

Chullora Public School

Cnr Waterloo & Norfolk Roads Greenacre NSW 2190

T • 9642 4266 F • 9742 5943 W • chullora-p.schools.nsw.edu.au



Dear Parents,

At this challenging and uncertain time for children and families, I would like to share some great resources outlining ways to help your child manage concerns regarding COVID-19. Please be advised that should your child wish to talk to someone at school, there is a School Counsellor available during the school term. Alternatively, phone numbers for Helplines are addressed below.

The attached compilation of links and resources includes:

- Social stories for children
- Resources for children and adolescents
- Supporting students with special needs
- Online referral options; and
- Strategies for parents and carers

RESOURCES FOR PARENTS

- **UNICEF – information on COVID-19 and ways to talk to children about it (suitable for children)**

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-toyourchildren-about-coronavirus>

- **Answering Kids' Coronavirus Questions**

<https://www.theage.com.au/national/where-s-all-the-toilet-paper-answering-kidscoronavirus-questions-20200319-p54bw9.html>

- **The Conversation** - network of not-for-profit media outlets that publish news stories written by academics and researchers. This article provides some scripting for parents (suitable for children)

<https://theconversation.com/how-to-talk-to-your-kids-about-covid-19-133576>

- **Kidshealth** – US non-profit paediatric health system website (suitable for children and young people)

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html?view=ptr&WT.ac=p-ptr>



Education &
Communities

Public Schools NSW

Chullora Public School

Cnr Waterloo & Norfolk Roads Greenacre NSW 2190

T • 9642 4266 F • 9742 5943 W • chullora-p.schools.nsw.edu.au



- **Department of Education NSW - Advice to parents and carers on remote learning from home (suitable for children and young people)**

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-fromhome/adviceto-parents-and-carers>

- **Nathan Wallis Video - Tips for Parents/Carers when Talking about COVID-19 with Children** - a very short targeted video from leading neuroscience educator Nathan Wallis, with three short messages to guide family discussions regarding COVID-19, supporting a sense of agency, hope and resilience in children

[89894500_1101801463511082_8102405853434347520_n.mp4](https://www.facebook.com/nathanwallisxfactorededucation/)

<https://www.facebook.com/nathanwallisxfactorededucation/>

1. Turn off the media – parents need to be the source of information about COVID-19 for children. Exposure to the 24/7 news cycle, distressing information about death tolls etc can be overwhelming for children
 2. Model resilience – end each discussion about COVID-19 with an action, an example of what you CAN do. Don't leave children with a feeling of helplessness, despair or panic.
 3. Stick with no more than 3 key messages for your child, for example: "Most people will be OK", "we'll get through this" "What we can do is wash our hands frequently whenever we come in from outside, before we eat, when we touch our face. We can keep a safe distance from others "
- Choose one more key message you wish to share with your child.

SUPPORT SERVICES AVAILABLE

- The school counselling service team
- Kids Helpline - 1800 55 1800 - kidshelpline.com.au
- Headspace - 1800 650 890 - eheadspace.org.au
- Mental health Line – 1800 011 511
- Beyond Blue - 1300 22 4636
- Lifeline - 13 11 14
- Parent Helpline - 1300 1300 52

Kind Regards,
Michelle Booker
School Counselling Service



Education &
Communities

Public Schools NSW

COVID-19 Information and Resources

NSW Health website: <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

Department of Health: <https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

NSW Department of Education advice: <https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>


