

3 Useful Covid-19 Resources for Children, Parents and Carers

Covid-19 has certainly changed things in education and child care during 2020. Queensland Education have produced some great resources to help explain about the Coronavirus and support children / parent / carers during this difficult time. Here are a number of resources we think are particularly useful for childcare services and their community.

Explaining Corona Virus

A simple, colourful, child friendly explanation of Covid-19 for children, including tips for slowing the spread of the virus and a reassuring message.

There is a printable PDF as well to reinforce the message.

[Download PDF](#)

Advice for parents and carers to support children.

This document offers advice for parents and carers about how to assist children (and parents) cope with the anxiety associated with Covid-19.

NOTE: The following images of the document are for convenience only. Please download the document from the link below the images to access active links contained in the text.

Coronavirus (COVID-19)



Advice for parents and carers to support children and young people

This fact sheet contains tips to help parents and carers have calm conversations with their children about Coronavirus – ensuring they have accurate information and their mental health and wellbeing is supported.



Pay extra attention to your child's emotions and needs

During the Coronavirus pandemic, children and young people may be particularly worried. For parents, it's important to:

- recognise signs of increased anxiety, stress or worry;
- know that it is a normal reaction; and
- help children feel safe and supported.

You may notice changes in your children's behaviour, sleep, mood, or eating habits – these are all normal expressions of worry and by noticing and responding with care and support, you will help your children to feel better.



Be aware of your own behaviour

It's important to understand the effect your own behaviour can have on your children. If you're visibly upset or react in a way that suggests you're fearful, children will take their cues from you. Remain calm in your conversations with children and young people, and reassure them that, although this is an uncertain time, you are there to look after them and keep them safe.



Communication is important

There is a common misconception that talking with children and young people about a topic such as Coronavirus may increase their anxiety. However, research suggests that it usually has the opposite effect. For children, not having information is scary. Many children will fill in the blanks with their own imagination – often imagining something far worse than the truth. For older children, they may take to the internet for their answers, which can be misleading and overwhelming.

Children and young people need to feel informed and safe. Discussing Coronavirus openly with your children and answering their questions calmly will provide the opportunity to reassure them that they are safe and dispel any false information they may have heard in the media or through rumours.

With the situation changing rapidly, conversations about Coronavirus should take place regularly between you and your children. This will help to minimise the anxiety they may feel when they hear new and sometimes contradictory information or advice.



Tell children the facts

Scary headlines attract attention and help sell newspapers but they don't always tell the whole truth. Ensuring you're armed with facts will help keep conversations calm, considered, and constructive. In discussions with children, it is important to emphasise that:

- Although the number of confirmed cases of Coronavirus in Australia is increasing, measures are being put in place to help to slow the spread of the virus.
- The majority of people who contract Coronavirus will have no symptoms or only mild symptoms, from which they will recover easily. Only a small minority of people may become very ill.
- We are lucky to live in a country where children will be able to access prompt and high quality medical attention.
- The risk of serious illness for people their age who are in good health is low.

Sharing this information should help reassure children that there is no immediate risk to themselves, their friends, or their family.



**Queensland
Government**

Advice to parents to support children about covid-19.
Source Queensland Department of Education

Coronavirus (COVID-19)



Explain what efforts are being made to contain the virus

Authorities are responding quickly. Travel in and out of Australia has been restricted, with only Australian citizens and residents being allowed back into the country. Also, scientists in Australia and around the world are working hard to develop a vaccine and a treatment for the virus.

In Australia, the Government is carefully monitoring and actively managing the situation – this is why advice for how to stay safe is updated often. Children should be confident that anyone who has the virus and needs medical attention will receive high-quality treatment quickly in our world class hospitals.



Restricting exposure to news and social media

It is normal for children and young people to get overwhelmed by the constant discussions about Coronavirus, which can lead to increased worry and anxiety. If parents and carers notice their children becoming anxious or scared due to the amount of information they are hearing about Coronavirus on the news or through social media, it may be necessary to encourage and assist them to take a break from the 24-hour news cycle and to focus on other things.



Focus attention away from Coronavirus

Encourage children to engage in things at home that help them feel physically and emotionally safe (for example listening to music, playing a favourite game with the family, or doing some exercise in the home).

It is particularly important for children and young people to feel close to their immediate family who they are living with and, where possible, continue to communicate with those people outside the family (by telephone or video calls) who are helpful to their wellbeing.



Finally, offer practical advice

Tell your children what you can all do to help slow the spread of Coronavirus, including:

- Staying at home as much as possible and only going outside to exercise with your family or to collect food/medical supplies or attend medical appointments.
- Avoiding close physical contact with people outside of those living in your household. This means having a distance of 1.5 to 2 metres between you and anybody else, except for people who live with you in your home.
- Staying at home if unwell and avoiding contact with others outside of your immediate family.
- Coughing or sneezing into your elbow or a clean tissue.
- Keeping hands clean by washing them regularly with soap and water or an alcohol-based rub.
- Avoiding touching your eyes, nose, and mouth.

Available supports

Schools make a number of staff available to provide extra support to students who may be anxious and to provide information and advice to parents and carers. If you are concerned about your child's wellbeing, you can contact their school to ask what additional support might be available.

Support is also available through a number of Queensland Government agencies and community organisations. Parents and carers can:

- call 13Health (13 43 25 84) at any time for practical medical advice and assistance
- review Queensland Health's [Coronavirus webpage](#) for the latest information and advice
- review headspace's [dedicated page about coping with stress related to Coronavirus](#), or contact [headspace](#) for professional support
- contact Lifeline Australia's telephone counselling service on 13 11 14 for information, referral and advice
- obtain help and information from the local General Practitioner or Community Health Centre.

