

# Helpful tips for parenting through the Coronavirus (COVID-19)

We recognise that these are uncertain times, and the situation is changing daily. This can cause some overwhelming feelings.

Let's focus on building resilience for our children and self-care for us as parents.

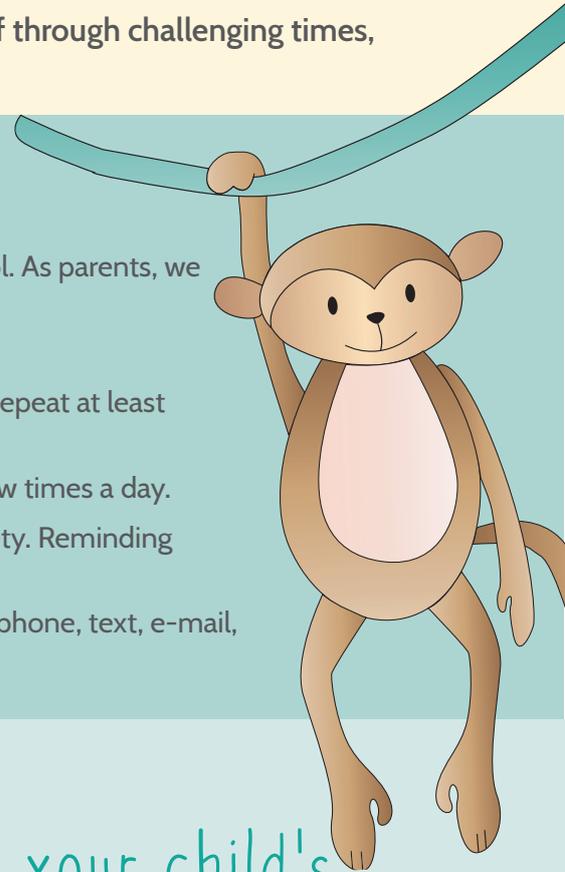
Here are some helpful ideas for supporting your children and yourself through challenging times, such as the current Coronavirus pandemic.

## About YOU

In stressful times, we can often find ourselves feeling anxious and out of control. As parents, we need to ensure we look after ourselves so we can look after our children.

Here are some ideas:

- Deep Breathing: Breathe in through your nose, and out through your mouth, repeat at least 5 times.
- Exercise: Find fun ways to exercise and disconnect from your technology a few times a day.
- Positive self-talk: How we talk to ourselves has a massive impact on our anxiety. Reminding ourselves things like "I can cope with this", "I can get through hard times".
- Stay Connected: Maintain connections to your positive support networks via phone, text, e-mail, social media, video chat etc.



## How we communicate with our children

Being on our phones and computers can increase our anxiety. Flooding our minds with reminders of uncertainty increases our panic about Coronavirus, as does misinformation (fake news!)

Our kids are paying attention to what we are talking about. Be mindful of conversations while your children are around. It is best to delay conversations and reading of articles until your children are not present.



If your child does hear things about Coronavirus, it is important for you to give them permission and the opportunity to talk about their worries.

## Validate your child's questions and worries

The world doesn't feel as safe as it felt a few weeks ago. Let your child know, it's normal to feel unsure at the moment.

As parents, it's our job to validate their feelings and our own in this tough, unusual time.

Make space for conversations with your child where they can speak freely about how they are feeling, what they have heard, and any worries they are holding onto.

As parents, you don't need to convince your child to feel any differently, but instead listen, ask questions, and let your child know that they can always come and talk to you about worries and questions they may have.

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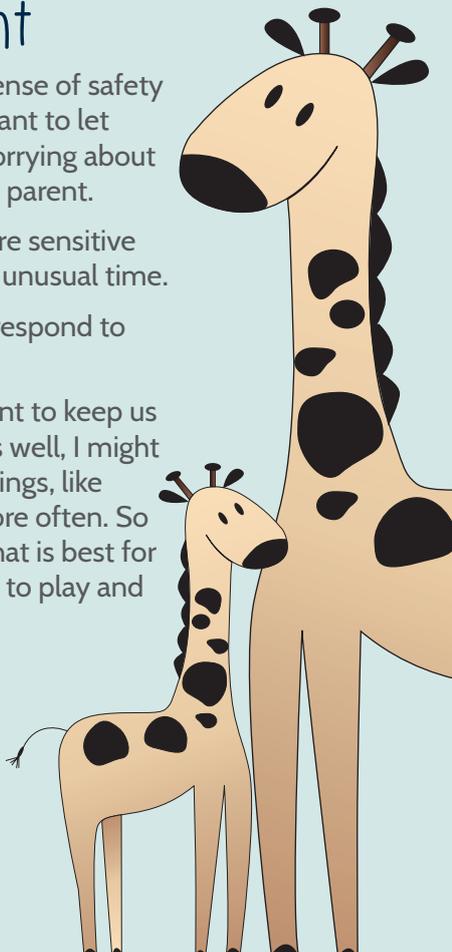
## Be the stronger, wiser parent

Boundaries provide a sense of safety for children. It is important to let your child know that worrying about safety is your job as the parent.

Your child might be more sensitive and anxious during this unusual time.

An example of how to respond to this could be:

"It is my job as the parent to keep us safe. To help me do this well, I might ask you to do certain things, like washing your hands more often. So trust that I am doing what is best for us, so you can continue to play and be a kid!"



## Create a space for fun times in the home

There might be a situation where your child has to stay at home for a long period of time. If this is the case, it is important to encourage moments of fun with your child.

Joining in with your child on being silly and having fun, creates a sense of safety for them.

Moments of fun and playing together can be a great way to take a break from worrying about the uncertainty in the world right now.

Ask your children for their ideas on what you can play or do together.



## Important and informative links

There is lots of information circulating on the internet and across the media. We recommend that you choose to keep yourselves updated via reputable sources. Here are some examples of reliable sources for updates on the Coronavirus.

Unicef | How to talk to your children about Coronavirus: <https://bit.ly/2wmGR5B>

SA Health | Coronavirus Updates: <https://bit.ly/33EANSk>

Australian Department of Health | Coronavirus Updates: <https://bit.ly/3a73xW2>

World Health Organization (WHO) | Coronavirus updates: <https://bit.ly/2xP2FXP>