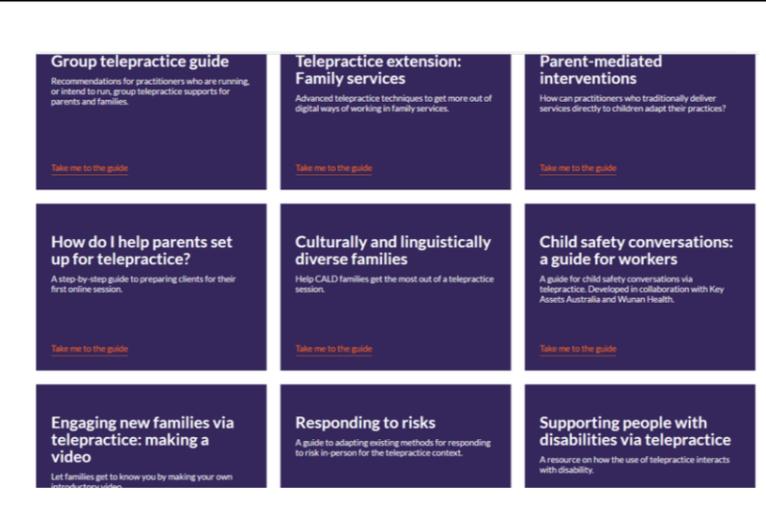


# Fams' Guide to Telepractice Resources

## 1. [Telepractice Hub | Parenting Research Centre \(parentingrc.org.au\)](https://parentingrc.org.au)

The site is set up with three main pages with evidence-informed resources to support services working with children and families to expand and enhance their continuum of care via digital technologies, increasing reach and effectiveness. It includes resources developed by the NGO Telepractice Venture.

