

KILBRED A COLLEGE WELLBEING PARENTING TIPS

By following the tips below and creating a routine this gives a sense of purpose, predictability and structure in these uncertain times. This provides a sense of control and consistency which can alleviate stress and anxiety. As a parent it is important to be consistent even when it is difficult. Routine is key! Remember this is not forever, take it one day at a time.

 **Here are some tips for parents:**

Routine

Having a routine helps manage the unknown and unpredictability of the day. For example:

- Get the children up at the same time each day – set alarm.
- Ensure everyone has breakfast together.
- Settle them into the workspace and make sure laptops are charged and they have everything they need to start the school day.
- Set a timer for breaktimes and lunch – Meet back together to have morning tea or a quick walk around the block. Eat lunch together.
- If your child is not coping or putting too much pressure on themselves whilst online learning – have an open, honest conversation with your child. Acknowledge their feelings and offer them help to problem solve.



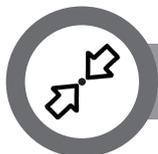
Be Creative and Connect

- Set time aside to spend with your child to create or make something together – for example: make and decorate cup-cakes, paper aeroplanes, gardening, origami.
- Family movie night – get the popcorn, snacks.
- Theme nights – cook a meal from another country (Mexican) get the children to help with the shopping, decorating and preparation.
- Play board games, card games etc.
- Eat a meal every night together – discuss what you are all grateful for each day.



Set Boundaries

- Don't let your children study in bed – have a designated work space.
- Sleep – excessive use of devices (mobile phone, laptops, gaming) research shows that this disrupts the sleep cycle – adolescents need 8 to 11 hours sleep a night. Ideally there should be no screen time two hours before bed.



Tips for making a family plan

- Use a whiteboard – put it in a space where everyone can see it.
- Sit down with all family members to develop a plan – this gives everyone an opportunity to be heard.
- Make a daily schedule with timed chores i.e, 5 o'clock walk the dog, set the table.
- Exercise – One hour per day (minimum) walk, bike ride, run etc.
- Chores – dishwasher, vacuum, clean bathroom, feed the animals.





Self-care for Parent

- Acknowledge your own thoughts and feelings – if you notice that you are feeling overwhelmed or low mood, reach out to someone e.g. parent help line, counsellor, or your G.P.
- Ensure that you take a break by yourself e.g. long walk, bath, read quietly.
- Keep your social connections.
- Exercise.
- Do something that you enjoy or something that you have been meaning to do. This gives you a sense of accomplishment and makes you feel good.
- Do a random act of kindness – check on your neighbour, maybe shop for an elderly person in the family etc..
- Be kind to yourself – we all make mistakes, there is no rule book.
- Look for the small wins in each day for example, the children have done chores etc.
- Managing your stress – check in with yourself, step away and take a break to calm down.
- When feeling overwhelmed close your eyes and take 10 deep breaths.
- Model your behaviour in front of your children – be the calm in their chaos.
- Reach for professional support if you are feeling overwhelmed.



Online Services:

- Online Psychology sessions are also available at www.someone.health

Helplines:

- Lifeline 13 11 14 or www.lifeline.org.au
- Kids Helpline 1800 55 1800 or www.kidshelpline.com.au
- Beyond Blue 1300 22 4636 or online chat on www.beyondblue.org.au
- Parentline Australia 1300 301 300
- Headspace: Online chat on www.headspace.org.au/eheadspace