

Dear Valued Client,

Please find enclosed our **Parent Pack**

We understand these are difficult times for everyone and the health safety and wellbeing of clients, families and our staff are important to our service. With consideration of the current COVID-19 public health status, we have made the difficult decision to cancel many of our groups due to Coronavirus restrictions.

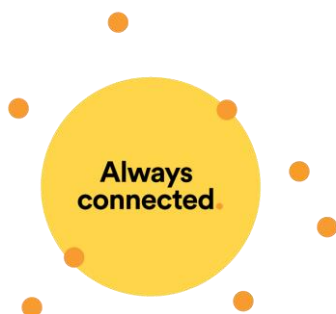
To ensure we can stay connected and provide support during this uncertain time, we have developed this parent pack to help provide support and helpful tips and resources, until we are able to reconnect with you face to face.

Please know that we are always here if you ever need. Our counselling services are still available to support you and your family to navigate the uncertainty. We offer confidential online and phone counselling to support you in grief and loss, family, relationship and marriage difficulties, stress/anxiety/depression and changes in personal or family situations.

To find out more about our counselling service call us on 4254 9395.

Regards,

**Roseanne Plunkett**  
Executive Manager, Family Services



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Many of us are currently going through some challenging times due to the effects of COVID-19 on ourselves, 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.

Ways to maintain your wellbeing during this time.

- Enact good hygiene practices - washing hands, covering coughs, using hand sanitiser
- Eat well
- Make sure to get plenty of rest when required
- Allow time to exercise and clear your mind
- Take time to go outside
- Have a break from social media
- Plan some simple activities to keep yourself busy such as reading a book, listening to music, watching a movie or organising the house.
- Find time to do things you enjoy and find relaxing
- Recognising the signs that make you feel stressed or anxious and putting in practice plans to help you remain calm.
- Don't panic, if you are after information, look for it from a reputable source such as the Australian Government or World Health Organisation

Sometimes it can be difficult to focus, and problems might creep up on you. Here are some signs to look out for in yourself and others you know:

- Constant Uncertainty
- Anxiety and Disorientation
- Excessive use of Drugs or Alcohol
- Withdrawal from family and friends
- Changed eating habits
- Feeling of being overwhelmed

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)

[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)



## CatholicCare's tips and links to help you thrive.

We know everyone is pretty confused right now and that the news is grimmer than usual. We're here to offer any help we can. Read our tips to help you and your loved one's deal with the COVID-19 crisis in the best way possible.

### Tip 1. Be kind to each other

We're all in this together, we might as well take care of each other. That's the most important thing at the moment.

A bit of kindness and community spirit will go a long way to making sure we reduce the harm that comes from Coronavirus. What can you do?

Join "The Kindness Pandemic" and/or "Illawarra Kindness Pandemic" on facebook

### Tip 2. Read reliable health information

Follow the links at the end of the document to the latest COVID-19 information. Join the official Australian Government site on whatsapp +61 400 253 787

<https://www.health.nsw.gov.au/Pages/default.aspx>

### Tip 3. Don't put your mental health on hold

Isolation is only intended to tackle Coronavirus. If anything, we need people struggling with mental health to be more connected than ever to friends and support services.

If you take medication, chemists are still open and if you're out of scripts, call your doctor.

Telephone mental health services are fantastic. Here are some quality options:

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

Apps such as "Clear Fear" and "Calm Harm", "Insight Timer" and "Smiling Mind" are excellent for mental health

Refer to our support services document for more options.

### Tip 4. Use home workout apps

On the couch too much? Need a distraction? Need exercise. Your mental health still needs the many benefits of exercise. We can be using apps to guide workouts (we value their expertise). Here are some suggestions.

- Nike Training Club: 105 free, no-equipment workouts and a 4 -week bodyweight fitness plan ((and plenty more)
- Daily Workouts Fitness Trainer: another similar option to the Nike app is available on Google Play and the App Store.

- Daily Yoga: yoga lovers, this is the only app you need. Available on Google Play and the App Store.

#### Tip 5. Video call your friends and family

We are social beings, and we need to contact with our loved ones. Get in touch and make a friend or relative smile. Whatsapp, Facetime, Zoom and Housepar-ty are all good (free) options.

#### Tip 6. Master working from home

- Pick a fixed start and end time for your workdays. Keep to your routine as much as possible. Switching off is more important to your energy levels than staying switched on.
- Prepare nutritious meals. A good diet is essential to your health. Use your home time wisely by making your own meals.
- Exercise and stretch. Your kitchen chair was never designed for a full day's slog. Take regular breaks to stretch.
- Check in with your colleagues. Video calls can keep the smiles and connectedness going.

#### Tip 7. We're still around to help

Catholiccare is still here, caring for you. We will be publishing more helpful tips and information. Visit our website [Home | Catholic Care \(dow.org.au\)](#) and follow us on our Facebook page [CatholicCare | Facebook](#).

#### Helpful Links:

- [Symptoms and how the virus spreads](#)
- [Check COVID Symptoms](#)
- [Seeing a doctor and getting tested](#)
- [Social distancing and avoiding infection](#)
- [About Self-isolation](#)
- [Groups at higher risk](#)
- [Information for older Australians](#)
- [Information for Carers](#)
- [Childcare & School Exclusions](#)
- [Travel Advice and Restrictions](#)
- [Where can I get Local Information?](#)



# Support Services



## Emergency 000

If you or someone you are with is in immediate danger, please call **000** or go to your nearest hospital emergency department.

