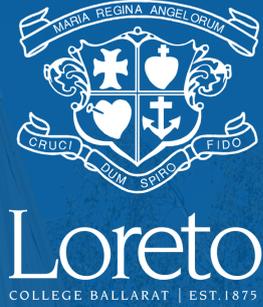


How to talk to your children about COVID-19



This resource has been prepared by Loreto College Ballarat to provide support to parents during the COVID-19 health crisis.

Tips for parents

- Learn the facts
- Keep things in perspective
- Take reasonable precautions
- Practice self-care
- Know the symptoms
- Seek support if required
- Maintain a routine
- Limit extensive media exposure
- Acknowledge your own feelings about the situation

Tips for discussing COVID-19 with your child

- **Remain calm and reassuring**
- **Make yourself available to discuss** - children may want to talk about their concerns or any questions they may have
- **Answer their questions** - this may help reduce their anxiety. Answer questions in an honest, calm and in a age-sensitive way.
- **Talk about how they are feeling** - children may be feeling anxious or concerned during this period. Check in and see how they are coping.
- **Focus on positives of the situation**

Tips for looking after yourself

- **Be mindful of your exposure to media coverage** - It can be helpful to take a break from the news cycle.
- **Show compassion and kindness to one another** - support those around you who may be struggling with isolation and the uncertainty of the situation.
- **Manage your wellbeing** - do an activity that provides a sense of calm, exercise, connect with friends and eating well.
- **Talk with someone** - if you are feeling overwhelmed, talk to someone you trust about how you are feeling.
- **Stay connected** - reach out to others during social isolation to strengthen our sense of community whilst supporting each other.

How to talk to your children about COVID-19



Support services

- **13 11 14** will continue to be operating 24 hours a day, 7 days a week
- **Lifeline Text** 0477 13 11 14 will continue to operate 6pm – midnight (AEDT), 7 nights a week
- **Lifeline webchat** will continue to operate 7pm – midnight (AEDT), 7 nights a week
- **Kids Helpline** – for children that may need support 1800 55 1800 <https://kidshelpline.com.au>
- **Beyond Blue** – 1300 22 4636 <https://beyondblue.org.au>
- **Headspace** - 1800 650 890 headspace.org.au or headspace.org.au/eheadspace
- **Ballarat Mental Health Services** - 1300 247 647 available 24 hours a day, seven days a week.

Free apps that may assist

- 1 Giant Mind
- Aura
- Breathr: Mindful Moments
- Calm
- Calm Harm
- Clear Fear
- DARE
- e-Couch
- Happify
- Headspace
- Health Tap
- Mindshift CBT
- MoodMissionReach Out
- Reach Out Breathe
- Reach Out Worry
- TimeRelax
- SAM - Self Help for Anxiety Management
- Sanvello
- Sleep Time
- Smiling Mind
- Stop, Breathe & Think
- Super Better

Further resources

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://headspace.org.au/assets/Uploads/headspace-Fact-Sheet-Coping-with-COVID-19-Stress-v1.pdf>