

COVID-19 and You

A guide to support your family



This project was developed by Starick in partnership with the Eastern Corridor Refugee services and the Government of Western Australia.

This booklet was produced on Noongar Boodjar. We pay our respects to all Aboriginal and Torres Strait Islander peoples and Elders, past and present. We acknowledge they have cared for this country since its creation. We respect their unique cultural and spiritual relationships to the land, waters and seas on which we live and work. We acknowledge their rich contribution to our society.

The booklet, including Arabic, Persian and Simple Chinese translations are available for download at:

<https://www.starick.org.au/covid-19-resource-booklet/>



Contents

Page 06

Stay healthy

Page 20

Be prepared

Page 30

Caring for each other

Page 46

IT info

Page 58

Learning and education



About the COVID-19 Resource booklet

The COVID-19 Resource booklet was developed in consultation with children, young people and their families living in refuges or receiving support from family and domestic violence (FDV) services in Western Australia. Their valuable feedback helped us to understand what would be useful to include in this resource.

As WA moves into living with COVID-19, the booklet can be used to provide evidence-based practical guidance to organisations, families, children, and young people during periods of COVID-19 isolation and illness. It can also be used more more broadly to support families living in refuges and outreach.

When children and families living in FDV services have to isolate or are feeling unwell, this booklet can assist support planning.

How to use the booklet

The booklet is divided into five sections:

Section 1 - Stay healthy

Provides an overview of current health information, including vaccinations.

Section 2 - Be prepared

Looks at ways families can be prepared for a COVID 19 outbreak or if there is a rapid rise in case numbers.

Section 3 - Caring for each other

Offers tips on how to look after you and your family.

Section 4 - IT info

Explores technology and staying safe online.

Section 5 - Learning and education

Provides tips to support children and young people's education and learning.

QR Codes

The resources in the booklet have QR code links for your mobile phone.

Depending on the model of your phone, you can use your camera or you can download a QR code reader onto the phone.

Free QR Code readers for iPhone and Android can be found at:

<https://www.kaspersky.com.au/qr-scanner>

Scanning a QR code using your phone is easy:

1. Open the QR reader app or the camera on your smartphone.
2. Point it at the QR code - you should be able to point your camera from any angle and still receive the necessary information.
3. The data will instantly show on your screen.

These resources provide general information only; speak to your Women's Advocate, Children's Advocate or Outreach worker who can help you to access the information you need.

Many of the resources provided are accessible online - always ensure that supervision of children and young people keeps them safe. Follow the QR code for more information.



Acknowledgements

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The project was developed in partnership with the Eastern Metropolitan Corridor family and domestic violence services with Starick as the lead agency.

Starick wishes to sincerely acknowledge and thank the many individuals and services from across Western Australia, who shared their knowledge, participated in consultations and training, and provided feedback on the development of this resource. This was made more challenging by the impact of the COVID-19 pandemic.

These agencies include:

- Women's family and domestic violence services across Western Australia which play a fundamental role in supporting children, young people and their families to live a life free from violence.
- Aboriginal Health Council of WA
- Australian Government, Department of Health
- Berry St Child and Family Services
- Beyond Blue
- Australian Childhood Foundation
- Department of Communities- Western Australia
- Department of Education, Western Australia
- Department of Health, Western Australia
- Emerging Minds

- HeadSpace
- Health Direct
- Naala Djookan Healing Centre
- Raising Children Network
- Reach Out!
- The Royal Melbourne Children's Hospital
- World Health Organisation.

It is recognised that terminology varies between sectors, services and individuals in the family and domestic violence area. The term Family and Domestic Violence (FDV) is used in this resource in line with the West Australian Government's *Path to Safety Strategy to Reduce Family and Domestic Violence 2020-2030* and the *National Plan to End Violence against Women and their Children 2022-2032*.

Terminology

The term mother/carer includes nonbiological parents and carers, and 'children' at times refers to 'children and young people' inclusively.

Community languages

If you speak a language other than English and need help understanding this document, you can contact the free **Translating and Interpreting Service on 131 450**.

If you are deaf and/or find it hard hearing or speaking with people who use a phone, the National Relay Service (NRS) can help you. Please get in touch with the NRS Helpdesk on **1800 555 660**.



Starick is an inclusive, safe and respectful organisation which celebrates diversity and actively supports the inclusion of children, young people and adults from LGBTIQ+ communities, people with disabilities, people from diverse cultural and linguistic backgrounds and people with diverse religious beliefs or affiliations.

Stay healthy



COVID-19 information and advice

Where to get reliable information about COVID-19

It is best to get your information about COVID-19 from up-to-date, reliable sources. Some links to online information are provided below.



COVID-19 spreads easily through sneezing, coughing, breathing, talking and hand contact. The virus also lives on objects that have been in contact with an infected person's mouth, nose, hands or body fluids. The virus can spread if you touch an infected object.

COVID-19 and children

Most children who get COVID-19 have mild symptoms or no symptoms at all. Children with some underlying medical conditions might be slightly more likely to get quite sick. But very few children with COVID-19 get sick enough to need hospital, and it is very rare for children to die.

There are different types, or variants, of COVID-19. Some types are more infectious for everyone, including children. This means the virus spreads more easily from one person to another. The Delta and Omicron variants are more infectious types of COVID-19.

If you have a question or a concern call:

-  Coronavirus Helpline - 1800 020 080
-  Healthdirect - 1800 022 222

National resources

Healthdirect's Coronavirus hub

<https://www.healthdirect.gov.au/coronavirus>



Coronavirus Australia app

<https://www.health.gov.au/resources/apps-and-tools/coronavirus-australia-app>



Western Australia COVID-19 information and advice

Healthdirect's Coronavirus hub
<https://rollup.wa.gov.au/>



Information for Aboriginal families
http://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/Coronavirus-information-for-Aboriginal-people



Information on vaccination in community languages
<https://www.wa.gov.au/government/covid-19-coronavirus/covid-19-coronavirus-translated-advice>



Services WA your one-stop shop for COVID-19
<https://www.wa.gov.au/organisation/government-of-western-australia/servicewa-mobile-app>

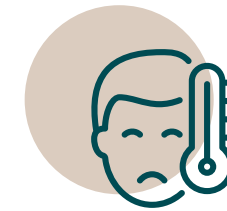


Know the symptoms and what to do



Mild symptoms →

Most people will have mild symptoms for up to two weeks. Avoid high impact activities, like running and workouts. Rest up and let refuge or outreach staff know so that arrangements can be made to care for you and others.



Worsening symptoms →

If symptoms worsen and you cannot take care of yourself, such as showering, putting on clothes or making food. Let refuge or outreach staff know. Arrangements can be made to care for you and your family.



Severe symptoms →

If symptoms become severe such as difficulty breathing when resting, chest pain, coughing blood or fainting. Do not wait; call 000 and let the operator know you have COVID 19. If you have time, let refuge or outreach staff know.



Getting tested

You must get tested or take a test if you are unwell or a close contact.

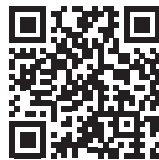
A PCR test is free and available at clinics. You can also take a RAT at home.

PCR is short for polymerase chain reaction.

RAT is short for rapid antigen test.



To find a clinic for a PCR test visit www.healthywa.wa.gov.au or follow the QR code



Guide to a Rapid Antigen Test (RAT)



A RAT is a quick home test to check if you have COVID-19. It gives a result within 15 to 30 minutes.

RAT kits are available to buy from supermarkets, pharmacies and other suppliers. Every WA household is eligible for fifteen free RATs. To register for your free tests visit wa.gov.au (external site).

People who cannot register online or need assistance can contact **13 COVID (13 26843)** to order.

If you need this information provided to you in another language, please contact **13 COVID (13 26843)**, where you can access an interpreter.

If your test is positive using a RAT, follow the isolation rules for a confirmed case.



For more information on how to administer a RAT test and register your results, visit https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-testing or follow the QR code



Talking about COVID-19 with children and young people

With all the changes that are happening, it is natural that children will have questions and maybe some concerns.

