

SELF-CARE CATS



Make sure that your needs are being met and your soul is being fed.

(If you are feeling empty or deprived, it's okay to be vocal about your needs. It's scary to speak up sometimes but do it anyway.)

Have you ever struggled with feelings of guilt when you take time away from your children to practice self-care? Or do you feel like you have to do something with your child all the time? If so you might end-up feeling stressed and bad-tempered. It is time to put self-care on your to-do list! Remember, when you are a happy Mum or Dad, your child will be happy too. For more information and tips, click [here](#).

Did you know children are not born with the capacity to manage their emotions? Managing emotions requires self-regulation, which is a learned skill that takes time to develop and requires guidance from parents and other adults. Helping children to learn to manage big emotions is not always an easy task but it is an important one. As parents being able to manage our own big emotions is as equally important. [Here](#) is the link to help you know what you can do to help your child learn how to self-regulate.



Actors read to your kids

Reading aloud to your child daily is one of the most important activities for their lifelong love of reading.

Do you enjoy reading to your child? Or are you gritting your teeth and skipping every third word to get through it as fast as possible? Or do you find it challenging because English is your second language? Here is an award-winning children's literacy website **Storyline Online** that celebrities read books alongside creatively produced illustrations. For more information, click [here](#).



A FREE LITERACY PROGRAM
WHERE ACTORS READ TO CHILDREN

STORYLINEONLINE.NET



Fee-Free TAFE online short courses

Do you want to upskill and prepare for the workforce post pandemic? Or have you chosen your kids over a career and you've been longing to go back to the workforce but are not sure how to start it?

Then, this is the perfect time for you to take action. In response to the pandemic, TAFE NSW is offering a number of fee-free short courses.

For more information, click [here](#).

**COVID-19
SUPPORT**
FEE-FREE* COURSES