

## COVID-19 Lockdown, Perth, 2021, February 01

We understand that this might be an uncertain and difficult time for your family. The Department of Education has information to support you and your children through this time of COVID-10. Links are also provided for additional information.

### **Tips to look after yourself and your family**

- Eat a healthy, balanced diet
- Exercise regularly
- Maintain a regular routine
- List 3 things to be grateful for each day
- Mindfulness, Relaxation, Meditation
- Be kind to yourself and others

### **Department of Education**

- <https://www.education.wa.edu.au/>
- Learning at home
  - <https://www.education.wa.edu.au/learning-at-home>
- Support for children and young people
  - <https://www.education.wa.edu.au/learning-at-home/support-for-children-and-young-people>
- Support for parents and carers
  - <https://www.education.wa.edu.au/learning-at-home/support-for-parents-and-carers>
- COVID-19 support services and resources
  - <https://www.education.wa.edu.au/learning-at-home/support-services-and-resources?redirect=%2Flearning-at-home%2Fsupport-for-parents-and-carers%3Fredirect%3D%252Flearning-at-home>
- Parent helpline
  - If you require advice or support for your child's education due to COVID-19, your school or Education Regional Office can assist you. For further advice or support phone **1800 882 345** (8.00am to 4.00pm) or email [CoronaVirusSupport@education.wa.edu.au](mailto:CoronaVirusSupport@education.wa.edu.au)

### **Tips for discussing coronavirus with your kids – Telethon Kids Institute**

- <https://www.telethonkids.org.au/news--events/news-and-events-nav/2020/march/tips-for-discussing-coronavirus-with-your-kids/>
- The Telethon Kids Institute outlines 7 tips for discussing coronavirus with your child(ren). Please visit the website for details on the following tips;
  1. Be honest, but age-appropriate
  2. Keep them calm
  3. Remain calm yourself
  4. Encourage positive action
  5. Scaffold their disappointment
  6. Relax the rules
  7. Be on alert for highly anxious or unusual behaviour
- *NB: If you believe your child (or yourself) to be overwhelmed by the coronavirus situation, seek help from your GP as a first step.*
- *First published Tuesday 17 March 2020.*

### **Top parenting tips for parents and carers during COVID-19 – Triple P-Positive Parenting Program**

- <https://www.triplep-parenting.net.au/au-uk/en/get-started/parenting-during-covid-19/>
- As so many Australian families are experiencing new challenges due to the COVID-19 crisis, you may be concerned about the physical and emotional wellbeing and safety of your children. It's also very important to look after yourself as a parent. We have some practical tips and strategies that will help.
- Further information is available on the website **and the attached poster**
- Top parenting tips for parents and carers during COVID-19
  1. Reassure your child that your family is your top priority
  2. Take care of yourself the best you can
  3. Make sure your children know you are ready to talk
  4. Be truthful in answering children's questions

5. Maintain everyday routines
6. Have a family plan
7. Have plenty of interesting things to do at home
8. Take notice of behaviour you like
9. Help children learn to tolerate more uncertainty
10. Reach out and connect with loved ones

### **Anxiety and the COVID-19 environment – Australian Psychological Society**

- The Australian Psychological Society has information to support parents and children during COVID-19
- <https://www.psychology.org.au/>
- <https://www.psychology.org.au/for-the-public/Psychology-topics/COVID-19-Australians>
- Tips for coping with coronavirus (COVID-19) anxiety
  - Following the declaration of a worldwide pandemic and as the number of coronavirus cases rose across Australia, the level of anxiety within the community increased. For many people, the feeling of anxiety was increased by the restrictions put in place by the government to actively manage the spread of the disease. The APS has prepared this guide for Australians, outlining some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak and the associated restrictions.
- Supporting children with autism spectrum disorder in the COVID-19 environment
  - There are many changes that have come about quickly as a result of coronavirus (COVID-19) and young people with autism may need support to cope with these changes and process any worries they may have. This information sheet outlines some strategies that may be used to support young people with autism during this time.



Top Parenting Tips  
for parents and care



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