What you say to your children about COVID-19 will depend on their age and what is happening, but how you do it is pretty similar.

Start the conversation. Most children believe their parents will protect them. Talking about COVID-19 helps them feel safer.

Pick your moment. Children can get anxious when they are taken aside for a chat, so don't make it a big deal. Choose a time when you are together, maybe when out walking and talk casually about the changes that are happening. Children know a fair bit about COVID-19 already.

Explaining the changes that are happening

Speak calmly about COVID-19 changing the way we do things, which can be hard but talking about it is important.

Encourage questions. Ask if there is anything else they would like to know. When children ask questions, it shows they understand what you have told them. Let them know that asking questions is a good thing, it helps everyone understand what is going on.



Young children

A little information goes a long way.

- Young children don't need technical words like 'coronavirus' or even 'virus'.
- Use examples that will help them understand. For example, you can say, "Most children won't get very sick if they get COVID-19 and if they do, it will be a bit like getting a cold", or "It might be a little bit more serious for older people, so we need to help protect them by washing our hands!"

Tweens

Call it what it is – a virus that changes over time.

- Be clear that it is like the flu and that the COVID-19 vaccines and boosters will help prevent them from catching it.
- Remind them it is still important to keep following all the health guidelines to stop the virus from spreading to the broader community, particularly with the Omicron strain.
- Reassure children that while this is the situation now, we know it will get better.

Teenagers

They have been exposed to what is happening through news and social media.

- Talk about the information they have seen and heard.
- Let them know this situation is complex but stress that every country is different. In Australia, we have been able to learn from what is happening in other countries and we have one of the best healthcare systems in the world.
- Stick with the same message every time you talk to your teenagers. Being consistent can help protect them from feeling stressed or uncertain.

Getting started

- ✓ Use age-appropriate language.
- ✓ Show you are listening and their concerns are important to you.
- ✓ Explain you have not been through anything like this either, but you know that things will change.
- ✓ Remind them you are there to look after them.
- ✓ Let your children know that we are in a good position to fight this disease.



COVID-19 Vaccine for children and young people

All Western Australian children and young people aged five years and over are eligible for COVID-19 vaccination.

For children aged 5-11 years

The paediatric Pfizer COVID-19 vaccine is available for 5-11 year olds and paediatric Moderna COVID-19 vaccine is available for 6-11-year olds. Two doses of the vaccines are required for maximum protection.

For young people 12 years and over

The Pfizer and Moderna COVID-19 vaccines are being offered to this age group. Two doses of the vaccines are required for protection.



Consent



Parents may be asked to consent to their children being vaccinated. Consent forms have been developed for young people. In general, a parent or legal guardian of a child has the authority to consent to vaccination. Consent for young people over 12 years may be a bit more complex in certain situations.



More information is available at COVID-19 vaccine information for teens and parents/guardians - <https://www.healthywa.wa.gov.au/COVID19vaccineFAQs>



Mothers and carers are strongly encouraged to discuss children's COVID-19 vaccination with their GP.

How can I get my children vaccinated?



Bookings are needed for children's vaccinations. You can make an appointment at a State-run vaccination centre or from participating GPs and pharmacies across metropolitan and regional WA. Parents are encouraged to call their GP clinic directly to make an appointment.



Find a participating provider in your area through <https://rollup.wa.gov.au/locations> or scan this QR code.



Reference www.health.gov.au | www.healthywa.wa.gov.au

What do I do if my child gets COVID-19?

If you are looking after someone with COVID-19, you can do things to keep yourself and the other person well.

You will need to wear single-use surgical or N95 masks and disposable gloves when you are in the room. Try and keep other household members and vulnerable people away from the sick person and make sure other family members are monitored for symptoms.

Children with COVID-19 will often have symptoms — such as fever, runny nose, sore throat, cough, vomiting, diarrhoea and tiredness.

A small number may develop other symptoms such as tummy or chest pain, headache, body aches, breathing difficulties or loss of taste or smell.

Up to half of the children who get COVID-19 may have no symptoms at all.

There is a small risk of severe disease from COVID-19 in children, but this is very rare, even in children who have medical conditions.

Most children who get COVID-19 can be cared for at home.



You should seek medical care for your child if:

- They are less than three months old.
- Your child's symptoms seem to be getting worse.
- Your child has a chronic illness and your GP has told you to seek help if they get a respiratory (breathing) or gastrointestinal illness.
- Your child's mental health is suffering because of isolation.

Follow the same guidelines that you would for other viral infections:

- Children should drink lots of fluids.
- Encourage them to rest and not overdo it.
- Children can take paracetamol or ibuprofen for pain or fever.
- Watch your child for signs that their illness is getting worse.



Warning signs to look out for:

- Fever for more than five days.
- Difficulty breathing or chest pain.
- Severe abdominal pain, vomiting and/or diarrhoea.
- If they are drinking less or passing less than half the amount of urine they usually would.
- If they are very sleepy or irritable.
- In case of these or other serious concerns, seek urgent advice from the COVID-19 hotline.



Further information is available at the link below or the QR code. <https://www.healthdirect.gov.au/managing-covid-19/caring-for-someone-with-covid-19#child>





Children wearing face masks

Face masks protect people from COVID-19 and prevent its spread in the community. At times children and teenagers may be required to wear face masks. This might include when children are out of their homes or at school.

Tips to help your child get used to wearing a face mask:

1 Role-modelling is a good way to get your child to wear a face mask. This starts with you wearing a face mask correctly and safely. The Raising Children website has more information.



2 Check face mask recommendations and requirements in your local area. Check your state or territory COVID-19 website for advice about whether face masks are needed or recommended.



3 Children and young people need to know when and where to wear a face mask.

- Explain what is happening with face masks at school and why.
- Be patient. Give your child time to get used to the idea of face masks and remind them about the rules more than once.

4 Help your child get used to wearing a face mask by:

- Encouraging your child to practice wearing a face mask for short periods of time.
- Making a game out of it - pretend you are masked superheroes.
- Decorating masks - draw on lips or a mustache
- Add features like mask extenders or ear savers to make masks more comfortable for your child.

5 Explain that face masks hide some facial expressions and muffle voices, so they can affect the way we communicate.

Seek help if your child is anxious about wearing a face mask

If your children feel very anxious about wearing a face mask, talk to refuge or outreach staff. They will help you with more tips for getting children to wear a mask.

6 Face masks for children with disabilities or additional needs

If your child has a disability, ask your GP or other health professional about whether your child is required to wear a mask. Your child may be able to get an exemption.

Face masks can pose additional challenges, for children with hearing loss.

If your child has experienced otitis media damage, it is a good idea to remind schools, teachers, and each other that it can be very difficult for a lot of Aboriginal kids to hear voices through masks.

Reference: Parenting Children's Network



Don't put off necessary medical appointments

Life must continue even when COVID-19 is spreading. If you have a medical appointment you can:

- ✓ Call to check if a phone or telehealth consultation is possible. If not, schedule your appointment in advance.
- ✓ Always check on your local restrictions.
- ✓ Take hand sanitiser and wear your mask.
- ✓ If you are in a high-risk group, wear a medical mask.
- ✓ While waiting for your appointment, maintain physical distancing or ask to sit in a less crowded place.



Top tips and suggestions

- | | |
|--|--|
| <p>1 Clean your hands often. Use soap and water or an alcohol-based hand rub.</p> | <p>7 Catch up with friends outdoors.</p> |
| <p>2 Clean surfaces regularly, such as mobile phones, children's toys, benchtops.</p> | <p>8 Open windows for fresh air where possible.</p> |
| <p>3 Wear a mask in situations where you feel there is a high risk of infection.</p> | <p>9 Monitor your family's health daily.</p> |
| <p>4 Where possible, practice safe distancing.</p> | <p>10 Check-in with your children that they understand these tips to stay safe.</p> |
| <p>5 Avoid touching your eyes, nose and mouth.</p> | <p>11 Stay home if you or your children feel unwell.</p> |
| <p>6 Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.</p> | <p>12 Get tested if you or your children experience COVID-19 symptoms.</p> |



Stay informed with the right information about COVID-19 - Health Direct QR code.



