

WHERE COULD I GO?

Walk in the fresh air with baby or little ones. Babies love looking at the world; trees moving, leaves, birds, clouds. Little ones can spend ages walking really slowly collecting things, looking at ants - you name it! Now's the time to be present and slow, together.

There's lots of walks around **Lake Burley Griffin** - start from various spots. Map of the walks and attractions [HERE](#)

National Arboretum, Molonglo Valley - explore lots of easy walking trails, Pod Playground, grass areas and coffee. Their coffee shop is open! Map of walks [HERE](#)

Canberra Nara Peace Park, Yarralumla - have a **Japanese themed picnic** Surrounded by over 20 cherry blossom trees, Japanese Maples and Lake Burley Griffin. Why not get the small people to **make some origami fish** or make some yourself and hang them across your pram whilst you lay on a picnic blanket and chill out. Create some easy for kids origami fish. Instructions [HERE](#)

Mulligans Flat Woodland, Gungahlin adjacent to suburb Forde. Explore nature and you can even do a great twilight tour of the animals and area. They've reduced numbers to 10 people max and recently were offering a free roll of toilet paper with a tour! Details [HERE](#)

Kingston Foreshore. Plenty of grass, swans and ducks. Throw a frisbee or ball with your little people or read a book whilst baby sleeps.

Kingston. Grab a takeaway coffee or food and even sit outside in their spaced out seating arrangements at **Local Press Cafe** @localpresscafe

Continue from the Foreshore for a walk around Jerrabomberra Wetlands. Map [HERE](#)

WHAT COULD I DO?

Sort stuff! - Did you know you can donate your baby wraps? - @wrapabub will donate your pre-loved but no longer needed baby wraps to the Sydney Children's Hospital as a way of giving back to other babies in ICU.

Be part of the **Street Library Movement**. Sort out your books and create a community library in your street, apartment or even ask your local shops. Keep kids entertained by rotating and sharing books (wipe them down before and after use). Helpful start [HERE](#) and [HERE](#)

Facetime/skype or call a fellow mum. Texting is easy but seeing your face or hearing your voice creates so much more connection.

Share in a mum forum. Help and share your mum experiences with other mums. #mumwisdom Start [HERE](#)

Have a go at **drawing or doodling**- doesn't need to be perfect and it's lovely mindfulness. Start simple with a stick figure [HERE](#)

The Upside of Me

WHAT COULD I DO?

Photograph something – children and babies grow! Get artistic and take some photos of their little feet, their eyes. Get the kids to take photos in the garden and then slideshow them on your computer or TV. [TIPS](#)

Get a portrait done! Mel Hill Photography does maternity, births, families and **one-on-one @melhillphoto**

Read - Dymocks Canberra are doing **free delivery for Canberrans** [HERE](#)

Create a photobook – how time consuming is this job? Now here's the excuse you need. Give yourself a challenge of one page a day to create.

Children's artwork – OMG we love EVERYTHING but can we keep it all? Nooo. So get out all the beautiful and unique' things they've made, get them to help sort the amazing from the great.

Secretly ditch the great after you've photographed it. Then **create a photobook of those items.**

Listen to an audiobook - ACT Libraries-Online Resources FREE - Let your child listen to one or you can listen to one whilst doing chores or read an ebook together. They even have e-magazines. Search [HERE](#)

Sing! @lucysparklesact is live streaming music and classes from home

HOW COULD I SELF-CARE?

Reconnect with your health

@caitlinbutt_naturopathy is doing online 30min immune sessions & check out her self ritual series on Instagram.

Long relaxing shower. Put a mat/area in the bathroom with toys so you can shower for ages but watch your child (bassinet or pram for babies)

After all this sanitiser we're using for our hands **treat yourself with a nice, organic, delicious smelling hand cream.** AHRIA Organics who were coming to the cancelled Handmade Canberra are doing **40% off** [HERE](#)

Fix your joints. Dr Lauren is an osteopath **specialising in us mums.** Visit brand new premises at @fundamentalhealthcanberra

Getting overwhelmed or anxious and need some support? The Upside of Me is offering **FREE 30min phone, face-to-face or zoom counselling support** session @theupsideofmecanberra

WHERE CAN I MOVE?

Mum and bub exercise online via Facebook for a **Mum Restore session** at @Yogamumsfitness

Play tennis. Hire a court even for 30min – Canberra Tennis offer [online bookings](#)

The Upside of Me

WHERE CAN I MOVE?

Go for swim - Canberra Olympic **pool is open as are many others**. Call ahead to check if they have a ramp into the pool. That way you and bub can walk into together. [HERE](#)

Frisbee golf – get a \$1 frisbee from Kmart and have a go at the free courses at **Weston Park, Yarralumla or John Knight Memorial Park, Bruce**. Similar rules to golf but throwing a Frisbee into a chain cage that are spaced apart.

WHERE CAN I GET COFFEE?

Here's a few places about that are spreading the tables out or doing take away.

Sunday in Canberra at Gungahlin have increased their outside tables
@sundayincanberra

SMS and collect coffee orders at **Dinner Rush at the Kitchen Narrubundah**
@dinner.rush_

Wild Honey Bistro at Parkes open as usual @wildhoneycanberra

On the Grind Canberra at Kambah
@on_the_grind_canberra
They've an **app service where you can order and have a curb side pick up** or walk in-store. Payment done via the app.

As Nature Intended at Fyshwick
@natureintendedcbr are offering **shopping via Facetime so you can virtually walk through the store with their staff and pick what you'd like** from their stock to be delivered to your door.

[Kingston Hotel](#). They have a **drive through takeaway** with traditional pastas and burgers and organising more menu items plus a **drive through bottle shop**.

Olive at Hawker are spreading out the tables including outside @oliveathawker

Let's be sensible and work together to overcome this challenging time.

When we substitute I for *we* even illness becomes *wellness*.

We can do this Canberra parents.

Health ACT Covid19 Info