

11. Wellbeing Resources for Parents

Dear parents/guardians,

"May you live in interesting times" is a well-known phrase, which is apt right now.

As the measures to minimise the impact of the COVID-19 pandemic continue to unfold, it's evident that our lives will be turned upside down for some time to come. 2020 will be a year that we remember for the rest of our lives.

I have received a number of articles to assist your family during these unprecedented times, on topics such as responsibility development, independence-building and sibling rivalry, which may become relevant during extended periods of time at home with the family. All articles are linked below. The sibling webinar recording unfortunately does not come with a free voucher, as it was recorded in 2018.

- [Leading the way for children during the COVID-19 pandemic](#)
- [Finding the off switch when kids worry](#)
- [Daily lessons in resilience for kids](#)
- [Developing responsibility in kids](#)
- [My child is anxious, what do I do?](#)
- [Webinar Recording: Sibling Fighting](#)

Please share the articles widely within your network, as we acknowledge that this is a challenging time for many families.

Stay safe, keep well and I look forward to seeing you all on 'the other side'.

Warm regards,
Claire Tobin