<p><b>1. Telepractice basics:</b> what is telepractice and how can it benefit clients and services?</p> <p><a href="https://parentingrc.org.au">Telepractice basics   Parenting Research Centre (parentingrc.org.au)</a></p>	<p>This page addresses some commonly asked questions about the ins and outs of telepractice including:</p> <ul style="list-style-type: none"> <li>- What is telepractice and how can it be delivered?</li> <li>- How does telepractice benefit clients and services?</li> <li>- How can I help clients access our online services?</li> <li>- How can I maximise privacy and confidentiality when working with parents via telepractice?</li> <li>- How do I minimise disruptions during telepractice sessions with families?</li> <li>- How do I facilitate interactions in online video-based group sessions?</li> <li>- What evidence based parenting programs are available online?</li> <li>- Who might be suited to telepractice services and programs, and under what circumstances?</li> <li>- How can I maximise safety in telepractice sessions?</li> </ul>	<p><b>Telepractice basics</b></p> <p>Having a good level of basic knowledge when setting up telepractice sessions helps improve the experience for all involved. This page addresses some commonly asked questions about the ins and outs of telepractice.</p> <ul style="list-style-type: none"> <li>+ What is telepractice and how can it be delivered?</li> <li>+ How does telepractice benefit clients and services?</li> <li>+ How can I help clients access our online services?</li> <li>+ How can I maximise privacy and confidentiality when working with parents via telepractice?</li> <li>+ How do I minimise disruptions during telepractice sessions with families?</li> <li>+ How do I facilitate interactions in online video-based group sessions?</li> <li>+ What evidence-based parenting programs are available online?</li> <li>+ Who might be suited to telepractice services and programs, and under what circumstances?</li> <li>+ How can I maximise safety in telepractice sessions?</li> <li>+ How can I respond when concerns about risk arise in a telepractice session?</li> </ul>
<p><b>2. Telepractice resources:</b> a curated list of high-quality telepractice resources that have been evaluated against a list of criteria</p> <p><a href="https://parentingrc.org.au">Telepractice resources   Parenting Research Centre (parentingrc.org.au)</a></p>	<p>This page has resources developed in Australia and internationally, grouped into six themes:</p> <ul style="list-style-type: none"> <li>- Getting started with telepractice</li> <li>- Effectiveness of telepractice</li> <li>- Recommended approaches</li> <li>- Working with families and children</li> <li>- Building your telepractice skillset</li> <li>- Planning and resourcing</li> </ul> <p>The resources can be filtered by category or via a search function. Resources are summarised by tiles including the type of resource (e.g., pdf, video) and length of time and include new topics such as:</p> <p><b>Staff Skills</b></p> <ul style="list-style-type: none"> <li>- Communicating over digital platforms</li> <li>- Beginning and ending a session</li> <li>- Ways of working via telepractice</li> <li>- Reengaging disengaged clients</li> <li>- Building partnerships with families over telepractice</li> <li>- What families need to know about telepractice</li> <li>- Virtual groups</li> </ul> <p><b>Management</b></p> <ul style="list-style-type: none"> <li>- Building capacity in teams</li> <li>- Motivating teams to embrace telepractice</li> <li>- Supporting a remote workforce</li> </ul> <p><b>Organisational/Strategic</b></p> <ul style="list-style-type: none"> <li>- Organisational readiness for telepractice</li> <li>- Adapting service models</li> <li>- Measures of success</li> <li>- A focus on wellbeing</li> </ul>	<p><b>Telepractice resources</b></p> <p>We are seeking to support service providers to make the most of digital technologies in delivering parenting support. This curated list of high-quality resources, developed in Australia and internationally, will be updated as new resources are identified or produced that meet the <a href="#">criteria for inclusion</a>.</p> <p><b>Search by topic</b></p> <p>Resources have been grouped into six categories, as listed below. Click on 'Show all' to see all resources, or click on the category to see relevant resources.</p> <p>Filter by: <a href="#">Show all</a>   <a href="#">Getting started with telepractice</a>   <a href="#">Effectiveness of telepractice</a>   <a href="#">Recommended approaches</a>   <a href="#">Working with families and children</a>   <a href="#">Building your telepractice skillset</a>   <a href="#">Planning and resourcing</a></p> <p>Search by: <input type="text"/></p> <p><b>Virtual Home Visiting Strategies that Support all Children and Families</b> Length: 55 minutes A webinar for practitioners conducting virtual home visits with children and families. It includes strategies on how to effectively engage and support families virtually and promote positive outcomes.</p> <p><b>Client-centred telepractice in community services</b> Length: 5-minute read An article providing practitioners with insight into client perspectives of telepractice, including barriers they may face. With implications for practitioners, the article outlines key considerations when using telepractice, and includes links to useful tools and resources.</p> <p><b>A focus on wellbeing</b> Length: 15-minute video A video which explains some of the impacts on staff of using telepractice and how organisations can support staff wellbeing and performance. Hosted by Karitane.</p> <p><b>Measures of success</b> Length: 15-minute video A video which discusses how organisations can capture data that will help them tell the story of telepractice and inform continuing improvement. Hosted by Karitane.</p> <p><b>Adapting service models</b> Length: 10-minute video A video which provides direction to organisations making decisions about how to implement telepractice, and changes that may need to be considered. Hosted by Karitane.</p> <p><b>Organisational readiness for telepractice</b> Length: 15-minute video A video that presents a range of considerations to reduce barriers and increase uptake of telepractice within organisations. Hosted by Karitane.</p> <p><b>Motivating teams to embrace telepractice</b> Length: 14-minute video A video which talks through various ways of supporting telepractice implementation within an organisation. Hosted by Karitane.</p> <p><b>Supporting a remote workforce</b> Length: 16-minute video A video that covers how to manage a team that is working online, including building connection among team members and using supervision effectively. Hosted by Karitane.</p> <p><b>Building capacity in teams</b> Length: 8-minute video A video that discusses some considerations for managers and teams in continuing to develop staff skills, when working in a telepractice context. Hosted by Karitane.</p> <p><b>Virtual groups</b> Length: 13-minute video A video that explains how and when to use groups telepractice sessions, and the benefits that they can offer. Hosted by Karitane.</p> <p><b>What families need to know about telepractice</b> Length: 2-page document A PDF that describes the skills and practices a practitioner should apply to build and maintain</p>