Resource	Audience	File	Source
Social script – <i>Coronavirus- Covid-19</i>	Children with ID and/or ASD Primary school	 SA_corona_socialstory.pdf	South Australia TBC
Social story- <i>My Story About Pandemics and the Coronavirus</i>	Children including special needs	https://carolgraysocialstories.com/wp-	Carol Gray carolgraysocialstories.com/
Booklet – <i>My name is coronavirus</i>	Children	 Mindheart_CoronavirusBookletforKids.pdf	Manuela Molina www.mindheart.co
Various E-books [Not corona specific but for various natural disasters including flu]	Children with and without ASD	https://littlepuddins.ie/coronavirus-social-story/	Little Puddin- The Autism Educator littlepuddins.ie/
Booklet/ social script on coronavirus with cartoons	Older children/ teens	 VIC_Covid19_for_teenens.pdf	Victoria TBC
Info sheet/ Newsletter- <i>How to cope with the stress related to novel coronavirus</i>	Young people	 headspace_COVID_newsletter_newc1.pdf	Headspace headspace.org.au
Website/article – <i>How to cope with Stress related to Covid-19</i>	Young people	https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/	
Website article- <i>10 ways to take care of yourself during coronavirus</i>	Young people	https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus	Reach Out https://au.reachout.com
Information sheet – <i>Tips for coping with coronavirus anxiety</i>	Adults & parents of children	https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf	Australian Psychological Society www.psychology.org.au
Website article – <i>How to talk to your children about coronavirus</i>	Parents of children	https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus	UNICEF www.unicef.org.au
Easy Read Information Booklet- <i>Staying safe from Coronavirus</i>	People with intellectual disability	https://cid.org.au/wp-content/uploads/2020/03/Staying-safe-from-Coronavirus-council-intllectual-disability-Mar2020.pdf	Council for Intellectual Disability www.cid.org.au

Last updated 19/03/2020 2:30pm by Children's Hospital at Westmead School-Link SCHN-CHW-SchoolLink@health.nsw.gov.au

Resources for Families During Remote Learning

Are you in danger?





If you, or someone you are with is in immediate danger please call:







 000

or







go to your nearest hospital emergency department

If you or your child needs to talk to someone...



Name	About	Phone	Online
 Kids Help Line Anytime Any Reason	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 Lifeline Saving Lives Crisis Support. Suicide Prevention.	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallba ckservice.org.au/
 Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyond blue.com/

<p>SANE Australia</p> 	<p>SANE Australia supports people living with complex mental health issues and the people that care about them</p>	<p>1800 187 263 10:00AM – 10:00PM</p>	<p>Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane</p>
<p>Headspace</p> 	<p>eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>	<p>N/A</p>	<p>Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/</p>
<p>QLife</p> 	<p>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</p>	<p>1800 184 527 3PM - Midnight</p>	<p>Webchat 3PM – Midnight https://www qlife.org.au/resources/chat</p>
<p>1800RESPECT</p> 	<p>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse</p>	<p>1800 737 732 24/7 Interpreter: 13 14 50</p>	<p>Online Chat 24/7 https://chat.1800respect.org.au/#/welcome</p>
<p>Carers NSW</p> 	<p>Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members</p>	<p>1800 242 636 9AM – 5PM Monday - Friday</p>	<p>http://www.carersnsw.org.au/how-we-help/support/carers-line/</p>
<p>Mental Health Line</p> 	<p>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people</p>	<p>1800 011 511 24/7</p>	<p>https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</p>
	<p>Child Protection Helpline</p>	<p>13 21 11</p>	<p>https://reporter.childstory.nsw.gov.au/s/mrg</p>



If you are looking for an app to support you or your child...

Name	About	Website
<p>Calm Harm</p> 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>Clear Fear</p> 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>ReachOut Worry Time</p> 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free</p> <p>App Store</p>
<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>

If you are seeking additional information...

Name	About	Website
<p>ReachOut</p> 	<p>Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.</p>	<p>https://au.reachout.com/</p>
<p>Black Dog Institute</p> 	<p>Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.</p>	<p>https://www.blackdoginstitute.org.au/</p>

If you are looking for online support...

Name	About	Website
<p>The BRAVE Program</p> 	<p>BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety</p>	<p>https://www.brave-online.com/</p>
<p>Smiling Mind</p> 	<p>Online and app-based program to improve wellbeing of young people through mindfulness meditation.</p>	<p>https://www.smilingmind.com.au/</p>

The following are a good list of coping tools that you can try at home. You can pick one tool or several tools to try each day – try to keep track of what's worked really well so you can use it again!

When we're restricted to our homes, it can sometimes be helpful to have a routine for the day. You don't need to plan out every minute of the day, but having a general idea can be really helpful. Your child will probably already be familiar with this, as most of their teachers will have used a visual timetable in class already. This can help establish a familiar routine.

You can talk through the following list with your children, try to ask incorporate one of the following activities into your day, every day.

