

## Activities your Support Worker can do during COVID-19



Depending on your child's needs, there are many activities Support Workers can do to keep your child active, challenged and happy while working towards their goals.

Here are some fun activities your child can enjoy with a Support Worker while maintaining good hygiene and a safe environment:

### Activities

- Pretend play with a Support Worker can be a very engaging activity - take turns pretending to be a teacher, shopkeeper or bus driver
- Build an indoor cubby or create an obstacle course
- Do some household chores or gardening
- Make a sensory tray together using sand or rice, scoops and toys
- Make animals, food and shapes out of playdough
- Build some LEGO creations, play card games or board games
- Listen to audio books together or sing along to music
- Connect with your Support Worker remotely - you can have a Support Worker FaceTime or Zoom with your child and play an online game or watch a movie together
- Ask your child's therapists for some suggestions

### Getting out and about

- Arrange a playdate with a friend facilitated by the Support Worker
- Enjoy a snack in the park
- Go to the shops to buy ingredients for cooking activities, talk about the changes at the shops and sanitise hands
- Visit the local playground - you can ask the Support Worker to wipe down touch points before use and help your child to use hand sanitiser when they leave
- Collect leaves, stones and flowers while going for a walk

## **Safety during COVID-19**

It's important to talk with your child's Support Worker and service provider about how you want to manage your child's health and safety.

Everyone must practice good hygiene to protect themselves and others from COVID-19.

This includes:

- Coughing and sneezing into a tissue or your elbow
- Washing your hands often with soap and water
- Using alcohol-based hand sanitiser
- Avoiding touching your mouth, nose and eyes
- Cleaning and disinfecting surfaces such as bench tops, desks and door handles
- Maintaining a distance of 1.5m where possible

If anyone in your household is sick, you need to let your Support Worker and service provider know. They should also let you know if a Support Worker is sick and provide a replacement, if possible.

Even though many things have changed during COVID-19, Support Workers can still engage your child in a range of activities to help them to achieve their goals while maintaining good hygiene and a safe environment.