

Insert: catchy title!

In our work we are constantly coming across fantastic organisations, books and resources that are useful to families. These might be specific to supporting children with special needs, a life limiting illness or just parenting in general. We're going to do our best to share these resources as and when we find them. If there's anything specific you'd like us to look out for, let us know.



Useful helpline

Parentline is a free phone counselling service (p:132289) for parents and carers of children from birth to 18 years old.

They offer confidential and anonymous counselling and support on parenting issues – big or small and calls are not time limited. They are available over the phone from 8am to midnight, 7 days a week and you can use their services as many times as you like. Non-English speaking parents can be connected to a translator service. One of our

Practitioners recently attended a course with counsellors

from this organisation and was impressed by their expertise, compassion and wealth of experience.

<https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>

Informative website

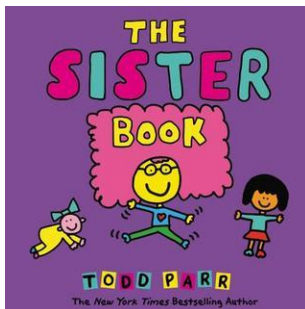
Hey Sigmund <https://www.heyigmund.com/>



This website is created by Psychologist, Karen Young, who's aim is to bring psychology into the mainstream. It's practical, insightful and very easy to navigate. She divides her materials into those appropriate for parents, kids and teens and there are loads of informative and easy to watch videos created

specifically for children. Topics include: dealing with anxiety, how to talk to your child about mental illness and mindfulness. There's also an interesting article about what it's like to be a sibling of a child with a disability. You can also sign up for a free weekly newsletter. Make yourself a cup of tea and find some time for this one!

Great book to read with young children



Have you come across Todd Parr yet? He is a best selling author and illustrator of over 30 children's books about love, kindness and feeling good. We find them so useful with younger children as they are simple, bright and engaging and are a great way to start a deeper conversation about being unique and different. This is one of his latest books about sisters and it lightly touches on disability. Not surprising there is also a book about Brothers. Other books in his series include "It's Okay to Be Different," "The Feelings Book" and "The Goodbye Book."