Resources for Parents

Validate what's happening

◆ Acknowledge that this crisis is hard to understand. Put it into perspective – cases of COVID-19 will get worse during lockdown and this is to be expected, but this doesn't mean that lockdown isn't working.

◆ It won't last forever – every red light turns green. It will be ok, we need to work together, be careful and follow the rules. Whanau/family/support people are really important

◆ Ask kids what they think is happening and how they are feeling. Validate how they are feeling, clarify facts and dispel myths

◆ Enjoy the best of the situation because this is an opportunity to spend time with your kids and those in your bubble

Self-care

◆ Look after yourself first so you can be in the best position to look after others

◆ Keep connected with neighbours and those in our communities. Make use of social media to stay connected

◆ Some families will need some contact due to loneliness or sickness. Others may need support if they are at home with kids, or are single parents, or are elderly

◆ Those with physical or mental disabilities may face extra challenges during this time. Make sure you find someone to talk to, pick up the phone or use on-line methods. A problem shared is a problem halved.

◆ Don't get hooked into the panic response. There will be enough food, and there is support available

Practical examples of what parents can do to get through

◆ Ideas for self-care:
  o Go outside, walk the dog, kick a ball, have a picnic, collect leaves, pick up feijoas
  o Talk to whanau/family/friends
  o Share the tasks, delegate, get kids involved
  o Get creative – build a fort, invent games

◆ Listen to your children

◆ Try to limit dependence on technology. Don't let it become the babysitter or a battleground for control

Links

Talking with children – Will Smith
https://www.facebook.com/92304305160/videos/596655667617490/

Ministry of Education
https://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/

www.covid19.govt.nz
www.childmatters.org.nz

Mā tātau
katoa e
ārai atu te
COVID-19

Child Matters
EDUCATING TO PREVENT CHILD ABUSE