



Parenting Resources | Parents Wellbeing

Here you'll find a collection of free resources, which we hope will be useful to anyone caring for young children during this particularly challenging moment in time.

NAME	LINK	DESCRIPTION	FORMAT
Ilitha Labantu		Free counselling and support: 072 076 6118/ 072 063 4407 (Both numbers are WhatsApp compatible)	Emergency Numbers
Psychology Tools	https://innovationedge.org.za/wp-content/uploads/2020/03/guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty-en-us.pdf	Free psychology toolkit on how to cope with worry and anxiety amidst global uncertainty.	PDF Download
Anxiety Resources	https://www.virusanxiety.com/	Resources to help you deal with anxiety and improve your mental health in a global climate of uncertainty.	Website
Messages for Mothers (Multilingual)	https://www.embrace.org.za/messages4mothers/	Keeping mothers informed, connected and encouraged using digital channels like social media and WhatsApp.	Website
Meditation Video (English/isiXhosa)	https://drive.google.com/drive/u/1/folders/1Z6snhVmlBt8i0kmCmv6O45UiTDM6cgdv	English and isiXhosa meditation exercise to help to relax the mind and body.	Video
Headspace	https://www.headspace.com/headspace-meditation-app	Meditation made simple. A mobile application that teaches you the life-changing skills of meditation and mindfulness in just a few minutes a day.	Mobile Application
Calm	https://www.calm.com/	A mobile application to assist with sleep, meditation and relaxation.	Mobile Application

UNICEF	https://podcasts.apple.com/za/podcast/parenting-under-lockdown/id1505513996?i=1000470679711	Parenting under lockdown podcast.	Website
Centre on the Developing Child (Harvard University)	https://46y5eh11fhqw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2020/04/COVID-19_for_families_FINAL.pdf	How to Support Children (and Yourself) During the COVID-19 Outbreak	PDF Download
Education week	http://blogs.edweek.org/edweek/finding_common_ground/2020/03/how_to_find_resilience_during_this_difficult_time.html	How to Find Resilience During This Difficult Time	Website
Do More Foundation	https://docs.google.com/spreadsheets/d/1PO5rrw1mmLHuPfxESlulfXBTzgdzX2O0VG-66Ury0jY/edit#gid=0	Parenting during Covid-19 communication schedule (open-source)	Website
Messages for Mothers	https://messagesformothers.co.za/2020/04/14/coping-with-stress-during-covid-19/	Coping with Stress during COVID-19 (English)	Website
Messages for Mothers	https://messagesformothers.co.za/2020/04/14/die-hantering-van-stres-as-moeder-tydens-covid-19/	Coping with Stress during COVID-19 (Afrikaans)	Website
Messages for Mothers	https://messagesformothers.co.za/2020/04/16/ukuba-umama-ophetwe-yindcindezi-ngesikhathi-se-covid-19/	Coping with Stress during COVID-19 (isiZulu)	Website