

Media Release

The Hon James Merlino MP

Deputy Premier

Minister for the Coordination of Education and Training – COVID-19

Minister for Education



Wednesday, 26 August 2020

ONLINE WELLBEING SUPPORT FOR FAMILIES

The Victorian Government is helping parents and carers manage home learning and stay resilient during the coronavirus pandemic by providing a range of free online resources.

Minister for Education James Merlino introduced child psychologist Dr Michael Carr-Gregg for a webinar on Tuesday 25 August – and following high demand, a second will be held, Tuesday 15 September – aimed at providing parents and carers with practical skills, knowledge and strategies for managing the lockdown period and remote learning.

The webinars will focus on strategies and tools to help families manage their wellbeing, including establishing a supportive parental role and dealing with uncertainty and disappointment. Families will have an opportunity to ask Dr Carr-Gregg questions.

The Government has also partnered with *Raising Children Network* and funded a 10-episode podcast called 'Raising Learners' featuring parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association *Victoria* and eSafety Commissioner, Julie Inman-Grant.

Raising Learners will provide parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school. Topics will include connecting with your child's school 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.

These themes were drawn from common parent questions received by the Department's coronavirus hotline and Parentline. The first three episodes will be launched on 1 September, the remaining episodes will be available throughout Term 3 and 4. Raising Learners will be available via Raising Children Network and podcast apps.

Following an unprecedented response with more than 12,000 registrations, a second webinar will now be held on Tuesday 15 September at 7:30pm.

Places are still available for *Managing the Coronacoaster – Tips for building resilient families* webinar on Tuesday 15 September at 7:30pm. For more information and to register, visit: [eventbrite.com](https://www.eventbrite.com)

Quote attributable to Minister for Education James Merlino

"The health and wellbeing of students and families is particularly important during this uncertain time. That's why we're providing tailored resources to help parents and carers support their children – and themselves."

Quotes attributable to child psychologist Dr Michael Carr-Gregg

"Coronavirus has turned the lives of many Victorian families upside down, asking them yet again to navigate a new reality of remote learning, working from home and for some, financial hardship."

"Never has it been more important to provide families with simple, practical and evidence-based strategies to help them maintain the family's wellbeing and build resilience."

Quote attributable to Raising Children Network, Executive Director, Professor Julie Green

"All parents need support to help their children thrive, and podcasts are great ways to deliver engaging, reliable and credible information on topics that are on parents' minds. Raising Learners will focus on how parents can support their children's learning at school, and at home."

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