

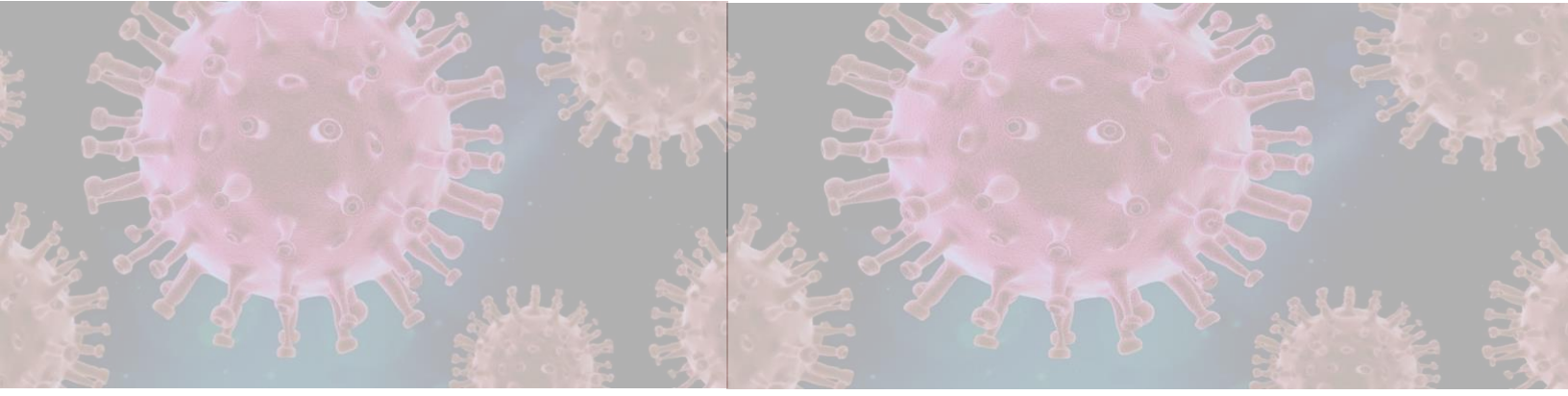


# RESOURCES



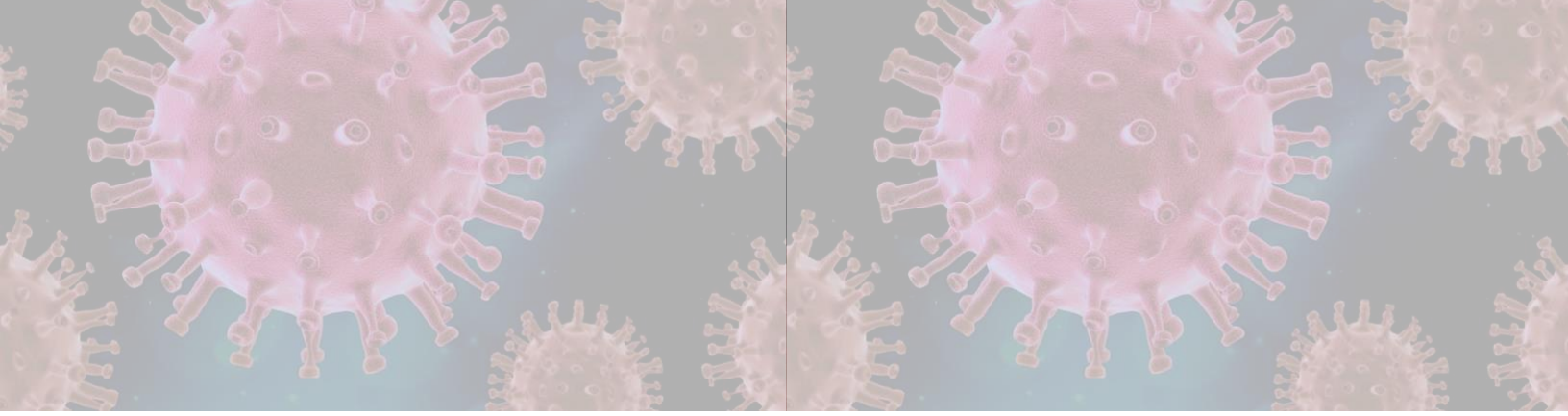
**Research project  
Adaptation of children and their parents in the context of a  
pandemic – COVID 19.**

