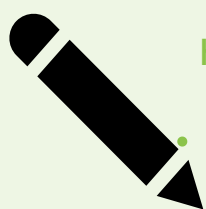


# STAYING STRONG FOR YOUR KIDS DURING COVID-19

Social distancing and self-isolation can cause extra stress for anyone looking after koolunga (children) during COVID-19. People looking after children can also be taking care of Elders and other community members. Here are some tips on keeping strong and healthy so that you can keep raising happy and healthy Koolunga.

## PLAN FUN ACTIVITIES



Having to run home-schooling doesn't mean giving up fun activities. Make sure to make some time in the days for things you and your kids enjoy. You could:

- Try out a new recipe with the kids
- Watch a funny movie together
- Draw a picture or make a video explaining your culture and family
- Use the phone or messaging apps to catch up with cousins or siblings

## BE REAL ABOUT HOME-SCHOOLING

Remember to be kind to yourself if you are home-schooling - you aren't expected to know everything! Kids learn through all sorts of activities. Schedule specific times in the day for schoolwork..



## MAINTAIN YOUR BALANCE

Your work is important too! Make set times during the day where you can focus on getting your work done. If you can, make a plan with other adults in your home to take turns working and looking after the kids.

## TAKE A BREAK FROM THE NEWS

Hearing about COVID-19 all the time can be too much. Once you have received important updates, switch off from the news and take a break. Try to make sure your kids aren't hearing too much too..

## TALK TO YOUR KIDS ABOUT COVID-19



Ask your kids if they have any questions about corona virus and provide them with correct information. Remind them that is okay to feel worried or scared but that everyone is working to make us healthy and safe. This video explains how to talk with children about worries: <https://vimeo.com/394049129>

## WHAT ARE YOU GRATEFUL FOR?

It helps to write a list of something you are grateful for each day. Get your kids to join in too!

## EXERCISE

You can still go outside to exercise with your kids. Taking time to go for a walk, ride a bike or just get some fresh air is good for everyone in the family!

## STAY CONNECTED

Use the phone or social media to yarn with other parents, friends and family who usually support you. They can share tips on staying strong and it helps to have someone to listen.



## MONEY STRESS IS REAL - TALK ABOUT IT



It is important to talk with others if you are stressed about money. This link can help you make plans on how to tackle money stress. Visit <https://moneysmart.gov.au/managing-debt/financial-counselling/> for more information

## REACH OUT FOR HELP

You can visit websites like Gayaa Dhuwi (Proud Spirit) Australia and Beyond Blue for tips on staying well.

<https://www.gayaadhuwi.org.au/coronavirus/>

<https://www.beyondblue.org.au/>.

Remember to take it easy on yourself. Being kind to yourself will help you stay strong so that you can keep looking after the ones you love.