

# HOW TO HELP KIDS UNDERSTAND THE COVID-19 OUTBREAK

Many of us are currently going through some challenging times due to the effects of COVID-19 on ourselves, our children, family and friends. These challenges range from very practical, such as availability of food and essential items in supermarkets, right through to health risks and emotional and psychological coping and wellbeing.

It is common to need support and it is important to reach out if you are experiencing any troubles as everyone is affected differently.

Our kids and grandkids will probably have a lot of questions and may be restless or scared during this period, as they have never experienced anything like it before.

Make sure to:

- Keep communication open
- Practice and teach good hygiene practices
- Not be afraid to talk about the COVID-19 (Coronavirus) with your kids
- Listen and answer any questions that they may have
- Create activity plans to have in the case of a lockdown or quarantine
- If it is too overwhelming to talk about make sure you reach out for some assistance in conveying information to your kids or grandkids.

Activities to keep kids busy could include:

<p><b>Play a boardgame</b></p> 	<p><b>Put on a talent show</b></p> 	<p><b>Have a picnic in the backyard</b></p> 	<p><b>Hide and Seek</b></p> 
<p><b>Colouring in and drawing</b></p> 	<p><b>Read a book or magazine</b></p> 	<p><b>Smiling Minds meditation app</b></p> 	<p><b>Scavenger hunt in the house or backyard</b></p> 

If you or someone you know are experiencing difficulties CatholicCare is here to help.

CatholicCare offers Counselling Services (with online options available) and a range of courses to help strengthen relationships.

We also offer a range of courses including a parenting course on managing **ANXIETY** in children and young people.

To book a counselling session please call **4254 9395** or email [intakeservice@catholiccare.dow.org.au](mailto:intakeservice@catholiccare.dow.org.au)