

Dr Michael Carr-Gregg developed this video to help parents and school staff in supporting children during the pandemic.

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

Key points within this video

1. Keep information that the children are exposed to simple and factual- focus on messages of hope when speaking about the coronavirus.
2. Reassure your child.
3. Explain what is being done in Australia to protect them.
4. Embrace the opportunity to explore and learn new things together.
5. Encourage self- efficacy with hygiene.
6. Stick to routine.
7. Provide a frame of reference – use their past experiences to help them understand what is happening.
8. Explain that this virus does not discriminate.
9. Key signs of anxiety- signs to look out for.
10. Address the issue of panic buying.
11. Keep talking and provide updates- keep the conversation open between you and your child/ren.

ABC News Article- How to talk to your child about coronavirus

<https://www.abc.net.au/news/2020-03-04/how-to-talk-to-children-about-coronavirus/12020324>

Worried about your child getting coronavirus- here's what you need to know.

<https://theconversation.com/worried-about-your-child-getting-coronavirus-heres-what-you-need-to-know-131909>

This video introduces ways for guardians to manage media coverages and talk to their child/ren about their worries and fears.

<https://vimeo.com/394049129>

This Emerging Minds fact sheet provides guidance on how to support and reassure children during ongoing media coverage of COVID-19.

<https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2018/09/11091906/Disasters-the-Media-and-Children.pdf>

This article relays Professor John Hattie's evidence of student performance following schools being shut down after the Christchurch earthquake in 2011. Reassuring article!!!

<https://www.abc.net.au/news/2020-04-17/will-missing-school-due-to-covid-19-matter-for-school-students/12154266>

Access quality factual information from credible sources:

- [Victorian Government Health Department](#)
- [Victorian Government Education Department](#)
- [Catholic education's response to COVID-19 \(coronavirus\)](#)
- [World Health Organization](#).

The [eSafety Commissioner](#) provides information on how internet users can protect themselves and their information when using social networking sites, search engines and online games.

The eSafety Commissioner has developed a range of resources to assist students and parents/carers, including:

- [Taming the technology](#)
- [Privacy and your child](#)

- [COVID-19: an online safety kit for parents and carers](#)
- [Parent resource hub](#) – provides information about establishing safe learning environments at home
- [Report cyberbullying](#) – information targeted to a child under the age of 18

Other helpful links include:

- [ThinkUKnow](#) – Australian Federal Police internet safety advice for young people and parents
- [Staying safe online during the coronavirus pandemic](#)
- [Keeping children safe online](#)
- [How to keep kids calm at home](#)
- [Bullying. No Way!](#) – information and tools for teachers, students and parents to counter bullying
- [Student Wellbeing Hub online safety for primary students](#) and [secondary students](#) – resources for parents, educators and students about being safe online and making responsible online choices

Here are great websites related to mental health!

- the Australian Psychological Society's [advice for maintaining positive mental health](#) during the coronavirus outbreak
- Beyond Blue's information about [mental health](#) in relation to the coronavirus, facts about [anxiety](#), and other practical advice and resources at www.beyondblue.org.au
- the Royal Children's Hospital (RCH) Melbourne's [keeping healthy and staying safe](#) video with Infectious Diseases Physician Dr Andrew Daley

- headspace's information for young people and [Tips to maintain a healthy headspace.](#)