

## ANXIETY AND CHILDREN: SIX WAYS TO HELP

It's natural for children to feel anxious sometimes. In fact, different anxieties often develop at different ages and stages.

Here are six ways to help children with anxiety:

1. Acknowledge children's feelings.
2. Encourage children to do things they're anxious about.
3. Wait until children get anxious before trying to help.
4. Praise children for doing things they're anxious about.
5. Avoid labelling children as 'anxious'.

Seek professional help if you're concerned.

For more info go to <https://raisingchildren.net.au/school-age/health-daily-care/mental-health/anxiety-in-children>





### We are all in this together...

The Northern Centre is open and continues to support the people and families of Ryde and Northern Sydney through these challenging and difficult times.

Please get in touch with us if you are:

- Concerned about your rental housing
- Have trouble putting food on the table
- Finding it really difficult with everyone at home all the time
- Finding managing your kids behaviour or home learning challenging
- Worried about a friend or family member who may be experiencing domestic and family violence
- Experiencing domestic and family violence yourself
- Need legal advice around family law matters
- Feeling stressed, anxious, overwhelmed or fed up
- Need to talk to someone about what services can help them we cannot

We are here to help over the phone and online

**CONTACT US during business hours on 9334 0111**

Email: [connect@thenortherncentre.org.au](mailto:connect@thenortherncentre.org.au)

Website: <https://thenortherncentre.org.au/>

**Making sure that we stay connected to our community**



## PARENTING PROGRAMS AT HOME

### ALL DELIVERED VIA ZOOM

Our Naremburn, Northern Beaches and Waitara Family Centres are delighted to provide a suite of free parenting programs across August & September. Places are limited so please secure your spot as soon as possible and feel free to share with your friends and family.

### WHAT YOU WILL NEED

Computer or laptop users will need a camera on this device, access to the internet and sound. Mobile or tablet users will need to download the free zoom app and have video, sound and internet.

GROWING BIG LIVES Enhancing family relationships	KEEPING KIDS IN MIND	GROWING BIG LIVES A child's view of substances	TRIPLE P PARENTING
Provides information to parents about why family relationships are important, ways to positively communicate with their children, and why teamwork and showing appreciation for each family member is important.	A 5 week course for parents experiencing conflict after separation. This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.	Every child will be exposed to substances in some form - from parents taking Panadol to alcohol consumption. This workshop helps to start the conversation early and in a way that is age appropriate and makes sense to a child.	A three week program for parents of children aged 2 – 9 years. Provides practical answers to everyday questions. It doesn't tell you how to be a parent - think of it as a toolbox of ideas. You choose the strategies you need and how you want to use them.
<b>Tuesday</b> 4 August 2020 12.00pm – 1.00pm FREE	<b>Wednesdays</b> 5, 12, 19, 26 August & 2 September 2020 6.00pm – 8.30pm \$100	<b>Tuesday</b> 11 August 2020 12.00pm – 1.00pm FREE	<b>Wednesdays</b> 12, 19, 26 August 2020 10.00am – 11.30am FREE

### BOOKINGS ESSENTIAL

M: (02) 8425 8700  
E: intakefs@catholiccaredbb.org.au

**CatholicCare**  
Diocese of Broken Bay

## PARENTING RESOURCES

### SUPPORTING DAD'S ON THEIR PARENTING JOURNEY:

A selection of resources from the Fathers in Focus Online Forum

#### WEBSITES

Are you bogged mate?: <https://www.areyouboggedmate.com.au/>

Beer + Bubs: <https://beerandbubs.com.au/>

Groupwork Solutions: <http://www.groupworksolutions.com.au/>

Kids First Australia: <https://www.kidsfirstaustralia.org.au/>

Raising Children: <https://raisingchildren.net.au/grown-ups/fathers>

Support for Fathers: <https://supportforfathers.com.au/>

The Fatherhood Foundation: <https://fatherhood.org.au/index.html>

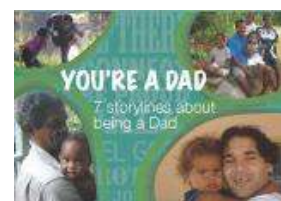
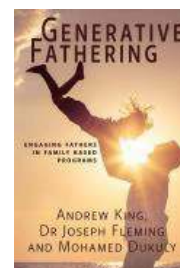
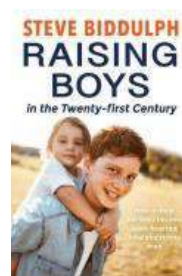
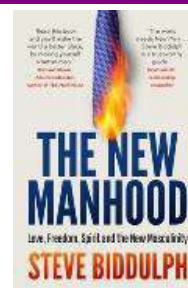
#### BOOKS

*The New Manhood* by Steve Biddulph

*Raising Boys* by Steve Biddulph

*You're a Dad* 7 Storylines about being a Dad <https://www.snaicc.org.au/product/youre-a-dad/>

*Generative Fathering* by Andrew King, Dr Joseph Fleming and Mohamed Dukuly



# PARENTING RESOURCES: COPING WITH CORONAVIRUS

## Will My Child Bounce Back From the Coronavirus Crisis?

Article written by Hannah Sheldon-Dean

With several months of the coronavirus crisis behind us and more uncertainty and stress ahead, life is tough right now for kids of all ages. Many parents — seeing their children experiencing anxiety, sadness and behavior challenges — are wondering how all of this will affect kids in the long term. Can children be traumatized by the coronavirus crisis, and if they are, how will you know?

While this situation is difficult for everyone, the good news is that kids are resilient — and parents can help foster that resilience. Even though the coronavirus crisis is stressful and could lead to long-term struggles for some kids, what you do now can make a big difference down the road.

The article covers facts on stress, trauma and resilience, plus strategies for helping kids bounce back and knowing when to seek professional support.

Read the full article here: <https://childmind.org/article/will-my-child-bounce-back-from-the-coronavirus-crisis/>

For more ideas on how to help kids stay mentally healthy during the coronavirus crisis, explore the resources listed here: <https://childmind.org/coping-during-covid-19-resources-for-parents/>



## NEW RESOURCE: RESPECT YOUR BRAIN VIDEOS

The AOD Prevention and Harm Minimisation team at the Ministry of Health have just launched a suite of new videos for young people on drugs and the developing brain. The three animated videos for young people, illustrate the effects of alcohol, MDMA and cannabis on the developing brain. The [Respect your brain videos](#) aim to provide credible, accessible and relevant information to young people so they can better understand the risk of brain-related harm from substance use.

The videos have been designed to support health workers and educators with additional information about the effects of alcohol, cannabis and MDMA on the developing brain provided on the website. The videos will also complement the PDHPE high school curriculum in years 7-10 (12 to 15 years old).

Square Cell Visual Science Communication were subcontracted to produce the video animations - the Square Cell team all have backgrounds in biomedical science and molecular biology. Testing of the videos was conducted with young people, teachers and librarians and overall the video series was extremely well received with the majority of participants supported the tagline 'Respect your Brain'.

For more information and to see the videos see link: <https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx>

