

Date: 27 March 2020 (Week 9)

Did you know?

It's particularly important to get reliable information about what is happening and to find out what you can do to protect yourself and your loved ones.

Here is [The NSW Health](#) website which is regularly updated with information on COVID-19.

You can also find the latest advice about COVID-19 in community languages. Click [here](#).

What to do if you feel sick

Stay home to protect other people. If you get a fever, cough, sore throat or are short of breath you can

- Call your GP or doctor
- Call Healthdirect on [1800 022 222](tel:1800022222)
- Go to a hospital emergency department

Tantrums: why they happen and how to respond

We talked about parents' anger (or we can call it 'Adult's tantrum') in week-7 newsletter. How about our toddler's tantrum. Have you ever wondered why my kids throw tantrums?

Tantrums are very common in children aged 1-3 years. This is because children's social and emotional skills are only just starting to develop at this age. Let's learn more about it.

Simply click and **listen to this 32 mins Podcast Parental As Anything.** [Parental As Anything.](#)



The importance of time with DAD

Did you know your child's father is his/her secret ally in learning and social development? The more time fathers spend with their kids the smarter those kids are, the better behaved they are, the happier and well-adjusted. Surprised? For more, click [here](#).



Have you read a great book to act out in the yard or at the park! I used to read it to my child and we both loved it. Exaggerate your voice tone, use accents and hand gestures, both of you will have so much fun.

You easily can borrow it from your local library! Or you can watch it from YouTube [Click here](#)

We're Going on a Bear Hunt

Michael Rosen Helen Oxenbury

