

LET'S HAVE A CONVERSATION

GUIDING FAMILIES THROUGH CORONAVIRUS

PRESENTED BY PARENT GUIDES



GUIDING FAMILIES THROUGH CORONAVIRUS

Talking honestly with children about the current health crisis may help to reduce any anxiety they may be experiencing

While the coronavirus pandemic threatens the physical health of people globally, it is also affecting our mental health.

This makes starting a conversation with children about the risks and possible consequences of COVID-19 without instilling panic a challenge.

The Australian Psychological Society says as the number of cases rises the level of anxiety within the community rises.

It advises families to keep things in perspective, limit related media exposure and seek facts from reliable sources such as the Australian Government's health alert or the World Health Organization.

WHAT THE EXPERTS SAY

"Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school," the APS says.

"It is important that they can speak to you about their own concerns. Answer their questions. Do not be afraid to talk about the coronavirus with children.

"Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing."

RESOURCES

The *Australian Government's Department of Health* has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

See: <http://bit.ly/39ZISDx>

World Health Organization updates can be found here:

<https://bit.ly/3cQUwCw>

WHAT TO SAY TO YOUR KIDS

Parent Guides also offer expert advice and information that encourages conversation between parents/carers and their children about issues such as mental health and respect.

Such conversations are more important than ever due to COVID-19 and related issues such as panic buying and some people fighting over dwindling staples on supermarket shelves.

We all need to lead by example.

DISCUSSING COVID-19 WITH CHILDREN

- Speak to them about coronavirus in a calm manner.
- Ask them what they already know about the virus so you can clarify any misunderstandings they may have.
- Let them know that it is normal to experience some anxiety when new and stressful situations arise.
- Give them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing).
- Don't overwhelm them with unnecessary information (e.g., death rates) as this can increase their anxiety.
- Reassure them that coronavirus is less common and severe in children compared to adults.
- Allow regular contact (e.g., by phone & video call) with people they may worry about, such as grandparents, to reassure them that they are okay.



Source: Australian Psychological Society

MORE INFORMATION:

Parent Guides: www.parentguides.com.au

The Australian Psychological Society:
www.psychology.org.au

LET'S HAVE A CONVERSATION

ABOUT SEX, DRUGS, SOCIAL MEDIA, MENTAL HEALTH, RESPECT



WHO WE ARE

The *Parent Guides* series encourages important conversations between parents, carers and teenagers. Tackling issues such as drugs, mental health, sex and respect, these valuable resources provide the latest data, advice and personal stories to help families navigate these complex issues.

To ensure a quality product, *Parent Guides* uses talented, like-minded researchers, editors, experts and case studies to produce evidence-based booklets highlighting the latest national statistics and research.

The project has ACNA not-for-profit status.

WHAT WE DO

We champion change with customised published products that empower parents to take ownership and connect with their children over issues that can be difficult to broach.

Our 36-page resources are substantial because parents are hungry for detailed information that is relevant and current.

The information is tailored for parents so they can be open, honest and candid without resorting to sensationalism. Our guides do not glorify or catastrophise words or images.

Ultimately our aim is to ensure that through their parents and carers, our teenagers have the life skills needed to be resilient, cope with negative external influences and become healthy adults.

We want them to have the confidence to say no to drugs and other potentially dangerous activities by speaking the truth with no hidden agendas.

OUR OTHER RESOURCES

Since *Parent Guides* began in 2014, we have produced five comprehensive resource materials in digital format and in hard copy that can be purchased from our website:

- *Drugs 101*
- *Sex 101*
- *Social Media 101*
- *Mental Health 101*
- *Respect 101*

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