

## ABC PODCASTS

### **Parental As Anything**

This show is hosted by Maggie Dent, the well-known parenting educator and author. A [short bonus episode](#) in which Maggie gives some advice for parents on how to talk to kids in the current climate.

Maggie also recorded this social video in which she passes on tips as well.

<https://www.facebook.com/ABCListen/videos/vb.1652461205041462/270832123911630/>

### **Short & Curly** - kids ethics podcast

This [a short bonus episode](#) all about COVID-19. In the episode, hosts Carl Smith and Matt Beard talk about the importance of cooperation during the pandemic, how social isolation is doing something for the greater good and looking at fun things you can do if you are home from school.

### **Mindfully podcast** - our mindfulness podcast

<https://www.abc.net.au/radio/programs/mindfully/>

ABC re-packaging some of the meditations released from previous series as part of a special series called Corona Calm. The meditations cover everything from dealing with anxiety to one specifically for children. ABC are releasing one per week for the next 8 weeks. This is a [link to the first one](#).