Who can help?

COVID-19 more Information

- | | | |
|-----------------|---|--|
| <p>1</p> | <p>COVID-19 Easy Read Resources
 https://www.health.gov.au/resources/collections/covid-19-vaccination-easy-read-resources</p> | |
| <p>2</p> | <p>Information for people with a disability
 https://www.ndis.gov.au/coronavirus</p> | |
| <p>3</p> | <p>Resources in community languages
 https://www.health.gov.au/resources/translated/covid-19</p> | |

Aboriginal resources

- | | | |
|-----------------|--|--|
| <p>4</p> | <p>https://www.ahcwa.org.au/vaccineresources</p> | |
| <p>5</p> | <p>https://www.health.gov.au/health-alerts/covid-19/advice-for-groups-at-risk/indigenous</p> | |

Parent support resources

- | | | |
|-----------------|--|--|
| <p>6</p> | <p>Raising Children Network
 https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-health-department-information#where-to-get-reliable-information-about-covid-19-nav-title</p> | |
| <p>7</p> | <p>Blog for parents
 Parenting in the age of coronavirus is a podcast from the Murdoch Children's Research Institute in Melbourne. Child health experts discuss the challenges parents face and explore how you can best support yourself and your children.
 https://www.mcri.edu.au/podcasts/coronavirus-parenting</p> | |
| <p>8</p> | <p>International World Health Organisation
 https://www.who.int</p> | |

Be prepared



COVID-19 kit

Once you or your children have COVID-19, it is too late to go shopping — that's why it may be helpful to have some basic things on hand for infection control and managing your symptoms.



What do you need in your COVID-19 kit?

Having what you need in one place means you can act quickly to stop the spread of COVID-19 in your family and the community?

For infection control

- Surgical masks should be enough but check with your service staff to see if there are any other requirements.
- Disposable gloves for dish washing give an extra layer of protection but shouldn't replace good hand washing.
- Cleaning products such as household disinfectants, hand soap, hand sanitiser and disinfection wipes are useful.
- A supply of rapid antigen tests. Ask your service how to get the free RATs.



For symptoms management

- Pain medication, like Panadol, Neurofen, hydrolytes or ice blocks.
- Thermometer to monitor fevers.
- A two-week supply of any regular medication.
- Enough food — have some frozen meals ready for when your symptoms are bad.
- Contact details for medical support or assistance.
- Activities to keep you and your family entertained during isolation.
- Have a couple of good books and favourite family movies on hand to help everyone rest and relax.



If you or your child are feeling overwhelmed or stressed, seek help from refuge or outreach staff, friends, family, or you can call beyondblue on 1300 22 4636 or Lifeline on 13 11 14 at any time. <https://coronavirus.beyondblue.org.au/COVID-normal>



The Aboriginal Health Council of Western Australia gives the following tips for staying safe in isolation

Stay home to keep your mob safe

- 1 Stay at home if you are told to isolate.
- 2 Keep busy with activities.
- 3 Ask for help with shopping.
- 4 Eat healthy food.
- 5 Do some exercise.
- 6 Don't have visitors.
- 7 Make sure Elders are safe.
- 8 Stay in touch.
- 9 Yarn on the phone.



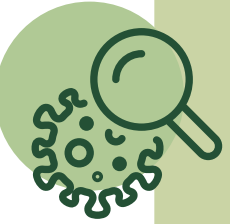
Video yarn on Facebook or WhatsApp

Speak to your health clinic if you are feeling crook or worried.

Go to <https://www.facebook.com/AHCWA/> for more information.



Supporting your child to cope with COVID-19 changes



Many people are looking for advice on helping children cope with COVID-19. It can be an unsettling time with people becoming unwell and information frequently changing.

So, what can you do?

- Talk openly and honestly about COVID-19 with your children.
- Ask them what they have heard about the virus.
- Make time to have fun.
- Be informed about the facts.
- Focus on the things children can control.
- Show your children that you are calm.
- Look out for signs of anxiety or stress in your children.
- Look after yourself too and remember to stay socially connected.

Key points to remember

- Children look to adults as a guide about how to react in stressful situations.
- Stay calm, positive and hopeful when talking about COVID-19 with your children.
- Limit media exposure about COVID-19.
- Give children practical things to do, like practicing good hand washing, to help them feel in control.
- Make sure you and your child stay physically active.

How children may react to COVID-19

Children like familiar routines. They like to wake up, eat breakfast, go to school, play with friends. When an emergency or pandemic like COVID-19 interrupts this routine, children may become anxious or frightened.

Children may express their feelings in many ways. Keep an eye out for:

- Clinginess or children not joining usual activities.
- Becoming more shy, more angry or aggressive.
- Return to behaviours, like thumb-sucking or carrying a cuddly toy.
- Not wanting to go to school.

If you are concerned your child is showing signs of anxiety or stress, seek advice from refuge or outreach staff or connect with other services we have included in this booklet.

Daily routines - why they are good for families



Daily routines help families organise themselves and spend time doing fun things together. During COVID-19, routines help:

- children feel safe and secure
- children learn to cooperate by letting them know what is going to happen
- parents feel more in control and less stressed.

Simple routines are:

- Well planned – so that everyone understands their role and knows what they need to do.
- Regular – become part of everyday family life.
- Predictable – things happen in the same order each day or time.

TASK

How to make a routine for your family

Take time to think about what your family regularly does. This helps set a routine that suits your family's needs. Here's how:

1. Write down a typical day for your family

Include what time everybody gets up, when you have meals and what happens at bedtime. Make time for looking after yourself in your family's routine. For example, part of the routine could be going for a walk or phoning a friend or family member while the children do their homework.

2. Think about the things that are important in your day

For example, do you want to make sure your child brushes his teeth in the morning or that you read a book before bedtime?

3. Write down a simple routine that lists regular activities and things you want to remember

Here's an example of what a morning routine might look like:

7.30 am – Alex gets up and gets dressed.

7.45 am – Mum makes breakfast. Alex eats breakfast.

8.00 am – Alex brushes her teeth and puts on her school uniform and shoes.

8.15 am – Alex looks at books while Mum gets ready to go.

8.25 am – Alex and Mum leave for school.

Remember, you do not have to have a routine for the whole day. A morning routine or a bedtime routine may be all you need.

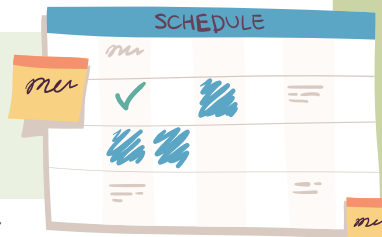
4. Put your routine up where everyone can see it

Keeping it on display will help your family stay on track when things get busy. Once your routine runs smoothly, check with everyone to see if any changes need to be made.



Our plan for the day - in isolation

Time	Activity	Tasks
By 9.00 am	Get up and get going	<ul style="list-style-type: none"> • Wake up • Eat breakfast • Get dressed and brush teeth • Make bed
9.00 - 10.00	Exercise time	<ul style="list-style-type: none"> • Do some indoor exercises, like star jumps, push ups, sit ups, lunges and burpees • Kick or throw a ball outside • Do some stretching or yoga
10.00 - 12.00	Learning time	<ul style="list-style-type: none"> • Do some educational activities together • Include some 'brain breaks' ie listening to one song while doing a dance, doing 'heads, shoulders, knees and toes' or play 'Simon says'
12.00 - 12.30	Lunch	<ul style="list-style-type: none"> • Ask children to help make lunch or set the table • Sit down and eat lunch together
12.30 - 1.00	Helping out	<ul style="list-style-type: none"> • Make chores fun, play music while you fold washing
1.00 - 2.00	Free time	<ul style="list-style-type: none"> • Play games, read a book, listen to music, or watch TV
2.00 - 3.00	Creative time	<ul style="list-style-type: none"> • Arts and crafts activities, like colouring in or drawing • Make up a new game • Playdough • Build a card tower
3.00 - 3.30	Contact someone	<ul style="list-style-type: none"> • Video call • Make a video on your phone • Help your children write a letter or send an email to a friend
3.30 - 4.30	Play time	<p>If you are able to go outside:</p> <ul style="list-style-type: none"> • Ride a bike, scooter or skateboard • Go on a nature hunt in the backyard • Draw with chalk on paving • Play board games • Play a game of cards
4.30 - 5.30	Free time	<ul style="list-style-type: none"> • Catch up on anything you have not done in the day
5.30 - 7.00	Dinner time	<ul style="list-style-type: none"> • Help prepare dinner, set the table, sit down and eat and then do dishes
7.00 - bedtime	Pre-bed routines	<ul style="list-style-type: none"> • Bath / shower, brush teeth and put pyjamas on • Read stories • Watch TV or movie together • Play a board game • Discuss the day and plans for tomorrow





Looking after your baby during COVID-19

Having a new baby often means you spend much more time indoors. It is normal to feel isolated, overwhelmed and scared for you and your baby during COVID-19.

