

Date: Week 8 26.03.2020

Web Site of the Week- COVID 19

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](#).

If you have a fever, cough, sore throat or shortness of breath, please call your GP or healthdirect (1800 022 222)



Craft activity – Squishy Bags

Let your kids help you make these at home for lots of fun!

In a resealable bags (with two seals at the top of the bag), put 1 cup plain flour, 6 tablespoons of water/or more if needed, And food colouring. Squish it all together in the bag!



Self-Care for Parents and Caregivers of Children

- Do something for yourself. Take time out each day, 5-10 minutes to just sit with yourself, this could be to do something you enjoy (not something that needs to be ...
- Take time to relax. Use relaxation techniques/strategies regularly. For example, use simple breathing exercises, take a relaxing bath, sit and enjoy the sun when it is out or sometimes sitting ...

For more self-care Click here:

Latest news on Brain building

Did you know that you can help build a child's brain, even before babies can talk?

This [video shows how simple 'serve and return' interactions](#) can help make strong connections in developing brains.



Have you read this book?

A great book to act out in the yard or in the park! Borrow it from your local library!
For Youtube [Click here](#)

We're Going on a Bear Hunt
Michael Rosen Helen Oxenbury



Parental As Anything Podcast

How to talk to your kids about coronavirus and guide your family through it.



<https://www.abc.net.au/radio/programs/parental-as-anything-with-maggie->