



Hi there,

Our guess is at this time of moving from house to house and other worries, as well as home schooling and the social isolation due to COVID – 19, helpful routines and your relationships while you are all at home might feel a bit upside-down! During high stress situations, everyone could use some support.

Have a look through the resources for parents on this page. There may be a couple you think your children might benefit from. If there is anything you would like printed off and sent to you please ring us directly on 8245 8190, or email us on T4K@rasa.org.au

If you are worried about your children's behaviour or emotions due to all the changes they are going through, or if you feel like you could use some support with your parenting, we can help. Together4Kids is a free specialist children's service.

You might like to speak to another adult to talk about how things are going for you and your children. We can talk to you and to your children over the phone, on skype or a phone video call and introduce ourselves. Once we have discussed your needs and concerns with you, Together4Kids can visit your place (safely using social distancing) to provide therapeutic support and ideas specifically for your children and for you as their most important caregiver.

We also have a Registered Nurse and Midwife in Together4Kids who can talk to you about the latest COVID-19 information and how that relates to your situation, if that is a concern.

Please do contact Together4Kids if there is anything you need to help you and your children while you are all at home.

Phone 8245 8190, or email us on T4K@rasa.org.au