What can you do?

- Sharing is caring.
- Use phone calls and social media to reach out and connect with others.
- Take time for YOU.
- Sleep when your baby sleeps, so you have energy.
- Be gentle with yourself! Just because things did not go well today doesn't mean they won't tomorrow.
- Remind yourself of the things that went well today, even if they may seem small.

Learning with your baby

- Get down to your baby's level so they can see and hear you.
- Make their environment enjoyable by having toys near by or playing music.
- Babies respond to sights and sound and people talking and playing with them.

Communicating with your baby

- Follow your baby's lead by copying what they do. This is called mirroring.
- Repeat and react to their babble or words.
- Use your child's name when you speak to your baby.

- Use words to describe what your baby is doing like, "you're touching your toes".

Babies learn through play

- Play peek-a-boo.
- Sing songs or lullabies.
- Stack blocks or cups.
- Make music together: banging on pots, playing with rattlers, shaking jars with beans.
- Share books together - even at a very early age.

When babies cry

- Try and respond quickly.
- Swaddling or gently rocking can help calm your baby.
- Singing a lullaby or playing soft music can be soothing.
- Keep calm and take a break! You can place your baby in a safe place on their back and then walk away for a few minutes.



Tips for parenting teens during COVID-19

If teenagers have to isolate they may miss their school, friends and socialising. It is important to give them extra support and time to be independent.

What can you do?

- Spend time with your teenager.
- Plan creative ways to communicate with friends and family, like writing messages or make some artworks.
- Cook a favourite meal together.
- Watch a film or TV series they enjoy.

Make time to share

- Make a time during the day when everyone shares one thing they enjoyed.
- Share responsibilities amongst girls and boys.
- Ask them to choose a job to help.
- Help your teen manage stress. Teens get stressed too - sometimes from different things than you.
- Encourage them to express how they feel and accept their feelings.
- Listen to your teen and try seeing things from their point of view.
- Do relaxing and fun activities together like doing a puzzle or playing a game of cards.

Dealing with challenging behaviour

- Try and find out what is causing the behaviour.
- Talk about how the behaviour affects others.
- Explore different ways of behaving or expressing feelings.
- Decide together on fair rules and boundaries.
- Praise your teen when things are going well.

Keep your teen safe online

- Work with your teen to create a family tech agreement about healthy tech use.
- Help your teen learn to keep personal information private.
- Remind your teen that they can talk to you if they see something upsetting online.



See Page 50 for online safety tips.



Top tips and suggestions

- 1 Prepare your COVID-19 Kit for infection control and managing symptoms.
- 2 Keep conversations with your children open and honest so they know what is happening.
- 3 Be reassuring when talking with your children.
- 4 Provide extra support where necessary.
- 5 Stay connected to family and services with technology.
- 6 Keep to a daily routine when you need to isolate.
- 7 Share the household chores and allocate jobs.
- 8 Have fun planning to keep yourselves safe.



Who can help?

- 1 **Beyond Blue**
<https://www.beyondblue.org.au/about-us/contact-us>
- 2 **Raising Children Network**
<https://raisingchildren.net.au/teens>
- 3 **Reach Out**
<https://au.reachout.com/articles/how-to-deal-with-uncertainty-during-coronavirus>
- 4 **Kidspot**
<https://www.kidspot.com.au/parenting/high-school/how-to-communicate-with-your-teenager/news->
- 5 **Red Cross Preparing for Emergencies**
<https://www.redcross.org.au/prepare/>



Caring for each other



Caring for your wellbeing during COVID-19 and isolation

You may have a range of reactions to COVID-19 and living in a refuge or outreach. These include feeling overwhelmed, tired, worried or irritable. To manage these feelings, it is important to look after your own wellbeing.

Signs that you may be struggling to cope include:

- Feeling irritable and being snappy towards others.
- Having trouble sleeping.
- Experiencing low motivation, mood or energy most of the time.
- Withdrawing from family and friends.
- Worrying more than usual or having difficulty controlling worry.
- Not enjoying the things you used to.
- Finding it difficult to wind down.
- Drinking more alcohol or using other drugs to help you relax.



Visit BeyondBlue's facebook page <https://www.facebook.com/beyondblue/> or scan this QR code.



Ways to take care of yourself

Be gentle with yourself

Your children don't need you to be the perfect parent or carer. They need you to be good enough and to help them feel safe and supported.

- Try to create reasonable expectations and reduce the pressure.
- Work out what you can control and what you can't. For example, you can't control when COVID-19 rules change, but you can manage to get outside each day.
- It is OK for your children to see you feeling frustrated, sad, or angry sometimes. Saying, "I'm feeling sad that we haven't seen Nan for a long time", helps children understand why you are feeling sad.



Take breaks for self-care

- Make sure you take a break and do something to help you feel less stressed. Try finding time each day to take care of yourself.
- Physical activity - something as simple as going for a walk can lift your mood.
- Yoga with Adriene is a well-loved yoga channel with over six million subscribers. She is down-to-earth and offers yoga classes lasting from five minutes through to an hour - <https://www.youtube.com/user/yogawithadriene>
- Nike Training Club - helps you stay active by offering heaps of free workouts and wellness and nutrition tips. <https://www.nike.com/au/ntc-app>



Look after your health

- Choose healthy food whenever you can - <https://au.reachout.com/articles/how-to-make-healthy-food-choices>.
- Get enough sleep. Try keeping electronic devices out of the bedroom and doing something relaxing in the hour or so before bed

Stay connected

Make sure you create time for your own social connections: Laugh and share ideas about how you are managing.

Be mindful

- Be mindful of how you are thinking about the situation. Some days, it might not feel like it, but it will not be like this forever.
- Try some well-being exercises like mindfulness, breathing or muscle relaxation. They don't take long, and there are lots of benefits.

Make a music playlist

- Use Spotify to make a playlist of your favourite songs. Ask friends to make a group playlist of their five favourite songs.

See pages 64-67 for apps and more ideas.



Gratitude Scavenger Hunt for Kids

1 Find something outside you enjoy looking at.

2 Find something that is your favourite colour.

3 Find something you know someone else will enjoy.

4 Find something that makes you happy.

5 Find something that makes a beautiful sound.

6 Find something that makes you laugh.

7 Find something that is red.

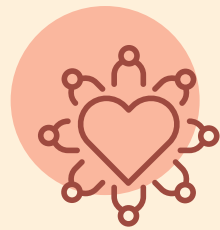
8 Find something that is green.

9 Find something that is very small.

10 Find something that is soft.



Tips from the Aboriginal Health Council of WA on looking after yourself



It is good to take time out to think about how you are doing during the COVID-19 outbreak.

Our culture keeps us strong - We have faced many battles before and survived. Think about our ancestors' strengths and where we have come from. Focus on what makes you strong for the journey ahead. Remember, our ancestors are always with us.

Keep Elders happy

It is important we protect our Elders and make sure they don't get the virus. It is tough, but for most of us, that means staying away and keeping the children away until the virus is under control and speaking on the phone or the internet.

Connect to country

There are ways of connecting to country and nature even when we are not able to visit. Let culture keep you strong, connect to elders' stories, learn language, paint or dance.