It's important to remember that, whilst there's a lot of uncertainty at the moment, we can focus on the things in our life that we can control, rather than worrying about things that we cant.

This breathing board can be a great way to bring a little relaxation time into your home. By slowing and focusing on your breath, you may be able to reduce your anxiety levels.

COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 

What's your plan today?

DATE:

ROUTINE

-
- Breakfast:
-
-
- Lunch:
-
-
- Supper:
-

PRODUCTIVITY TASKS

-
-
-
-
-
-
-
-
-
-

SELF CARE PLAN

- Physical:
- Social:
- Restorative:
- Household:
- Living the value of:
-

GRATITUDE

NOTES

WWW.BALANCEWORKS.ONLINE

Balance Works
Occupational Therapy & Coaching

What's your plan today?

INSTRUCTIONS

We are social, productive, creative, and somewhat anxiety-prone creatures. For some, the idea of working from home and spending extra time with families is exciting, for others, it's daunting. We know that isolation and loss of routine and productivity are strong risk factors for depression. That's why it's essential to maintain a workable, values-oriented routine while at home.

1. Print a page for each family member daily
2. Make a plan each morning or the evening before
3. Reflect on how it went and adjust accordingly

ROUTINE

- Plan for healthy meals and snacks. Roaming through the kitchen and grabbing a handful of this or that while we are bored and less active will add up to low mood and weight gain over time.
- Time-blocking with intention. Consistent routines help avoid the what-do-I-feel-like-next vortex of phone scrolling and and feeling crummy about it.
- Alternate activity types, build in breaks with physical activity. A 5 min kitchen dance party to your favourite song while you wait for the kettle to boil, run up and down the stairs, put a few more pieces in the puzzle, chip away at the creative project you've been too time-strapped to get to.
- If you have kids at home, try to balance routines with tasks for yourself and tasks the kids need help with. Let them know when you'll be doing something together to reduce interruptions while in virtual meetings. Have a piece of paper you can post when you're in a virtual meeting that tells them you're not able to talk but offers somewhere to write a question.



PRODUCTIVITY TASKS

- Space for work, study, or household activities. What can I do today to feel productive?
- Don't have any work or study? This could be working on a home project you've been putting off, cleaning out a closet, reading, doing your family tree, planting veggie seedlings indoors in preparation for spring, sorting through the photos on your computer, painting the console table etc.
- Keep in mind we often need less time to do work tasks when we aren't commuting, talking to coworkers, and sitting in long meetings.
- Don't forget to check the tasks off as you go. Our brains get a happy dopamine rush when we check things off.



SELF CARE PLAN

- Physical: go for a walk, dance to your favourite song, run up and down the stairs. Your body must move.
- Social: Virtual coffee by phone or video with a friend, check in on loved ones, post good on social media.
- Restorative: Stretch, meditate, read, do yoga, have a bath. Do something to nurture your soul.
- Household: Boring self care. Make your bed, catch up on laundry, do some spring cleaning.
- In line with the value of ____: How are you living your most important values today?
- Blank: This is your wild-card. What do you need to do to feel well today?



GRATITUDE

Gratitude is proven to boost our physical and mental health. Build resilience and connection by noting what makes you grateful each day. .



NOTES

How did today work out?
How can you make your life better tomorrow?
How did you make the world better today?
What inspired you today?
Tasks you'd like to get to later.

For more support, contact us

email: cneek@balanceworksot.ca
social media: [@balanceworksot](https://www.instagram.com/balanceworksot)
website: balanceworks.online

Balance Works
Occupational Therapy & Coaching

10 ways to take care of yourself during coronavirus

(<http://au.reachout.com>)

Listen

The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID-19). If you're feeling overwhelmed or stressed by it all, be reassured that this is a very normal response. However, it's important to go easy on yourself and to take time for self-care. We've put together this list of self-care activities that you can do from home. They'll help you feel a little better and give you a sense of control during a very uncertain time.

1. Stay active

It's pretty well known that exercise is really good for both our physical and mental health. There's heaps of different types of exercise you can do from home, thanks to YouTube and apps. We've listed a few free ones (share your tips for others on the ReachOut Forums), or continue doing whatever works for you.

