

Child & Family

Supporting Families through the COVID Pandemic

Top stories in this newsletter



Talking to Children about Coronavirus



Free or Low Cost Ideas for Holidays at Home



Connecting with Libraries from Home



Parent Self-Care

We hope our families are keeping safe and well without too much stress during this challenging time. During the COVID pandemic, we are still open for business. Our service looks a bit different, but we are here to help. Please speak to your clinician/key worker about how we can support you through this time.

Talking to Children about Coronavirus

Explaining Coronavirus to young children can be tricky. It can be helpful to give simple answers to their questions. Be calm and encouraging when you talk about what you can do to reduce the risk of becoming unwell.

Attached to this email is a story that you can print out and read to your child about Coronavirus.

These websites also have some useful information to help you talk with your child about COVID-19.

https://schooltv.me/wellbeing_news/special-report-coronavirus/

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>



Free or Low Cost Ideas for Holidays at Home

School holidays can be a tricky time to manage with a family. These school holidays may be extra challenging as we are all asked to stay at home. Here are some ideas and resources that you may find helpful. Modify or change these ideas to suit your **child's** age and interests.

Planning the Holidays

Create a calendar for the school holidays. Talk about possible activity ideas and list them. Include any activities you have already organised.

Normal routines can be helpful for children and adults. Use a visual schedule with pictures of different **activities for the day**. You could add a "special activity" each day to make it fun.

As part of your time at home have play times where your child does their own thing and other times when you play together. Follow your **child's lead**.

Be kind to yourself. Make time to relax and do something for yourself while your kids watch TV.

If you have the energy, spend 10 – 15 minutes each day playing with your child(ren) individually. Read a book or play a game that they have chosen.



Connecting with Libraries from Home



Local libraries have closed due to social distancing restrictions.

Did you know you can access lots of free films, books and audio books online?

Go to your local library's website to find out more:

[Whitehorse and Manningham Libraries](#)

[Maroondah Library](#)

[Monash Library](#)

[Boroondara Libraries](#)

Parent Self Care

During these changing and stressful times make sure you get enough sleep, eat well and be kind to yourself. Take time out to do something you enjoy. Keeping in contact with family and friends is very important.

Perhaps think about downloading a mindfulness or meditation app or access a video on YouTube.

We are here to support you

Please feel free to contact the AccessHC Child and Family Team:

- Email your key worker/clinician and let them know how you are going!
- **If you can't reach** your key worker/clinician, call their direct line on [9899 0508](tel:98990508)—leave a message! We are checking messages every day.
- **If you can't get through to your keyworker, please email** ndis@accesshc.org.au (even if you are not an NDIS client).

Here are some additional resources for you:

Raising Children Network is a wonderful website full of useful information about children's development and parenting. They have lots of tip sheets to assist you with specific parenting issues.

Parentline is a statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years. Experienced social workers, psychologists and family therapists can offer counselling and information around a wide range of parenting issues.

Parentline Victoria [13 22 89](tel:132289).

Steps Mental Health offers counselling and a range of services. This Service is free and confidential. You are able to refer yourself. If you live or work in the City of Boroondara, Manningham, Whitehorse or Monash you are eligible to receive assistance. Steps Mental Health can be contacted on [1800 378 377](tel:1800378377).

AccessHC Child and Family Team: we partner with children and families to support learning, growth and participation.

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