Advice to parents to support children about covid-19.
Source: Queensland Department of Education

Download PDF

Support for Carers and Parents

This fact sheet contains information to help parents and carers access the advice and support you need to keep your family safe and well during the Coronavirus crisis.

NOTE: The following images of the document are for convenience only. Please download the document from the link below the images to access active links contained in the text.

Coronavirus (COVID-19)



Advice for parents and carers to access support

This fact sheet contains information to help parents and carers access the advice and support you need to keep your family safe and well during the Coronavirus crisis.



Impacts of Coronavirus on families

While the Coronavirus pandemic is first and foremost a health crisis, it has also produced an economic and job crisis. This has led to significant personal, financial and social stress for many families. Like many Australians, you and your family may be facing hardships and challenges in one or more of the following areas:



Fear of family members contracting Coronavirus (this fear will likely be heightened if you or someone in your family works in frontline health services).



Concern over supporting your own or your family members' mental health.



Financial stress and uncertainty due to under- or unemployment.



Feelings of social isolation.



Heightened worry for members of your family who may be vulnerable (for example elderly parents who you can no longer visit or who live far away).



Stress and conflict caused by isolating in your homes (especially if you have unstable housing or you or someone in your family is experiencing domestic and family violence).



Increased caring responsibilities due your children not being physically at school/day care and/or support services to help care for members of your family being cut off/decreased.



Accessing advice and support from your child's school

Schools are an important part of your child's and your family's community. Your school will continue to be an essential point of connection and support during this crisis. Even if your child is not physically attending school, please be assured that you can still get in touch with your principal and other school staff for advice and support.

Your child's school will be implementing creative and meaningful ways to continue to interact with and support your child and your family. Now is an especially important time to ensure you can access all the ways that your school is sending out information and support (for example through emails, Facebook/social media pages, and online or mailed copies of the school newsletter). If you are having any trouble accessing information being sent out from your school, please contact your school to arrange for alternative ways to receive this information.

Remember as well that your school has a range of support services and resources to help support your child and your family. Even if your child is not physically attending school, your family will continue to be able to access support from your Guidance Officer. To find out the best way to contact your Guidance Officer, please contact your school. For further information about support available, call your school, visit your school's website, or review information from the Department of Education on the learning@home website or on the [Student health, safety and wellbeing page](#).



Accessing advice and support from other agencies

If you and your family are experiencing stress, you may also need to access additional or more specific advice and support from other agencies. Information is provided on the following pages about how you and your family can access this support during the Coronavirus pandemic. Accessing the right support will help to keep you and your family safe and well during this crisis, when most of us are in need of extra support.



**Queensland
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Support services for parents and carers – Coronavirus.
Source: Queensland Department of Education

Coronavirus (COVID-19)



Available supports



Emergency

Call 000 in a physical or mental health emergency.



Primary and Allied Health Services

You may be unsure or anxious about how to access primary and allied health care from home. To support access to these services during the Coronavirus pandemic, the Government has provided \$669 million to expand Medicare-subsidised telehealth services for all Australians.

This means that Australians will be able to access support in their own home using their telephone, or video conferencing features like FaceTime to connect with GP services, mental health support, chronic disease management, Aboriginal and Torres Strait Islander health assessments, after-hours consultations and nurse practitioners, services to people with eating disorders, pregnancy support counselling, as well as services to patients in aged care facilities and children with autism.

- For more information on what services are eligible for Medicare-subsidised telehealth, go to the [Australian Department of Health Medicare Benefits Schedule website](#).



Health Advice

- For health advice call 13 HEALTH (13 43 25 84) any time for practical medical advice, including an over-the-phone nurse assessment if you are experiencing COVID-19 symptoms.
- Visit [Queensland Health's coronavirus webpage](#) for the latest information and advice.
- For doctor appointments, medical advice, and to get information on testing (including results and testing locations), call your local doctor or [search online for a GP](#).



Mental Health Support

- For 24 hour phone and online counselling from mental health professionals contact [BeyondBlue](#) on 1300 224 636.

Beyond Blue is building a dedicated [Coronavirus Mental Health Support Service](#) for people experiencing mental health concerns due to the Coronavirus crisis. Information will be provided on their website when the support service is operating.

- Contact [Lifeline](#) telephone counselling service on 13 11 14 for information, referral and advice.
- Contact [MindSpot](#) on 1800 61 44 34 for online assessment and treatment for anxiety and depression and also to access resources, or guidance on accessing the right services around Coronavirus.
- For support for women and families experiencing perinatal anxiety or depression, contact [Perinatal Anxiety and Depression Australia \(PANDA\)](#) on 1300 726 306.
- For information about mental illness, treatments, where to go for support and to help carers contact [SANE Australia](#) on 1800 187 263.
- For confidential telephone counselling services and support following the loss of a loved one, contact [GriefLine](#) on 1300 845 745.
- For children, call Kids Helpline on 1800 55 1800 or visit the [Kids Helpline](#) website.
- For young people aged 12–25 and families supporting young people, call headspace on 1800 650 890 for professional support or visit [headspace's dedicated page](#) about coping with stress related to Coronavirus.

Suicide Prevention Support

- Contact [Lifeline](#) on 13 11 14 for 24 hour crisis support and suicide prevention services.
- Contact the [Suicide Call Back Service](#) on 1300 659 467 for immediate suicide support and long-term counselling.

Support services for parents and carers – Coronavirus.
Source: Queensland Department of Education

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Further useful information can be found on the Education Queensland wellbeing of students webpage.