Claire Baudry, Elsa Gilbert, Jessica Pearson, Eileen Slater, Jean-Yves Bégin, Line Massé, Kate Burton, Caroline Couture



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## **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

**Text:** Text CONNECT to 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.

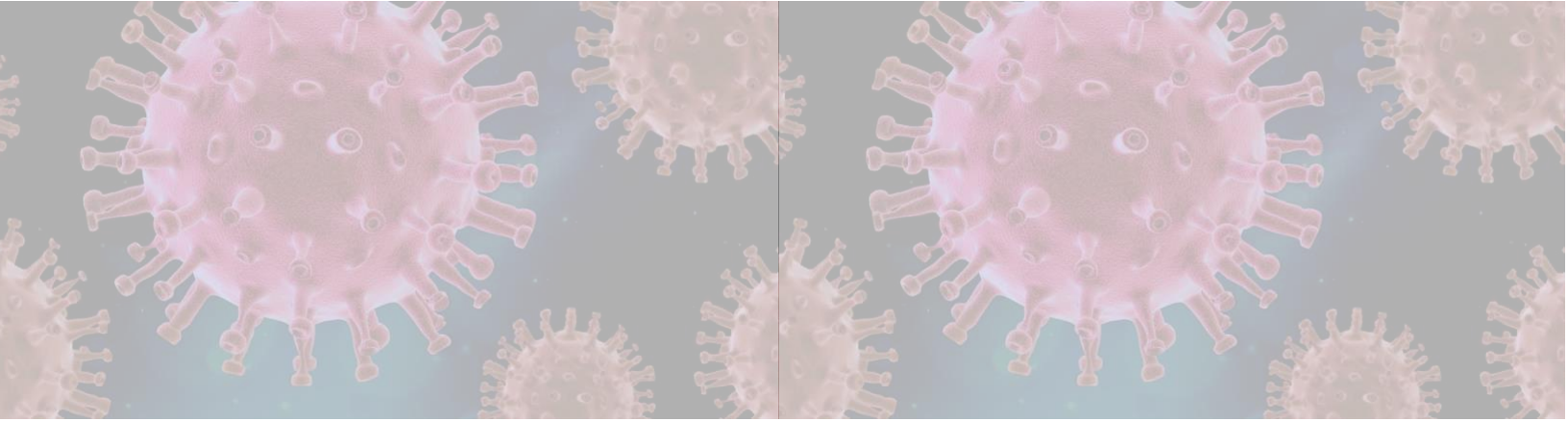
**Website:** [jack.org](http://jack.org)

### **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/>

**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=PLMnuzZp8J5gobe5gdr01C7ISk8cZ6Znwz&index=4>

**Video:** 7 Tips to Manage Anxiety and Worry about Coronavirus

#### **Link:**

<https://www.youtube.com/watch?v=2DLvKXgpfNI&list=PLMnuzZp8J5gobe5gdr01C7ISk8cZ6Znwz&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**

