

COVID-19 Resources

For Parents

Department of Education has a coronavirus factsheet that links to further resources in the document. www.education.qld.gov.au/students/student-health-safety-wellbeing/student-health

Some further resources:

- **Reach Out Schools** - www.schools.au/reachout.com/natural-disasters/dealing-with-bad-world-news
- **Emerging Minds** - www.emergingminds.com.au/ - If you scroll down about half way there is a video for parents intended to upskill them in how to talk to their child about the pandemic
- **Headspace** - www.headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/
- **Australian Research Alliance for Children and Youth (ARACY)**
 - How to talk to your children about coronavirus – ABC www.abc.net.au/news/2020-03-04/how-to-talk-to-children-about-coronavirus/12020324
 - Cora's mum Denise said her daughter cried for about four or five days because she had been discussing it with her classmates and was anxious about her grandparents as well as her own health.
 - Worried about your child getting coronavirus? Here's what you need to know – The Conversation www.theconversation.com/worried-about-your-child-getting-coronavirus-heres-what-you-need-to-know-131909

The best way to avoid COVID-19 infection (and infection with any other respiratory virus) is by washing your hands with soap and water, using a tissue or the crook of your elbow to cover your mouth when you cough or sneeze and by avoiding close contact with others who are unwell.

- **World Health Organisation** Helping children Cope www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf
- **National Association of School Psychologists (US)** Talking to children about COVID-19 [www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- **Social Stories**
 - (Carol Grey) www.carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf

For Young Children (Infants and Primary School)

- **Queensland Centre for Infant and Perinatal Mental Health** has a 'Birdie and the Big Sickness' book on their website – it's a lovely resource for supporting younger children www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/