during school closures. Sign up for a free account to gain access.

- Preschool
- Kindergarten
- 1st
- 2nd
- 3rd
- 4th
- 5th

Website: <https://www.education.com>



Pearson

Resources at Home

Millions of Canadian students are having their education disrupted by the spread of COVID-19. In support of students, teachers, parents and caregivers, Pearson Canada is providing the opportunity to continue the learning experience at home.

Website: <https://www.pearson.com/ca/en/about/learning-online-during-pandemic.html>

Others English resources - Home School

Australian Institute for Teaching and School Leadership Limited - Guidance from Australian States and Territories

The government websites listed below provide targeted guidance for their state or territory early childhood services and schools, parents/carers, and students about learning from home. Each jurisdictional site includes recommended online resources and tools from across Australia and internationally.

Website: <https://www.aitsl.edu.au/research/spotlight/what-works-in-online-distance-teaching-and-learning>

ACT Education – Resources for students and families

Home Learning

This resource has been established to support parents and students in home learning.

- **Resources**
- **Family Guides**
- **Get Involved**

Website: <https://sites.google.com/ed.act.edu.au/act-home-learning/resources-to-support-home-learning?authuser=0>



ABC Kids Early Education

At ABC Kids we value the work of early childhood educators around Australia. We recognise the boundless potential high-quality children’s content can have when planning and implementing multi-faceted learning experiences for children. This page offers you an inspiring range of content, thoughtfully chosen to align with your priorities in early childhood pedagogy

Website: <https://www.abc.net.au/abckids/early-education/>

ABC TV Education

We aim to provide dynamic, award-winning content that is visually engaging, encourages curiosity, and brings learning into their lives rather than just at school.

Website: <https://www.abc.net.au/tveducation/about/>

Khan Academy

For every student, every classroom. Real results.

We’re a nonprofit with the mission to provide a free, world-class education for anyone, anywhere.

This is a not-for-profit organisation but is currently seeking donations to help them keep going with the increased traffic caused by the COVID-19 crisis.

Provides daily schedules for students and lots of resources.

- Preschool to Secondary

Website: <https://www.khanacademy.org>



Education Services Australia

This is a national not-for-profit group which develops and shares digital teaching and learning tools, resources and services. Links to the Digital Technologies Hub with terrific step-by-step guides in computer coding, data gathering and search options.

- Primary
- Secondary

Website: <https://www.esa.edu.au/solutions/our-solutions>

Cool Australia Preschool

Lessons designed by teachers for teachers with supporting resources including video.

- Secondary

Website : <https://www.coolaustralia.org/curriculum-materials/>

Montessori Australia - COVID-19 Resources

Montessori Australia shares the mission of the Association Montessori Internationale (AMI) and works to support the natural development of the human being from birth, early childhood through to maturity. Montessori works to enable children to become the transforming elements of society leading to a harmonious and peaceful world.

Website: <https://montessori.org.au/covid-19-resources>

Australian Curriculum Lessons

Helping parents plan lessons for Years 1-10 Good range of lessons for science, technology, English, maths, geography, history, social sciences. Also includes useful digital downloads including posters about developing and maintaining a growth mindset, steps in problem solving and useful reading strategies.

Website: <https://www.australiancurriculumlessons.com.au/>



Education

Thousands of free curriculum-linked resources for school teachers and students!

- Primary
- Secondary

Website: <https://education.abc.net.au/home#!/home>

Behind the News

Behind the News (more commonly known as *BTN*) is a long-running news programme broadcast on the ABC made in Adelaide and aimed at school-aged children (8–13 years of age). *BtN* is aimed at upper primary and lower secondary students with the hope of helping them understand issues and events outside their own lives.