Keep yourself happy

Our people are good at looking after everyone else but not so good at looking after ourselves. Do things that make you feel good and build your strength. If you are strong and happy, this will help others do the same, especially children.

Chill out - Dadirri

You might find yoga, meditation and mindfulness helpful, and there's also **dadirri** - the deep, spiritual reflection that our mob have been doing for thousands of years. Some people find it easier to do something active first and then chill.

Healthy body and mind

- Make sure you keep yarning with your family, friends and kin. If you can't see them in person, call them and ask "RU OK?".
- Eat well, exercise, and cut back on smoking to protect your lungs.
- Check-in with yourself and ask others how you seem. Notice if you are sad, angry or worrying too much or if there are changes in how you are doing things.

If you need someone to yarn to, you can contact lifeline on 13 11 14 or find your local headspace at <https://www.blackdoginstitute.org.au/resources-support/for-aboriginal-and-torres-strait-islander-peoples/>



Gayaa Dhuwi

Gayaa Dhuwi (Proud Spirit) Australia is the new national Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention leadership body.



Go to www.gayaadhuwi.org.au/resources or follow the QR link.



Children's wellbeing



Children's wellbeing is just as important as their physical health. While most children cope well with life's ups and downs, sometimes parents may notice their child's behaviour is unusual or different from other children the same age. During COVID-19, children may behave differently from how they have in the past. Changes may be gradual or can happen quite suddenly.

What should you look out for?

Signs in young babies:

- Being very quiet.
- Not liking to look at you.
- Not being comforted when crying.

Signs in pre-school children and toddlers:

- Playing less and not enjoying games.
- Not beginning to talk, or stopping talking once they have learned.
- Not being comforted when upset.
- Frequent, unexplained temper tantrums.
- Harming themselves or others, e.g. ongoing biting, hitting or aggressive play.
- Going backwards in their learning, e.g. toilet training.
- Seeming less or more attached to adults.



Signs in primary school age children:

- Withdrawing from people or usual activities.
- Increased fears or anxiety.
- Ongoing sleep problems, e.g. nightmares.
- Problems at school.
- Feelings of hopelessness.
- Not being co-operative, aggression towards people or pets.
- Frequent temper tantrums.



Signs in older primary school age children and teenagers:

- Withdrawing from family, friends and social activities.
- Change in school performance or school attendance.
- Abuse of alcohol and/or drugs.
- Changes in sleeping and/or eating habits.
- Sadness, worry, depression and being irritable.
- Signs of self-harming such as cutting.

What can you do to help?

'Tune in' to your child

- Spend one-on-one time with them each day to know what is going on in their lives.
- Be interested in what they enjoy.



Talk about feelings

- Let your children know you understand how they feel. Help younger children name their feelings.
- Be patient as children learn to manage their emotions. When children become upset, help them calm down by staying nearby.
- Let children know that everyone feels sad, upset, frustrated or angry at times. It is OK to cry and express strong feelings such as anger, as long as no one is hurt.

Show your love

- Let children know you love them in lots of different ways. It builds their sense of security and belonging.
- Give lots of hugs, cuddles and gentle touch.
- Do things together as a family – both fun things and jobs. Celebrate special occasions together.



Building confidence and hope

- Notice the things children are good at and tell them.
- Encourage children to be positive. Be a positive role model.
- Encourage children to try activities; it builds skills and confidence.
- Help children learn how to get along with others – it will help them develop friendships.

Look after yourself

Looking after your own feelings, health and wellbeing helps you look after your children. Make time to do things you enjoy.

If you are concerned about your child, it is important to talk to your refuge or outreach staff to help you find the right support for them.

Reference: Parenting SA

What to do if you wake up feeling anxious

Anxiety is something that everyone experiences from time to time. It is our body's way of preparing us to manage challenging situations. Sometimes anxiety helps us perform better by making us feel alert and motivated. But sometimes it can be overwhelming and stop us from doing what we want or need to do.

During COVID-19, people in Australia have reported feeling higher anxiety levels. Everyone experiences anxiety differently, but there are some common signs and symptoms.

Physical signs can include:

- A racing heart.
- Faster breathing.
- Feeling tense or having aches (especially neck, shoulders and back).
- Sweating or feeling dizzy.
- Shaking.
- 'Butterflies' or feeling sick in the stomach.



Thoughts can include:

- Worrying about things a lot of the time.
- Feeling like your worries are out of control.
- Having trouble concentrating and paying attention.
- Worries that seem out of proportion.

Other signs can include:

- Being unable to relax.
- Avoiding people or places.
- Withdrawing from family and friends.
- Feeling annoyed, irritated or restless.
- Difficulty getting to sleep at night or waking up a lot during the night.



What helps manage anxiety?

There are plenty of ways to manage your anxiety so that it doesn't get in the way of your daily life.

Care for yourself

Managing anxiety starts with good self-care. Try to eat well, get enough sleep and stay active to help your overall health and wellbeing.

Talk about it

It is a good idea to talk about how you are feeling – whether it is with a counsellor, your family, friends or your mob. They can help you understand what is going on and how to get extra help.

Notice how you are thinking

Noticing how your thoughts can influence your anxiety is a step towards managing it. It can help you understand what raises your anxiety and what your triggers are. Then you can learn new ways to respond.



Be aware of avoidance

It is normal to want to avoid situations that make you feel anxious. It might work in the short term, but over time it can make your anxiety feel worse.

This is because you do not get the opportunity to learn that the thing you fear may not happen or be as bad as you think.

Learning to manage anxious situations will help you become more confident and motivated to keep it up. Coping skills to manage anxiety include using positive self-talk, relaxation and mindfulness.



Try new breathing strategies

Lots of anxiety symptoms include physical sensations – pounding heart, shortness of breath, trembling and butterflies in the stomach. Working on slowing your breathing is a good way to reduce those symptoms.

Many apps can help with this. Try Headspace at <https://www.headspace.com/meditation/breathing-exercises> or follow the QR code.



Limit your use of alcohol and other drugs

While alcohol and other drugs might help you to feel good in the short term, they can make you feel much worse in the longer term. Headspace has information and online support to help you manage alcohol and drug use.

If you think your anxiety is significantly affecting your daily life, talk to refuge or outreach staff who can support you with more information and referrals.

Visit Headspace at <https://headspace.org.au/explore-topics/for-young-people/alcohol/> or follow the QR code.



Unbelievably simple tips to be a great parent



There are 9 minutes during the day that have the greatest impact on a child:

- **The first 3 minutes after they wake up** - always start the day with a smile.
- **The 3 minutes when they come home from school or you have lunch together** - greet them with a smile, ask what their favourite activity was, show interest and encouragement.
- **The last 3 minutes of the day before they go to bed** - have a quiet time routine, tell them a story, sing a song, tell them you love them.

Children need positive touches and connection during the day to feel safe and connected to a parent.

It can be as simple as straightening a collar, a pat on the shoulder, holding hands, sitting together and watching TV, or best - a simple hug.

Each day, your children need a meaningful face-to-face conversation with a parent. It doesn't have to be long.

It is especially important for babies to have eye contact, but children of all ages need parents to slow down and look them in the eyes. It can be as simple as sitting together and having a chat.



Reference: Australian Childhood Foundation. Bringing Up Great Kids.

Calm down kit

Sometimes children have big emotions that take over their bodies! They feel fidgety and find it hard to concentrate. During COVID-19, they may feel nervous and unsure of what is happening around them. A simple solution is to create a sensory kit or calm down kit.

Calm down kits usually contain sensory things you know your kids like. These items might not seem helpful on their own but put them together in a box, and you have a homemade calm down kit.

Things to put in your calm down kit

- Squishy squeeze toys.
- Sensory balls and DIY stress balls. **See below**
- Plastic kitchen utensils of different textures.
- Playdough.
- Hand cream to rub on the skin.
- Toothbrushes to brush the skin.
- Small mirror for making silly faces.
- Hair elastics or thick rubber bands.
- Combs for running your finger along.



Encourage your children to help choose what goes into the kit or make a stress ball.

Make Sensory Balloons

You will need:

Balloons, balloon fillers: sand, salt, play dough, rice and something slimy (hair gel works). A good set of lungs and a funnel.

