



# ATP Generation 3 COVID-19 resources

**Australian Government, Department of Health:** A collection of resources for the general public including frequently asked questions and information for parents of school aged children.

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

**The Australian Psychological Society:** The APS has prepared a guide for Australians, outlining some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the outbreak.

<https://www.psychology.org.au/COVID-19-Australians>

**Centre for Disease Control and Prevention:** A fact sheet detailing ways to manage stress and anxiety around COVID-19 for parents and children.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**Zero to Three:** Tips for families including age-appropriate responses to common questions, a guide to self care, and activities for young children experiencing social distancing.

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

**Raising Children Network:** This resource includes information about how the virus can affect children and how to talk to children about COVID-19.

<https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia>

**Emerging Minds:** This helpful video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears.

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

The Australian Temperament Project Generation 3 Study is housed at The Royal Children's Hospital Melbourne and is a collaboration between the University of Melbourne, Deakin University Australia, the Murdoch Children's Research Institute, and the Australian Institute of Family Studies. Department of Paediatrics, University of Melbourne, Level 2, The Royal Children's Hospital Melbourne, Flemington Road, Parkville, 3052. T: +61 3 9345 4129 F: +61 3 9345 6667 E: [atp.nextgen@rch.org.au](mailto:atp.nextgen@rch.org.au) W: [www.melbournechildrens.com/atp](http://www.melbournechildrens.com/atp)