## **Australian English resources – Pandemic**

### **Beyond Blue**

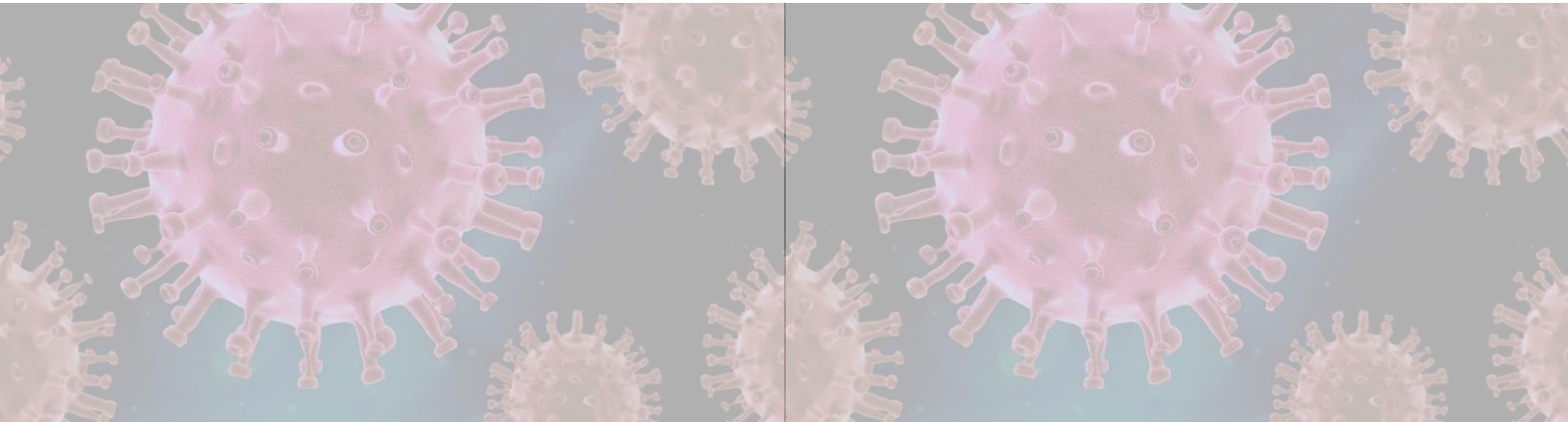
Looking after your mental health during the coronavirus outbreak  
**Beyond Blue** provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

**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](mailto: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

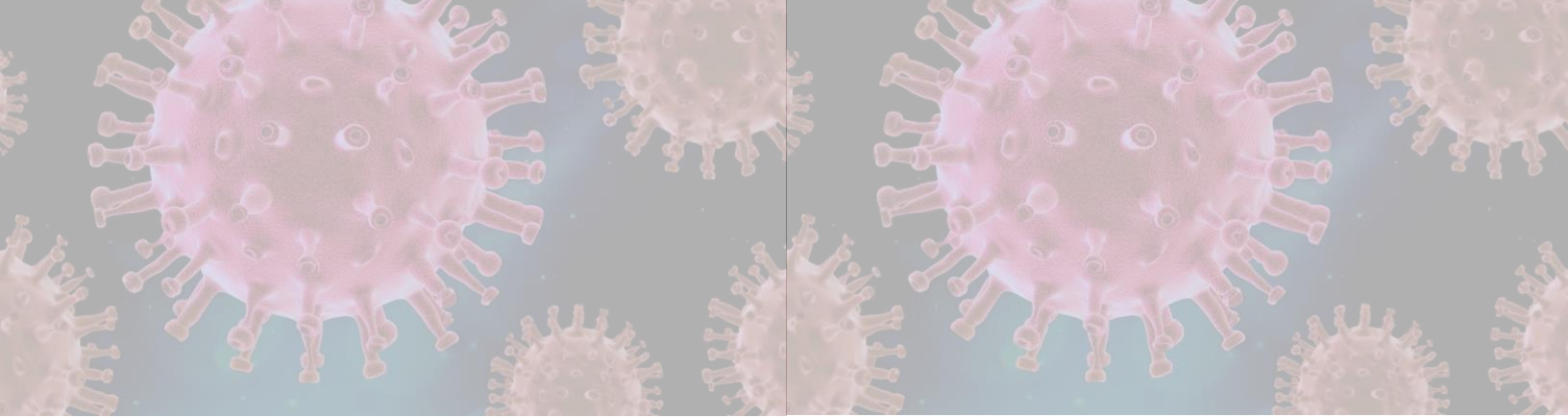
**Crisis support chat and resources:** <https://www.lifeline.org.au>

**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>





## **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>

## **Australian 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/>



## **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](mailto: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](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](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](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](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](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](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](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>

## **Australian 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**

Across 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.