It is simple.

Step 1: Blow up your balloon and let it hold air for a minute. This stretches the balloon to make it larger for filling.

Step 2: Use a small funnel to pour the filler into the balloon. Make sure to leave enough room to tie off the end of the balloon.

Make a Stress Ball

Follow the previous instructions but use flour for filling the balloon.

When you notice your child feeling anxious or fidgety, suggest they get their calm down kit and use it to help calm down.

Children can squish the balloon or stress balls, roll them on the floor or their bodies and feel how soft they are.

This helps move their focus away from what made them feel anxious and feel calmer.

Simple ways to praise a child

Words of encouragement

1. You are catching on
2. Now you have got it
3. Looking good
4. You are on top of it now
5. You are on target
6. That is the best
7. Nothing can stop you now

Expressions of love

1. You are special
2. You are fun
3. You are beautiful
4. I respect you
5. I trust you
6. I love you
7. You brighten my day

Showing support

1. I know you can do it
2. I am proud of you
3. You tried your best
4. You figured it out
5. You are learning fast
6. Thumbs up

Compliments

1. Well done
2. Nice work
3. Way to go
4. You are a superstar
5. That is incredible
6. How smart
7. Great discovery
8. What an imagination



Building children's resilience: ideas for families

Resilience is being able to 'bounce back' from difficult times, setbacks and other challenges. It includes being able to deal with pressure and get through tough times.

Resilience is made up of coping skills, positive thinking and self-confidence, which most children have; they just may not be aware of them. During COVID-19, many children have found the changes to their lives challenging.

You can help your children build their resilience by following these tips.

1. When children experience a difficult situation, ask them how they would like you to help.
2. Let children experience their emotions – recognise how they feel, help them put words to feelings.
3. Take time to listen when children speak about their worries.
4. Try to normalise setbacks. Help your child see that it is not unusual to have difficulties in life.
5. Remind your children that bad feelings don't last forever, they have a purpose and prompt us to do things differently.
6. Help them to see that problems can be solved.
7. Laughter can be a great release.
8. When reading stories or discussing events, point out how people solved their problems.
9. Remember that learning is often frustrating. Encourage children and young people to keep trying and believe that they can do it.
10. Provide support. Help children and young people to see there are people who care about them and can give them help and advice when needed.
11. Create a positive environment.
12. Model calm problem-solving. Children will see how problem-solving works and follow your lead.
13. Do things you enjoy as a family, take walks, or watch your favourite movies together.



Top tips and suggestions

- | | |
|--|---|
| <p>1 Stay connected to family, culture and friends.</p> <hr/> <p>2 Try to be positive and look beyond the present.</p> <hr/> <p>3 Take care of yourself.</p> <hr/> <p>4 Do things that make you all feel good.</p> | <p>5 Spend one on one time each day with your children.</p> <hr/> <p>6 Look after your health, eat well, and get plenty of rest.</p> <hr/> <p>7 Look out for signs that someone might not be coping.</p> <hr/> <p>8 Talk to someone if you have a concern or feel isolated.</p> |
|--|---|



Who can help?

Health

- 1** Yoga with Adriene
<https://www.youtube.com/user/yogawithadriene>
-
- 2** Nike Training Club
<https://www.nike.com/au/ntc-app>



Who can help?

Wellbeing

- 1** Smiling Minds
<https://www.smilingmind.com.au/thrive-inside>
-
- 2** Beyond Blue
<https://www.beyondblue.org.au/personal-best/pillar/wellbeing>
-
- 3** Mindspot
<https://www.mindspot.org.au/>



Parenting

- 1** Bringing Up Great Kids
<http://www.bringingupgreatkids.org/en/>
-
- 2** Raising Children Network
<https://raisingchildren.net.au/>
-
- 3** Ngala Parenting line
<https://www.ngala.com.au/parenting-line/>





Staying connected



Keeping connected with people we care about is important, especially during COVID-19. Healthy connections with family, friends and community help lower levels of anxiety and depression and raise self-esteem. This also applies to children of all ages. Information in this section is useful whenever you are thinking about managing you and your children's IT needs.

Public payphone calls around Australia are now free

Standard calls to landlines and mobile phones across Australia from public payphones are now free and coinless. Overseas calls still incur charges, so make sure you purchase a Telstra phone card before phoning overseas.

Using technology to stay connected

Modern technology lets us connect with others, learn, work, play and be entertained. If you or your children need assistance with technology during isolation, talk to your Child Advocate, Women's Advocate or Outreach Worker.

More ways to connect wherever you are, using your phone or computer



Video calling

Most smartphones and computers can make and receive video calls. If you haven't tried video calling before, the BBC has a guide to the different ways of making video calls on different phones.



Go to <https://www.bbc.com/news/technology-51968122> or follow the QR link.



Digital safety tip

You may want to make sure your phone or laptop is safe. Ask your refuge staff or Outreach worker to help you check.

Digital games

Many games can improve your children's learning, problem-solving and social skills by joining up with other players. Sometimes things can go wrong and have a negative impact on your child. Always check what games your children are playing.



To learn about safe digital games, visit: <https://www.esafety.gov.au/parents/big-issues/gaming> or follow the QR link.



Playing a board game through apps, consoles or streaming services is a great way to spend time together.

Here's a list of some on-line games to get you started:

- Scrabble
- Monopoly Plus
- Simply Chess
- Hive
- UNO



Online classes

Many sites host exercise, parenting programs and children's library sessions online. Classes are a great way to connect with other people and remain a part of the community.

Social media

We know too much social media is not always great for our mental wellbeing; a little bit can go a long way. Checking in with others, sharing a photo or finding a funny video are good ways to connect on social media.

What is Telepractice?

Telepractice can help you access a service or keep appointments during isolation or lockdown. Telepractice uses the internet or phone to deliver health care, counselling, parenting support and other services from a distance.

If you don't use technology regularly

Not everyone uses technologies like smartphones and computers to connect with others. You can keep in touch by writing letters and postcards, sharing books and DVDs or chatting on the phone. Sometimes a simple conversation feels the best.

You can learn more from the tip sheets on the following pages.

Keeping children and young people safe online



COVID-19 can lead to children and young people spending more time at home. When children have less access to their friends and family, they may spend more time online keeping in touch. It is good to be mindful of the risks and aware of what children are doing online.

You can help your children learn how to use the internet safely, responsibly and enjoyably by teaching them how to manage internet safety risks.

- Talk with your child from a young age about using technology, and ways to stay safe online. Ask them to show you places they like to spend time on and try them yourself.
- Consider quality and not just quantity. It is not just the amount of time children spend using technology but also how technology is used. Look for sites that help them learn problem-solving and creative skills.
- Help your children think about online behaviour. How much should they share online and what happens to the information they post or share?
- Discuss how they like to be treated online and encourage them to treat others that way.
- Balance technology use with other activities for fun and physical activity. Avoid using technology to calm your children.
- Use technology positively yourself; children often copy what they see you do.
- Set parental controls to help monitor and support what your child does online.
- Come up with a plan around safety: Let them know that if anything happens that concerns them, they can talk to you or another adult they trust.



Tips for younger children

- Don't feel pressured to introduce technology early. Children will quickly work out how to use technology when they are older.



Online Safety Guide

The eSafety Commission has a great COVID-19 Online Safety Guide.



Go to <https://www.esafety.gov.au/key-issues/covid-19> or follow the QR link.



Online safety for under 5s

Practical advice and strategies for tackling key online safety issues from birth to 5 years old.



Go to <https://www.esafety.gov.au/parents/children-under-5/online-safety-for-under-5s-booklet> or follow the QR link.



Online safety book

A guide for parents and carers. Available in English, Traditional Chinese, Simplified Chinese, Greek, Italian and Spanish.



Go to <https://www.esafety.gov.au/parents/online-safety-book> or follow the QR link.



Early Years tech agreement

Online safety for under 5 years - make a tech agreement like the one below

This agreement will help us remember how to stay safe online and use devices in our home. Put each family member's name or initial above a box. If the rule applies to them, tick the box when they agree to do the action.