- Yoga with Adrienne is a well-loved yoga channel, with over six million subscribers. She's quirky and down-to-earth, and offers yoga classes lasting from five minutes through to an hour.
- Nike Training Club can help you stay active during this time by offering heaps of free workouts you can do from home. It also features wellness and nutrition guidance from experts.
- Seven – 7 Minute Workout app (iOS and Android). These seven-minute workouts are based on scientific studies and are designed to provide the maximum benefit in the shortest amount of time. You can also link up with friends in the app to encourage each other (or, let's be honest, compete!) – it's a great way to stay connected. If you play sport and your games and training have been cancelled, you could consider linking up with your team on this app.

These are just three ideas, do whatever works for you.

2. Take 10 to be zen

When we're stressed about something (such as coronavirus), our thoughts tend to speed up. Taking 10 minutes or so to practise mindfulness can help produce a sense of calmness. If you don't get what mindfulness is all about, check out our WTF is mindfulness meditation.

Here are some suggestions for free mindfulness apps to try:

- Insight Timer has over 25,000 free guided meditations, from 1 to 90+ minutes. Try searching by a topic that interests you (e.g. stress, learning to meditate, sleep).
- Smiling Mind might be a good option if you don't want to be overwhelmed by choice. The meditations are organised by structured programs, such as Mindful Foundations, Sleep, Relationships, etc.

▪If meditation isn't for you, try doing an everyday activity in a mindful way – in other words, put aside distractions and focus fully on one small task. For example, while you're having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand, the taste...)

3. Chat with your mates

Even if an in-person meet-up is off the table, try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or (gasp!) a good ol' fashioned phone call. Ask them how they're feeling and share your own experience if you feel safe to do so.

Check out our article on 5 steps to talking to someone you trust. You could even start a group chat where each person shares one good thing that happened in their day.

4. Check out our forums

If you're feeling (or literally are) isolated, jump on to our online forums. ReachOut Forums are a safe, supportive and anonymous space where you can chat to other young people. If you're struggling, check out the thread [Today I am having a tough time because...](#) Or share what you're doing for self-care in the thread [Today I practiced self care by...](#)

5. Make a homemade meal

Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself. You could ask a friend or family member for their fave recipe, or check out Taste's easy recipes section. See our article on [how to make healthy food choices](#) for some tips.

For many people it may be challenging to get some ingredients at the moment. If you're running low or not able to get certain things, it's totally fine to keep it really simple. You could also get creative with substitutions or Google '[ingredient] substitute' for ideas.

6. Take a break from the news

Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources. If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity, such as those we've suggested here.

7. Make a music playlist

Music can make us feel so much better. Hop on Spotify and make a playlist with your fave songs. You could make a group playlist and ask your friends to add five of their favourite songs as well. If you want to get fancy, you could make several playlists for different moods/vibes (e.g. rainy day, feeling happy, etc.).

8. Declutter for five minutes

If you're suddenly spending a lot more time at home, it can help to have an environment that feels good to you. Instead of getting all Marie Kondo and trying to overhaul your whole space in a day, try decluttering for five mins a day. Pick a shelf to start with, or pick up five things and find a home for them. For more five-minute decluttering tips, check out this article.

9. Watch or read something uplifting

Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world. Some suggestions include *The Good Place* and *Brooklyn 99* on Netflix, or *The Bold Type* and *Family Guy* on Stan.

YouTube is a great option too, plus we've put together this collection of different relaxing videos that are sure to help you chill out. If reading is more your thing, go to your bookshelf and choose an old favourite or something you've been meaning to get to for a while, or if you don't have physical books then e-books are a great option.

10. Learn something new

Have you wanted to get into drawing or learning a musical instrument? Now's a great time to make a start. If you want to learn a new language, Duolingo is an awesome free language learning program you can access from your computer or phone. YouTube has great free online tutorials for pretty much everything.

If it's all getting a bit much...

Sometimes things can get overwhelming, even if you've been practising self-care. As most people will be physically distancing or self-isolating a great option is telephone and online services. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) can be accessed for phone and online counselling, with Lifeline phone counsellors on call from 7 pm to midnight, and Kids Helpline available 24/7. Eheadspace also offers free online and telephone support and counselling.

