

# Learning@home

The [wellbeing of students](#) is the Department of Education's first and foremost priority. When emergencies happen everyone in our community can be affected and children and young people need support from parents, carers and other family members.

Children and young people may need help to understand what is going on in a way that is appropriate for their age and development.

You can support your child by:

- monitoring reactions and listen to how they feel and what they are thinking
- be aware of what you say when children and young people are around and let them know they can ask you questions anytime. Make feelings normal by letting your children know it is okay to have feelings such as sadness, anger, frustration, worry, fear or anxiety
- Share that you are also feeling this way, without overloading them with adult responsibilities. Encourage them to talk with you about how they are feeling, let them know there's no wrong way to feel or think, and that all feelings are valid
- providing correct information
- be honest and stick to the facts, without providing too much detail. Limit the amount of media coverage children see, hear and read. Explain news to them and discuss what has been seen, read and heard
  - if your children are feeling upset or anxious about stories they are seeing or hearing, make sure they take some time off to think about something else. Switching devices off for a few hours may help.
- providing a sense of stability for your children, may help them feel more comfortable during times of uncertainty. If schools are temporarily closed or school attendance is interrupted, think about the importance of:
  - Sleep: getting enough sleep and rest can help us all feel better during the day. Set regular times for going to bed and getting up in the morning. Keep normal bedtime routines for younger children and expect the same from your older primary and high school-aged children too
  - food and drink: make sure your children are eating regularly throughout the day and drinking plenty of water
  - moving: being physically active can lift your mood, be relaxing and provide an opportunity for fun
  - Relaxation and fun: is there something your children enjoy doing that will help them relax? Everyone needs a little time out to just think about something nice, whether that is playing games, singing or communicating with friends. Set rules and limitations around social media usage and other online interactions.
- providing reassurance:
  - Focus on the good. When times are difficult, it can help to take notice of the good things still in your life. Encourage your children to take some time to think about the positives—kind people, good friends, beautiful moments—however small. Point out the people working to fix the situation.