Website: <https://www.abc.net.au/btn/>

BBC – Bitesize

School shut? We're bringing you three new lessons every weekday, with videos, activities and more

Learn & revise

- Primary (Age 3 to 11)
- Secondary (Age 11 to 16)
- Post-16 (Age 16+)

Website: <https://www.bbc.co.uk/bitesize>

National Geographic Kids

- Discover Earth
- Competitions
- Kids Club
- Games
- Primary Resources

Website: <https://www.natgeokids.com/au/>



Ressources en Français – Relation parent-enfant

Naître et grandir;

Des activités en ligne pour divertir les enfants au temps du coronavirus

- Activités physiques
- Bibliothèques numériques
- Contes en ligne
- Dessins et bricolages
- Jeux et activités
- Musées
- Sciences et expériences
- Spectacles et cinéma

Site Internet :

<https://naitreetgrandir.com/fr/nouvelles/2020/03/19/activites-ligne-occuper-enfants-coronavirus/>

Bibliothèque et Archives nationales du Québec – Espace jeunes

Pour t'aider à patienter et à bien suivre les consignes de confinement, la BANQ a déniché pour toi une foule d'activités à faire à la maison.

Site Internet : <https://jeunes.banq.qc.ca/pj/>

Cubes Énergie – À la maison

Le grand défi Pierre Lavoie lance un défi pour bouger en famille à la maison !

Site Internet : <https://cubesenergie.com>



Musée virtuel

Découvrez l'histoire, l'art, la science, la nature, et plus encore, par des expositions virtuelles provenant de musées et organismes patrimoniaux canadiens

Site Internet : <http://www.museevirtuel.ca/virtual-exhibits/type/expositions-virtuelles/>

Ici Radio- Canada

Contenu éducatif, jeux, activités, livres, santé et bien-être pour petits et grands.

- Zone Parents
- Zone Petits
- Zone Jeunesse

Site Internet : <https://ici.radio-canada.ca/jeunesse/parents>

Aidersonenfant.com

Les conférences Web Aidersonenfant.com : des stratégies efficaces pour parents en quête de solutions. Pour que votre enfant puisse exploiter son plein potentiel, tant sur le plan scolaire, affectif que social.

Site Internet (onglet Conférences Web) :
<https://aidersonenfant.com/forfait-parents/>



L'accompagnement des parents – conférence de Muriel Houssais

Intervention de Muriel Houssais, psychologue pour enfants et adolescents

Lien :

https://www.youtube.com/watch?v=Vec2_AjMods&feature=share&fbclid=IwAR1BaxltoKfvoJNmKqKesOFqowgQKYgmPz1kSNFHjsopioA4s3TifjFM4o

Parent and child relationship – English and french version

Première ressource – Aide aux parents

Offre aux familles du Québec des consultations confidentielles et gratuites par téléphone, courriel ou clavardage, en français ou anglais, sans limites de temps. Les consultations sont basées sur des interventions planifiées à court terme, sur des enjeux concrets de la réalité du parent.

Offer free, confidential consultations by phone, email or instant messaging to Quebec families on all issues related to the parent-child relationship. Our services are offered in both English and French and are not time-limited. Consultations are based on short term interventions adapted to the unique challenges faced by parents.

Par téléphone / Phone : 1 (866) 329 4223

Consultations : consultation@premiereresource.com

Site Internet/ Website : <https://premiereresource.com/fr>



BOKS

BOKS est un programme GRATUIT d'activité physique conçu pour faire bouger les enfants et les encourager à adopter un mode de vie sain pour le restant de leur vie.

BOKS is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness

Site Internet / Website :

<https://www.bokskids.ca/fr/boks-at-home/>

Caring for Kids - Information for parents from Canada's paediatricians

Caring for Kids provides parents with information about their child's and teen's health and well-being. Because the site is developed by the Canadian Paediatric Society – the voice of more than 3,300 Canadian paediatricians— you can be sure the information is reliable.

- **Behaviour & Parenting**

Website: <https://www.caringforkids.cps.ca/handouts/behaviour-index>



World Health Organization - COVID-19 parenting resources

- **Making the most of one-on-one time with your children:**
https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-1-covid-19-parenting.pdf?sfvrsn=d2602523_2
- **Keeping positive amidst an unsettling situation :**
https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-2-covid-19-parenting.pdf?sfvrsn=c872a800_2
- **Providing structure and stability for your children's day :**
https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-3-covid-19-parenting.pdf?sfvrsn=492ecf57_2
- **Coping with bad behavior in positive, healthy ways :**
https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-4-covid-19-parenting.pdf?sfvrsn=c1ab607f_2
- **Keeping calm and managing stress, both for yourself and for your children:** https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_2
- **Talking about COVID-19 by being honest, supportive and attentive to your children's needs :**
https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-6-covid-19-parenting.pdf?sfvrsn=232558c1_4

Center on the Developing Child - Harvard University

A Guide to COVID-19 and Early Childhood Development

Website: https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/?utm_source=newsletter&utm_medium=email&utm_campaign=april_2020



Child Development Institute

Child Development Institute (CDI), an accredited children’s mental health agency in Toronto, is a groundbreaker in developing innovative programming.