If it's available to you, you could consider seeing your GP or mental health professional for extra help (but make sure to follow the advice of Healthdirect if you're showing symptoms or are in self-isolation). You could also ask your mental health professional if they could chat over Skype/FaceTime if you're in self-isolation.

You can also head to the ReachOut Forums to connect with other young people online.

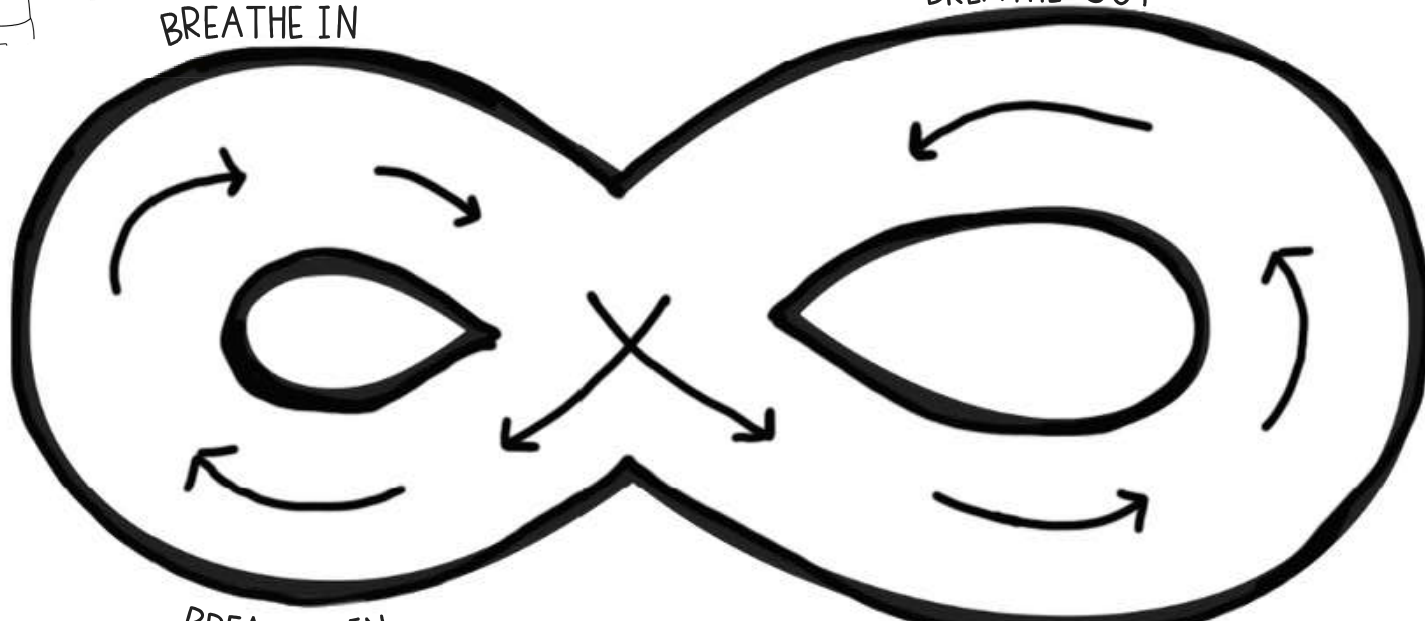
<https://au.reachout.com/>

BREATHING BOARD



BREATHE IN

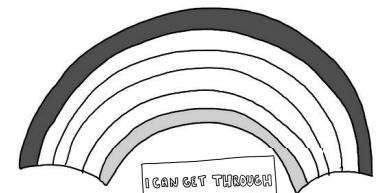
BREATHE OUT



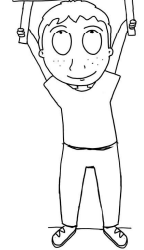
BREATHE IN

BREATHE OUT

Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.



I CAN GET THROUGH TOUGH THINGS



USE POSITIVE SELF-TALK

What DO YOU need to tell yourself right now?

I am LOVable.

I am STRONG enough to handle hard things.

I AM SAFE.

I AM BRAVE.

Mistakes help me to LEARN and GROW.

I AM IN CHARGE OF MY THOUGHTS and ACTIONS.

