

Childcare Resources for women with COVID19

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We understand the enormous stress that parents and caregivers have experienced due to COVID-19.

We also know that parents and caregivers want what is best for their children. But it can be challenging to navigate your way through all of the information sources that are out there.

You should know that The Sydney Children's hospital network will work with support you and the maternity service caring for you, to manage children and adolescents with COVID-19.

There are many resources available in the community to assist your needs.

Childcare Resources for Inpatient women with Covid-19 infection

Virtual Kids - This is a 24/7 hotline for parents of COVID-19 positive children offering medical advice and resources for families. They can be contacted on 1800 005 846

Hospital in the Home – manages unaccompanied children less than 12 years of age who are COVID-19 positive or close contacts, and their parents are hospitalised with COVID-19 and unable to care for them. This service is managed at the Children's Hospital Westmead with appropriate access to care, medical review, allied health and hospital school.

Hospital in the Home is a Community Acute and Post Acute Care (CAPAC) service. Children with illnesses can be treated at home or school, rather than being admitted to hospital. The aim is to provide care to allow the patient's medical condition to be managed in their own home, which is more familiar to patients and less disruptive to normal routines for families.

General enquiries contact the Children's Hospital at Westmead

Switchboard: (02) 9845 0000

Patient enquiries: (02) 9845 3777



Resources for Women coping with COVID-19 pandemic, family and home-schooling pressures

This information will help you access a number of resources available for your needs during this difficult time.

Raising Children's Network – COVID-19: Family Guide

<https://raisingchildren.net.au/guides/coronaviruses-covid-19-guide>

Emerging Minds -

<https://emergingminds.com.au/>

Murdock Institute - Parental Wellbeing during COVID-19

<https://www.mcri.edu.au/users/murdoch-childrens-media/blog/parental-wellbeing-during-covid-19-3>

Telethon Kids Institute – COVID-19 Resources

<https://diabetes.telethonkids.org.au/resources-tab/covid-19-resources/>

Zero to Three - Coronavirus tips for parents

<https://www.zerotothree.org/resources/3274-zero-to-three-provides-expert-resources-to-parents-and-caregivers-in-response-to-coronavirus-pandemic>

Beyond Blue - Working from home as a parent or carer: ways to cope

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being->

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[at-home/working-from-home-as-a-parent-or-carer.html](#)

BBC News Covid-19 - The challenges of home schooling

<https://www.bbc.com/news/technology-55573803>

Child Safe - 7 lockdown tips for families

<https://thinkchildsafe.org/family/>

UNICEF- Coronavirus Parenting tips

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>

Sydney University - Lockdown Learning

<https://www.sydney.edu.au/news-opinion/news/2021/07/29/lockdown-learning-isnt-really-home-schooling-5-tips-for-parents.html>

Department of Health - Australian 24hour Movement Guidelines

<https://www.health.gov.au/resources/publications/australian-24-hour-movement-guidelines-for-children-5-to-12-years-and-young-people-13-to-17-years-an-integration-of-physical-activity-sedentary-behaviour-and-sleep>

Department of Health - Exercising and staying active during coronavirus

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/ongoing-support-during-coronavirus-covid-19/exercising-and-staying-active-during-coronavirus-covid-19>

Australian Institute of Sport – Active at home

<https://www.sportaus.gov.au/schools/active-at-home>

Kids Health – keeping your child active during the COVID-19 pandemic

<https://www.aboutkidshealth.ca/Article?contentid=3935&language=English#>

Cosmic Kids – Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Move to Learn – Exercise

<https://www.youtube.com/user/MovetoLearnMS/playlists>

All Trail Maps – Hike, Bike & Run, detailed hand curated trails and maps

<https://apps.apple.com/au/app/alltrails-hike-bike-run/id405075943>

We welcome further feedback on this brochure as a way on continually improving our service.

Send your feedback to:

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