Website: <http://www.childdevelop.ca>

Others English resources – Parent-child relationship

Centre for Excellence in Child and Family Welfare

Resources to support parents and carers in dealing with Coronavirus (COVID-19).

- How to talk to children about Coronavirus
- Learning/school holiday resources
- Mental health resources for parents and carers
- Resources for people with a disability and their carers
- Protection/safeguarding/online safety resources

Website: <https://www.cfecfw.asn.au/coronavirus-parents/>

Australian Parents Council

Coronavirus: Advice, support and resources for parents

- Quick links to government information
- Learning at home tips for parents
- Fun things to do with kids at a social distance
- Talking COVID-19 and emotional well-being

Website: <https://austparents.edu.au/information-and-advice/coronavirus-advice-support-and-resources-for-parents/>



The Fathering Project - At Home

The Fathering Project acknowledges we are all sharing similar feelings of anxiety about recent events and uncertainty about what lies ahead. It's becoming apparent that facing a public crisis requiring social separation can make us feel powerless and isolated. There are, however, things you can do to support your family and local community during this time to reduce the impact of such feelings.

We have developed some tips to help you.

Website: <https://thefatheringproject.org>

Raisingchildren.net.au

Raisingchildren.net.au provides ad-free parenting videos, articles and apps backed by Australian experts.

- Information for parents and carers
- Family resources and services
- Need activities for kids? Our fun play ideas also help your child learn

Website:

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>



Emerging Minds

For over 20 years Emerging Minds has been dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families.

- Resources
- Articles
- Apps
- Podcasts

Phone: [08 8367 0888](tel:0883670888)

Website: <https://emergingminds.com.au>

Galleries and museums

Acroos the world are offering free virtual tours. Take your kids on a virtual excursion. All the virtual concerts, plays, museums and other culture you can enjoy from home.

Website: <https://edition.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Play School

Play School aims to encourage a child to wonder, to think, to feel and to imagine. The program shows two warm, caring people taking the time to be with one child. They address the child directly and personally. Into this relationship are woven the stories, songs and activities that form the fabric of Australian children's culture.

- Games
- Videos
- Make & Do

Website: <https://www.abc.net.au/abcforkids/sites/playschool/>



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Child Mind Institute. (April 16, 2020). *Supporting Families During COVID-19*. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

MyWorkplaceHealth. (2020, 29 février). *How to Manage Anxiety about Coronavirus (COVID-19) that becomes Overwhelming and Turns into Panic* [video]. Youtube. <https://www.youtube.com/watch?v=UnUUd2mGmIE&list=PLMnuzZp8J5gobe5gdro1C7ISk8cZ6Znwz&index=4>

MyWorkplaceHealth. (2020, 28 février). *7 tips to Manage Anxiety and Worry about Coronavirus* [video]. Youtube, <https://www.youtube.com/watch?v=2DLvKXgpfNI&list=PLMnuzZp8J5gobe5gdro1C7ISk8cZ6Znwz&index=3>

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Références – École à la maison / Home School

Government of British Columbia programs and services. (April 14, 2020). *Suggestions for parents and caregivers to keep their children learning at home during the COVID-19 pandemic.* <https://www.openschool.bc.ca/keeplearning/>

Habilo Médias. (2020, 14 avril). *Ressources pour les familles et les éducateurs restant à domicile pendant la COVID-19.* <https://habilomedias.ca/ressources-pour-les-familles-et-les-educateurs-restant-a-domicile-pendant-la-covid-19>

La Chaire UNESCO de Développement Curriculaire. (2020, 14 avril). *Conseils pour les parents afin de favoriser le maintien des apprentissages de leur enfant.* <https://cudc.uqam.ca/covid-19/>

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