



# Return to School Checklist for Educators

## Things to be aware of

Issues that may impact on children and tamariki

- Children/tamariki suffering abuse at home
- Families and whanau under financial or social stress
- Relationship problems
- Substance abuse
- One-parent homes
- Families and whanau who are isolated
- Depression and mental health
- Children and tamariki with disabilities
- Significant increase of family and whanau violence

## What you might see in children and tamariki

Changes in behaviour:

- Aggression, defiance, sudden emotional outbursts
- Withdrawn, stressed, anxious
- Lack of focus
  - Tiredness
  - Lack of structure and routine
- Online bullying
- Regression
  - Behavioural or academic
  - Children and tamariki who have been abused can regress up to 18 months
- Habit disorders – self-soothing behaviours
  - Rocking, thumb sucking, biting, hair pulling
- Eating disorders

## Is it abuse or neglect?

Some changes in behaviour may mean a child/tamaiti is stressed, anxious or worried. However, if you have concerns it is important you do something about it.

If you don't know, CONSULT! If you think you know, CONSULT! If you do know, CONSULT!

Tu maia, korero mai! Stand up, step out, speak up!

Consult with your Principal or Oranga Tamariki 0508 325 459 (0508 FAMILY)

## Things to be aware of professionally

- The way we react to stressful situations
- Professional dangerousness dynamics
- What might create a barrier to intervening when concerned

Further information <https://www.childmatters.org.nz/training--services/covid19/professional-dangerousness/>

## What can help

Children and tamariki may disclose directly or indirectly about child abuse and it is important you know how to respond appropriately. Child Matters has developed resources to assist with children/tamariki disclosure and when to report concerns.

## What else can help

- Robust Child Protection Policy
  - Educators must know where their policy is, must have read it, and must use it to guide their practice
  - Code of conduct
  - Code of ethics

Further information <https://www.childmatters.org.nz/training--services/policy-services/>

- Self care
  - Consult with colleagues and supervisors
  - Access to an Employee Assistance Programme (EAP) or similar

Further information <https://www.childmatters.org.nz/training--services/covid19/essential-workers/>

- Government and non-government agencies are available to support you if you have concerns around child protection issues

Further information <https://www.childmatters.org.nz/training--services/covid19/other-services-and-support/>

## Child Matters

**Free Consultation Service** – we will continue to offer a full consultation service free of charge. You can access this by contacting our National Services Manager Megan West on 022 547 7505.

**Continued Education** – We are working hard to have our education services online as soon as possible. Please keep an eye on our Facebook page for updates.

[www.childmatters.org.nz](http://www.childmatters.org.nz)  
[www.covid19.govt.nz](http://www.covid19.govt.nz)