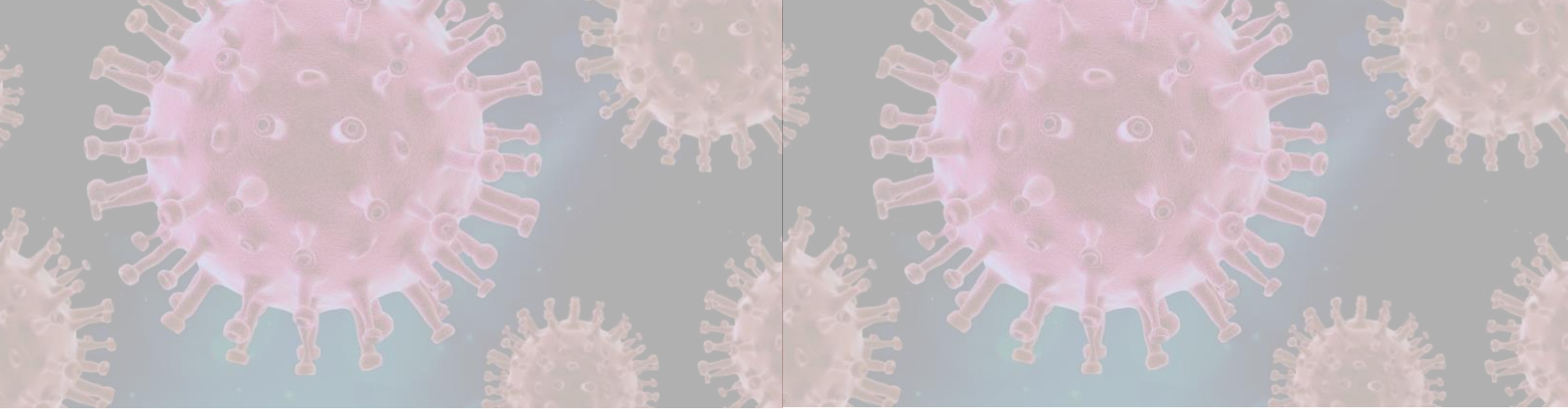
**Website:** <https://edition.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

### **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/>



## References – Pandemic

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=PLMnuzZp8J5gobe5gdr01C7ISk8cZ6Znwz&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=PLMnuzZp8J5gobe5gdr01C7ISk8cZ6Znwz&index=3>



## References –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/>

Pearson. (April 16, 2020). *How we are helping students, families, and educators affected by COVID-19 in Canada.* <https://www.pearson.com/ca/en/about/learning-online-during-pandemic.html>



## References – Parent-child relationship

Centre for Excellence in Child and Family Welfare. (April 16, 2020). *Resources to support parents and carers in dealing with Coronavirus (COVID-19)*. <https://www.cfecfw.asn.au/coronavirus-parents/>

Center on the Developing Child - Harvard University. (April 14, 2020). *A Guide to COVID-19 and Early Childhood Development*. [https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=a\\_pril\\_2020](https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/?utm_source=newsletter&utm_medium=email&utm_campaign=a_pril_2020)

World Health Organization. (April 14, 2020). *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](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-1-covid-19-parenting.pdf?sfvrsn=d2602523_2)

World Health Organization. (April 14, 2020). *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](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-2-covid-19-parenting.pdf?sfvrsn=c872a800_2)

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World Health Organization. (April 14, 2020). *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](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-4-covid-19-parenting.pdf?sfvrsn=c1ab607f_2)

World Health Organization. (April 14, 2020). *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](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_2)

World Health Organization. (April 14, 2020). *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](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-6-covid-19-parenting.pdf?sfvrsn=232558c1_4)