

Tips to support your child's health and wellbeing

Advice, tips and resources available for parents and carers to support their child's mental and physical health and wellbeing. It covers a range of topics including:

- [Managing screen time and online safety](#)
- [Looking after your child's wellbeing](#)
- [Looking after your child's mental health](#)
- [Physical activity and healthy eating](#)
- [Taking care of yourself](#)
- [Wellbeing activities for parents of primary school students](#)
- [Wellbeing activities for parents of secondary students](#)

Raising Learners Podcast Series



The Department has partnered with the Raising Children Network on a series of podcasts providing expert advice and information to parents and carers on a range of health and wellbeing topics.

Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

Accessing Support

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. You can also access external help through:

Helpline

- [Parentline](#)
- [Lifeline](#)
- [Beyond Blue](#)

Information and resources

- [Black Dog Institute](#)
- [Raising Children Network](#)

Talking to your child about coronavirus (COVID-19)

Advice on having a safe and reassuring conversation about coronavirus (COVID-19), available in a range of community languages.

