

## **Supporting you Child to Learn** **Webinar Links Part 1**

Thank you for attending the Supporting your Child to Learn Webinar. We hope you found it interesting and useful. A list of useful website links from the webinar are listed below.

### **COVID-19 Resources:**

A letter from a primary school Principal to all parents & carers in response to the COVID-19 measures in Australia.

<https://www.nofasd.org.au/blog/school-letter/>

Disenfranchised grief - Many are experiencing anxiety and grief due to the adaptive challenges and uncertainty associated with COVID-19. Awareness of the psychological consequences of social distancing can enable people to understand and manage their emotions. Foremost among them is disenfranchised grief.

<https://lens.monash.edu/@medicine-health/2020/03/26/1379888/coronavirus-recognising-disenfranchised-grief-and-covid-19>

Dr. Bruce Perry, child psychologist and trauma expert, has shared 8 expert tips to help families stay regulated during COVID-19 in “The Pandemic Toolkit Parents Need”

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml>

NOFAS UK – the National Organisation for Fetal Alcohol Syndrome in the UK has free resources to support children and people living with FASD during COVID-19. These resources include “*Fun Ideas – A Stay at Home Guide for Kids*”, and “*What You Can Do About Coronavirus – A Guide for Those with FASD*”

<http://www.nofas-uk.org/>

### **COVID – 19 Blogs:**

NOFASD Australia has published a 2 part blog on COVID-19 Resources for Your Family

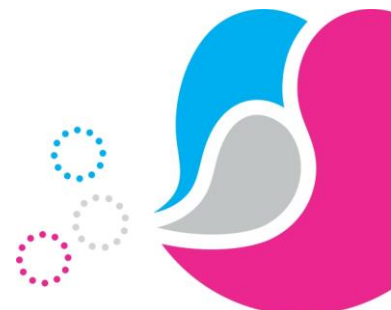
<https://www.nofasd.org.au/blog/coronavirus-2/>

Prue Walker – FASD Consultant and Social Worker published a blog on living with FASD in the time of COVID-19

<https://www.nofasd.org.au/blog/covid-19/>

Nate Sheets - a FASD Behavioural Consultant talks about what to keep in mind while most of us are staying at home due to COVID-19 in this YouTube video.

<https://www.youtube.com/watch?v=k6xogN3gK2k&fbclid=IwAR1AUrVVNePX48nRPvekFDhpV6I6yrxZmL-1GybOHaOFEN2FKXPH2ajFUg>



### **Self Care:**

NOFASD Australia partnered with American FASD specialist Eileen Devine to create these valuable webinars. Taking care of yourself is essential, not just for your own wellbeing but also for your family.

Webinar #1 – Managing the Toll of Caregiver Trauma and Building Resiliency in Families Impacted by FASD

<https://www.nofasd.org.au/parents-carers-and-families/caring-for-yourself/>

Webinar #2 – The Human Elements of Implementing the Neurobehavioural Approach to Parenting

<https://www.nofasd.org.au/parents-carers-and-families/caring-for-yourself/>

### **Recommended reading:**

Beyond Behaviours by Mona Delahooke