- I will ask before I use a device or play a new game online.
- I will only use devices in shared spaces like the lounge room or kitchen.
- I will only talk to people I know when I chat, message, email or video call online.
- I will take turns and use kind words when I play with technology.
- I will ask permission before I take or share photos or videos.
- I will tell a grown-up if I see or hear something online that makes me feel sad, scared or worried.
- I will stop playing, watching or exploring online when my time is up.
- Our devices are put away in the

Reference: [esafety.gov.au/early-years](https://www.esafety.gov.au/early-years)

See the **Resource pages 56-57** for more online safety resources

Screen time recommendations

this includes TV, computers, iPads, and phones

- **Toddlers:** avoid except for video calls.
- **2-5 years:** one hour of active screen time.
- **6-12 years:** two hours of daily entertainment.
- **Teens:** two hours of daily entertainment.
- **Adults:** two hours of daily entertainment.



Recommendations are based on the Australian National Physical Activity and Sedentary Guidelines. Visit <https://www.esafety.gov.au/key-issues/covid-19> or scan the QR code.



Tips for cutting down on screen time for children and young people

1. Focus on what content children are watching.
2. Schedule dedicated playtime with children.
3. Have device-free mealtimes.
4. Limit screen time before bedtime.
5. Avoid social media during study.
6. Spend some time relaxing and doing your favourite activities together.
7. Choose a place to store devices that is hard for children to reach.
8. It is good to get bored sometimes. Encourage children to use their imaginations.
9. Act as a role model for the children to follow.
10. Encourage phone calls with friends.



Parental controls in social media, games and apps



Many social media sites, games and apps now have parental controls to limit access to sites and set times for use. The eSafety Guide has advice on safety features for parents and carers, including how to use the settings to protect personal information and report online abuse.

Below are some popular Apps used by children and young people.

Roblox

Roblox is a game creation platform that allows users to design games, play together and chat. Using built-in parental controls, parents can manage how their children use the game. These features include a 'restricted' mode that prevents access to chat and inappropriate games. Find out more about Roblox safety settings in the eSafety Guide or Roblox account restrictions.

TikTok

TikTok is a social media app for creating and sharing short videos. TikTok has a Family Pairing feature that allows parents to link their Tik Tok account to their teen's account. Family pairing lets you set controls like how much time your child spends on TikTok, the content they can see and their privacy settings. Find out more about TikTok's safety settings in the eSafety Guide or TikTok for parents.

YouTube Kids

YouTube Kids is a filtered version of YouTube. Mothers/carers can create a separate profile for each child in their household. YouTube Kids uses a mix of automated filters, human reviews and parent feedback to limit the content that children can see on the platform. Mothers/carers can also manually approve videos for their children to watch, block videos and set screen time limits.

Facebook Messenger for Kids

Messenger Kids is a free video calling and messaging app owned by Facebook. Mothers/carers can monitor their child's activity and control their contact list using a Parent Dashboard. Parents can sign up on behalf of their child, and it doesn't require the child to have a Facebook account. Messenger Kids does not show advertising or offer in-app purchases.

Find out more about more in the eSafety guide. Visit <https://www.esafety.gov.au/> or scan the QR code.



Getting started with parental controls on devices and accounts

Wi-Fi networks

Some Wi-Fi routers and accounts with internet service providers (ISPs) come with software that lets you set up parental controls across your whole network. However, you don't always get as much control and monitoring from tailored software. If you would like to learn more about controlling content using your Wi-Fi network, contact your ISP provider.

Apple devices

Apple allows parents to set up family sharing accounts. Family sharing lets parents share purchased apps and manage their child's device. You can find out more about setting up parental controls at Apple families. The Apple Support YouTube channel has videos that provide step by step advice. Follow these steps to get started:

1. In your settings, select your Apple ID and account info.
2. Go to family sharing and click on '+Add member' to add a new account for your child.
3. Go to Screen Time settings to set limits on apps, block websites and restrict purchases – whenever you change this it will update on your child's device.
4. On your child's device, activate the account - [esafety.gov.au](https://www.esafety.gov.au)

Android devices Google

Family Link allows parents to use an app to manage their child's device. You can find out more at families.google.com. Follow these steps to get started:

1. Set up an account for your child using your Google account.
2. Download the Family Link app to your phone or tablet.
3. Verify your child's account.
4. Go to Digital Wellbeing and Parental Controls and use the settings to set limits on apps, schedule downtime and see what your child is doing online. Whenever you change this, it will update on your child's device.



Top tips and suggestions

1. Spend time online with your children exploring websites, games, apps, and social media together.
2. Use time in isolation to build your relationship with your children. Try and set daily one on one time with each child for twenty minutes. Let them choose something they'd like to do.
3. Reach out to your family and friends to see if they catch up on social media, the phone or online.
4. Limit screen time and encourage physical activity indoors and outdoors.
5. Use privacy settings and parental controls on devices to protect your children.
6. Supervise children's time online, including phones, computers and tablets.





Who can help?

1

eSafety - Keeping children safe online during COVID-19

This guide provides tips and advice for parents about key online safety issues for children and young people. It covers managing time online, using parent controls and setting and responding to issues like cyberbullying, inappropriate content and contact from strangers.

https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice_1.pdf



2

eSafety help in languages other than English

<https://www.esafety.gov.au/diverse-groups/cultural-linguistic/translations>



3

Video on managing screen time

eSafety for parents - Too Much Time Online - Sharon's vlog - Audio Description

<https://www.youtube.com/watch?v=tDzcNtLSnUk>



4

Step-by-step guide: How to video call your family

<https://www.bbc.com/news/technology-51968122>



5

Apps - eSafety Commissioner

There are many types of apps — apps for social media, music, banking and games — the list goes on. Many apps are free and some attract a charge, depending on the features you want. Check reviews in the app stores before downloading them and always download from a reputable site.

<https://www.esafety.gov.au/women/connecting-safely/apps>



Who can help?

6

Beacon

A cyber safety educational app designed by the Telethon Institute to keep parents and carers up to date with trusted information to help keep their children safe online.

<https://beacon.telethonkids.org.au/>



7

Parents and screen time: Role-modelling for children

<https://raisingchildren.net.au/grown-ups/family-life/media-technology/parent-technology-use>



8

Posting photos and blogging about your child online

<https://raisingchildren.net.au/grown-ups/family-life/media-technology/posting-photos-of-children>



9

Best apps: Recommendations for families

<https://www.common sense media.org/app-lists>



10

Wesnet Womens Technology and Safety Toolkit

This toolkit helps women who have experienced FDV learn how they can increase their technology safety and privacy.

<https://techsafety.org.au/resources/resources-women>



Learning and education



Home learning due to isolation and COVID-19 restrictions

We know children and young people usually enjoy the routine and social interaction that schools and childcare provide. So, what can you do if your child has COVID-19 and must isolate? This will depend on their age and what is happening at school. Talk to your child's teacher to find out how to support your children's learning at home.

Home learning environment

If children must learn from home again, one of the first things you can do with your child is plan and create a place to learn.

The end of this section includes links to educational resources to help your children's home learning.

Set up a daily learning routine

A routine sets out what your child needs to do, when and in what order. Children are more likely to feel calm, cooperative and secure when they know what to expect.

Try and plan learning times that match your child's concentration span and energy levels. For example, your child could do maths or writing in the morning before they get too tired.

Help children follow their routine

Try to include your child in making their routine as they are more likely to follow it. Your child might like to write or draw the routine, and then you can display it for everyone to see.

Think about how you can help your child to follow their routine and be an independent learner.

See the [Planning Routines Tip sheet in Section 2](#).

Set up a workspace for older children

If possible, a good workspace for learning is somewhere that:

- Has plenty of light.
- Has a table or desk where your child can sit to write or use a computer.
- Has space for books, pencils, pens, craft materials.
- Check if your refuge has any IT equipment that you can borrow.



This may be more difficult if you live in a refuge, so talk to staff and see what can be arranged.

If your child is in the early years of education or childcare, they will probably prefer to be close to you.