<p><b>3. Telepractice guides:</b> recommendations for practitioner who are running, or intend to run, telepractice support for parents and families</p> <p><a href="http://parentingrc.org.au">Telepractice guides   Parenting Research Centre (parentingrc.org.au)</a></p>	<p>This page has guides for more advanced techniques for improving telepractice sessions, outlining the various steps of designing, delivering and implementation:</p> <ul style="list-style-type: none"> <li>- Group telepractice guide includes recommendations for design, delivery and set-up</li> <li>- Telepractice extension: family services includes practice recommendations</li> <li>- Parent-mediated interventions explores what methods will best support the parent and child to achieve the best outcomes</li> <li>- How do I help parents set up for telepractice outlines steps to use when preparing for a video-based telepractice session</li> <li>- Culturally and linguistically diverse families covers meeting the unique needs engaging with this client cohort</li> <li>- Child Safety Guide outlines ways of engaging in non-urgent/non-emergency child safety conversations with Aboriginal and Torres Strait Islander families via phone or video calls.</li> <li>- Engaging new families via telepractice: making a video provides a basic structure to guide practitioners in producing a short introductory video to help engage new clients via telepractice.</li> <li>- Responding to risks explores considerations for responding to risks identified during a telepractice session</li> <li>- Supporting people with disabilities via telepractice provides practice tips for practitioners working with children and/or adults with disabilities via telepractice</li> </ul>	
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## 2. [Publications and Resources - Australian Research Alliance for Children and Youth \(ARACY\)](#)

This site includes links to a range of programs and resources to inform Telepractice and ensure the impacts if COVID-19 on children in Australia are understood.

<p><a href="#">The Research Centre for Children and Families</a></p>	<p>For the 45,000 children in out-of-home-care in Australia, restrictions to prevent the spread of COVID-19 will mean a change to birth family contact which usually takes the form of a face to face visit held in an office designed for this purpose or in public places like parks, shops and so on. <a href="#">The Research Centre for Children and Families</a> and partners are developing practices around contact. The collaboration has so far developed two tip sheets <a href="#">Family Time – tips for using video chats</a> and <a href="#">Family Time – from a distance, without technology</a>.</p>
<p><a href="#">The Institute of Child Protection Studies (ICPS)</a></p>	<p>Families are spending more time at home together during this time of COVID-19, but for families with shared parenting there are extra challenges. Both parents might be balancing supervision of the children’s learning, family time, and work commitments. ICPS has developed two new practice tools to help you support parents and children <a href="#">Supporting shared parenting in the time of COVID-19, Practitioner guide</a> and <a href="#">Supporting shared parenting in the time of COVID-19, Parent guide</a>.</p>
<p><a href="#">UNICEF</a></p>	<p>UNICEF has asked its experts in health, education, early childhood development and emergency response to compile resources to support you and your family through the coming months. The resources are available <a href="#">here</a>.</p>
<p><a href="http://raisingchildren.net.au">raisingchildren.net.au</a></p>	<p>raisingchildren.net.au has developed articles specifically addressing the virus. They are:</p> <ol style="list-style-type: none"> <li>1. <a href="#">Coronavirus and children in Australia</a> – general information including symptoms, strategies for minimising infection risk and guidance on how to talk to children</li> <li>2. <a href="#">Tips and links to help families manage social distancing or self-isolation</a> – for parenting in the context of 'social distancing' and 'self-isolation', including ideas for keeping kids engaged and maintaining a sense of routine when regular activities have been disrupted.</li> <li>3. <a href="#">Coronavirus – physical distancing and family wellbeing</a> – information on looking after family wellbeing by making the most of family time, using routines, staying connected and managing conflict</li> <li>4. <a href="#">Talking with children about physical distancing and self-isolation</a> – age-appropriate tips</li> <li>5. <a href="#">Talking with teenagers about physical distancing and self-isolation</a> – including teens with disability, chronic health conditions or additional needs</li> <li>6. <a href="#">Coronavirus and pregnancy</a> – information for pregnant women about the virus, reducing risk.</li> </ol>
<p><a href="#">Early Childhood Intervention Australia (ECIA)</a></p>	<p>Early Childhood Intervention Australia has compiled and updated a Telepractice Resource Library which will be of particular use as more children and young people are isolated by COVID-19. The resources are:</p> <ul style="list-style-type: none"> <li>• A new <a href="#">Telepractice Guide</a> (booklet) for Early Childhood Intervention here, including information, tools, checklists and sample documents.</li> <li>• New <a href="#">Telepractice Guidelines</a>, based on research conducted by the University of Sydney</li> <li>• Parent Prep Guide / Family Telepractice <a href="#">Checklist</a> for Sessions</li> <li>• See the full Telepractice Resource Library <a href="#">here</a>.</li> </ul>