5-Finger Breathing



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles

Like "Rocks & Socks" 🎧



Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE ACTIONS OF OTHERS

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

I CAN CONTROL

(So, I will focus on these things.)

MY POSITIVE ATTITUDE

HOW I FOLLOW CDC RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

TURNING OFF THE NEWS

LIMITING MY SOCIAL MEDIA

FINDING FUN THINGS TO DO AT HOME

THE AMOUNT OF TOILET PAPER AT THE STORE

HOW LONG THIS WILL LAST

HOW OTHERS REACT





Five ways to boost resilience in children

While some of us crumble in the face of adversity, and struggle to recover, others quickly bounce back from even serious trauma. Psychological resilience is undeniably important in all kinds of areas of life, so understanding what underpins it, and how to train it - particularly in children – is of intense interest to psychologists and other health professionals.

Watch your language

According to Carol Dweck of growth mindset fame, to drive success in our children we should “praise the effort that led to the outcome or learning progress; tie the praise to it,” as opposed to praising effort more broadly, or achievement alone. Research led by Victoria Sisk and published in *Psychological Science* last year did challenge the idea that encouraging children to have a growth mindset (to believe that effort affects attributes like intelligence) increases academic achievement. However, there are certainly studies finding that focusing on a child’s actions, rather than who they “are”, helps them to withstand setbacks. As Emily Foster-Hanson and her fellow researchers at New York University note in a study also published last year, in *Child Development*: “Setbacks and difficulties are common features of children’s experience throughout development and into adulthood,” so it’s important to examine the effects of category labelling — like “being smart” or “being a helper”.

Engage in “strength-based parenting”

“Strength-based parenting” entails deliberately identifying and cultivating positive states, processes and qualities in a child, explains Lea Waters at the University of Melbourne, Australia. “This style of parenting adds a ‘positive filter’ to the way a child reacts to stress. It also limits the likelihood of children using avoidance or aggressive coping responses,” she says.

Don’t shield them from stress

Being the kind of person who embraces tough challenges, rather than trying to avoid them, has emerged as a key factor in resilience. To develop this, Charney recommends giving kids challenges that they can just about manage, and once they have achieved them, raising the bar a little each time. With his own five kids, he’d take them on long hikes, for instance, and get them just a little lost. During one of these trips, he recalls, one of his daughters told him that “out of her soul, she despised me”. (Now an adult, she willingly goes off hiking herself). Exposing kids to controlled stressful experiences allows them to develop a “psychological toolkit” of coping methods to draw upon in adulthood too, Charney maintains.

Teach self-regulation skills

Explicitly teaching kids ways to regulate their responses to adversity builds resilience, helping them to do well in school and in life. This is the message from a 2017 study, published in *Frontiers in Psychology*, of 365 Spanish children and young adults, aged 15-21, all of whom struggled academically.

Focus on “quantity time” and group activities

In 1998, Iceland launched a national initiative with the aim of slashing alcohol and drug use among teens. But the way the programme was set up meant that it did not only this, but much more. Through funded sport, art and music classes, teenagers were given alternative ways to feel good. Among new measures targeted at adults, parents were encouraged to spend more time with their kids (not just limited “quality time”) and to talk more to their children about their lives. National questionnaires showed a huge adoption of both these strategies between 1997 and 2012 — and during the same period, Iceland went from having some of the worst statistics for teen alcohol and drug use in Europe to having the best.

1 COVID-19 PARENTING One-on-One Time

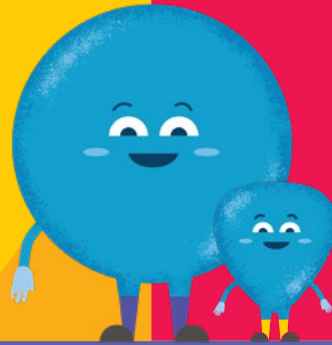
Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)



Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures



Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE

Listen to them, look at them.
Give them your full attention.
Have fun!



The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

2 COVID-19 PARENTING

Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

It's all in the delivery

Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



Get real

Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!



For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

5 COVID-19 PARENTING

Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.
- Step 4: Coming back
 - Notice how your whole body feels.
 - Listen to the sounds in the room.
- Step 5: Reflecting
 - Think 'do I feel different at all?'
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.