If you have an older child, they will probably spend more time doing schoolwork, so check with refuge staff to see if you can arrange access to a quieter space.



Use play to support children during COVID-19

Scheduling regular times to play with your children is important. It doesn't have to be a lot of time. Five minutes for each child two to three times per week can make a big difference to their well-being.

Play can also be good for your mental health. It is a chance to focus on something for you and your children. Playing together strengthens your relationship and helps build your children's resilience and mental health throughout their lives.



Make learning fun and playful

Children learn best when learning is fun. Try to find ways to make learning playful to keep your child engaged.

Remember that you are a parent, not a substitute teacher. Your role is to support your child by creating a space to learn. You don't need to know all the answers. Try to go at your child's pace and be patient with yourself.

Tune in to children's feelings

Children might have mixed feelings about home learning.

Your child might like learning at their own pace or miss their friends, teacher and outside activities. Their feelings, energy levels or motivation for home learning might go up and down during the day and across the week.

Here are tips for tuning in to your child:

- Find a good time to talk regularly with your child. It might be when you are going for a walk, having a cuddle or before reading a bedtime story.
- Ask questions like 'What was good about today? What didn't you enjoy today?'
- Try to listen without interrupting.



- Watch your child's facial expressions and body language when they talk. This can help you understand what is behind their words.
- If your child is getting restless or upset during the day, think about what their behaviour is telling you. For example, they might need a break, time outside or something to eat,
- If your child feels strong emotions, support them while they calm down by being patient and calm.

Let your child know that it is OK if they are finding things hard and encourage them to be kind to themselves. Let them know it is OK if it is taking a bit longer to do their homework. Things take longer when you are learning from home.

The Face COVID-19 video <https://www.youtube.com/watch?v=BmvNCdpHUYM> provides some good tips for families.



Staying healthy at school or childcare

Schools and childcare centres encourage children to develop healthy and hygienic habits, including frequent hand washing and personal hygiene practices. Your school or childcare centre will send information home about any new rules or procedures. It is a good idea to discuss these with your child so they understand what needs to be done.

The Education Department will respond to COVID-19 outbreaks, including supporting families that may need to isolate. This includes supplying hardcopy learning packages and access to online learning resources if required.

If your child is sick, keep them home and let your school know. Your school or centre may ask if your child has a fever or not. The information you provide will help them understand why your child stayed home.



Contact the **Department of Education COVID-19 helpline** if you need advice or support for your child's education.

Ph: 1800 882 345 (8.00 am to 4.00 pm)

Contact your childcare centre to discuss any concerns about your child or children attending the centre.

Ask for help - Your Child Advocate, Women's Advocate, or counsellor can support you if your child has difficulties because of anxiety or stress.

Nurturing children's creativity



The artist Picasso once said:

“Every child is an artist. The problem is how to remain an artist once he/she grows up”.

You can nurture your child's creativity by:

- Focusing on what your child is interested in and letting them follow their passion
- Encouraging your child to explore
- Encouraging your child to experiment
- Providing challenges for your child
- Asking open-ended questions, like “how do you think you could fix that?”
- Practising creativity
- Helping your child to learn from their mistakes
- Allowing your child to take risks
- Supporting and praising your child
- Making time for unstructured play.
- Encouraging your child to persist with activities.



Including technology to develop their creativity

See Story Weaver to create storybooks and have them translated if you need. Have fun!



See Story Weaver
<https://storyweaver.org.in/> or scan QR code.



Top tips and suggestions

- 1 Keep in touch with your children's school or childcare as they will regularly update you about what is happening.
- 2 Remind your children about reducing their risk of infection in words they understand, so they know what to do when they go to school or childcare. E.g. Elbow bumping to say hi!
- 3 If learning from home, keep to your daily routines as much as possible. Routines make children feel safe as they know what to expect.
- 4 Encourage your children to keep in touch with family and school friends if it is safe to do so.
- 5 If you must isolate, let children catch up online.
- 6 Contact the school or childcare service if you have any concerns.
- 7 Keep children home if they are unwell. Let the school or child care know why you have kept them home.
- 8 Remember, your role as a parent is not to replace the teacher but support your child's learning.
- 9 Speak with your Child Advocate, Women's Advocate or Outreach Worker if you need further support.

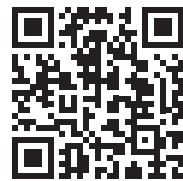


Who can help?

Resources and information to support learning and wellbeing in the home

1 Department of Education

Public health advice - latest information for school.
<https://www.education.wa.edu.au/covid-19>



2

Resources are available across all year levels and learning areas to give children and young people the best opportunity to learn at home.
<https://www.education.wa.edu.au/learning-at-home/learning-resources-by-year-level>



3

If you speak another language other than English, translated resources are available here.
<https://www.education.wa.edu.au/learning-at-home/student-health-and-wellbeing/translations>



4

Parent COVID-19 helpline
 For advice or support for your child's education due to COVID, your school can help you.
<https://www.education.wa.edu.au/parent-helpline>



Learning resources

Below are links to hands-on educational activities such as worksheets, crafts and games that you can access to support your children if they are required to learn remotely.

1

ABC Kids
 ABC Kids has a range of games, activities, podcasts, videos and education programs.
<https://www.abc.net.au/abckids/>



Who can help?

Learning resources - continued

2

ABC Education
 ABC Education hosts thousands of free, curriculum-linked resources for primary and secondary students and teachers.
<https://education.abc.net.au/home#!/home>



3

Crackerjack Education
 Crackerjack Education offers Indigenous teaching resources.
<https://www.crackerjackeducation.com.au/>



4

Sesame Street
 Sesame Street has a collection of educational games, videos and art for children.
<https://www.sesamestreet.org/>



5

E-learning
 E-learning for kids is an international organisation that offers lessons in English, Spanish, French and Portuguese.
<https://www.e-learningforkids.org/>



6

Khan Academy
 Khan Academy has a range of lesson plans and resources.
<https://www.khanacademy.org/>



7

TED Ed
 TED Ed has hundreds of educational talks that children may be interested in.
https://www.youtube.com/channel/UCsooa4yRKGN_zEE8iknghZA





Who can help?

Learning resources - continued

- 8** **Maths**

ABC mathseeds teaches children ages 3-9 core maths and problem-solving skills.

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




- 9** **Nature**

Unstructured outdoor play is great for children and adults alike! Nature Play has some great resources to help you get your family outside.

<https://www.natureplaywa.org.au/>




- 10** **History/Geography**

BBC History for kids.

<https://www.bbc.co.uk/history/forkids/index.shtml>




- 11** **National Geographic for Kids**

<https://www.natgeokids.com/au/>




- 12** **Languages**

Duolingo is a free online platform for learning languages.

<https://www.duolingo.com/>




- 13** **Coding**

Code.org lets children and young people learn to code for free.

<https://code.org/>







Who can help?

Learning resources - continued

- 14** **Storytelling**

Scratch from MIT lets children program their own interactive stories, games and animations and share their creations with others in the online community.

<https://scratch.mit.edu/>




- 15** **Music - ABC Listen Kids**

ABC has many music programs for young children and primary and high school-aged children.

<https://www.abc.net.au/kidslisten/>




- 16** **Science**

Dr Karl offers science videos, articles and podcasts for adults and young people.

<https://drkarl.com/>




- 17** **Science**

Fizzics Education offers dozens of free resources, including videos of science experiments, trivia and lesson plans.

<https://www.fizzicseducation.com.au/free-resources/>




- 18** **Science**

Cincinnati Zoo & Botanical Garden is live streaming the 'Home Safari'.

<https://cincinnati-zoo.org/home-safari-resources/>





**Starick
Family and Domestic Services**

PO Box 174
Cloverdale WA 6985

Phone: 08 9478 5300

Email: info@starick.org.au

Website: starick.org.au

The booklet, including
Arabic, Persian and Simple
Chinese translations are
available for download at:

[https://www.starick.org.au/
covid-19-resource-booklet/](https://www.starick.org.au/covid-19-resource-booklet/)

The information
in this booklet is for general
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professional advice in relation to any
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