## Beyond Blue

Talk to a trained mental health professional any time of the day or night. Calls are confidential. They will listen, provide information and advice and point you in the right direction to seek further support.

[Beyond Blue](#) 1300 22 4636 Open 24/7  
[Beyond Blue chat online](#) Open 3pm to midnight, 7 days a week

## Lifeline

24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.

[Lifeline](#) 131 114

## Kids Helpline

A telephone counselling support line for children and young people ages 5 to 25 and available 24 hours a day, 7 days a week.

[Kids Helpline](#) 1800 551 800

## NSW Mental Health Line

A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people.

[Mental Health Line](#) 1800 011 511

## Suicide Call Back Service

National services that provides free 24/7 phone, video and online professional counselling to people who are affected by suicide.

[Suicide Call Back Service](#) 1300 659 467

## Domestic Violence Line

The [NSW Domestic Violence Line](#) provides counselling and referrals to women experiencing domestic and family violence.

[1800 65 64 63](#)

## 1800RESPECT

[1800RESPECT](#) is a counselling, information, and referral service for all Australians

[1800 73 77 32](#)

## Black Dog Institute

[Black Dog Institute](#) is a free online clinic providing a mental health assessment tool and other support services.

## Head to Health

[Head to Health](#) can help you find digital mental health and wellbeing resources.

## Alcohol & Drug Information Service (ADIS) NSW

[ADIS 1800 25 00 15](#) - operates 24/7 and provides telephone counselling, support, referrals and information for those affected by alcohol or other drugs.

## NSW Health

NSW Health have published a PDF of [mental health counselling supports](#).



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



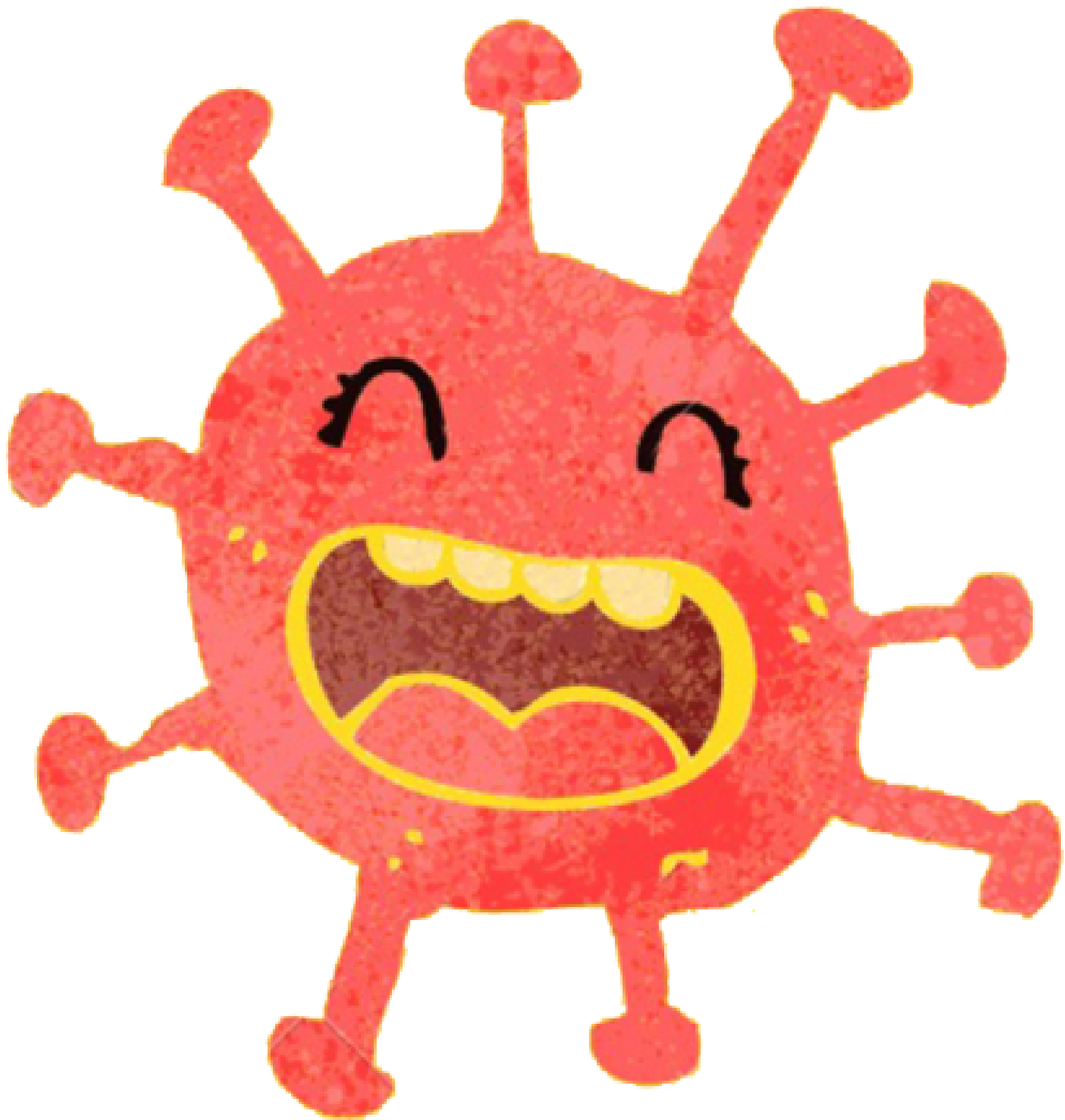
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



# HELLO!

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



## My name is Coronavirus

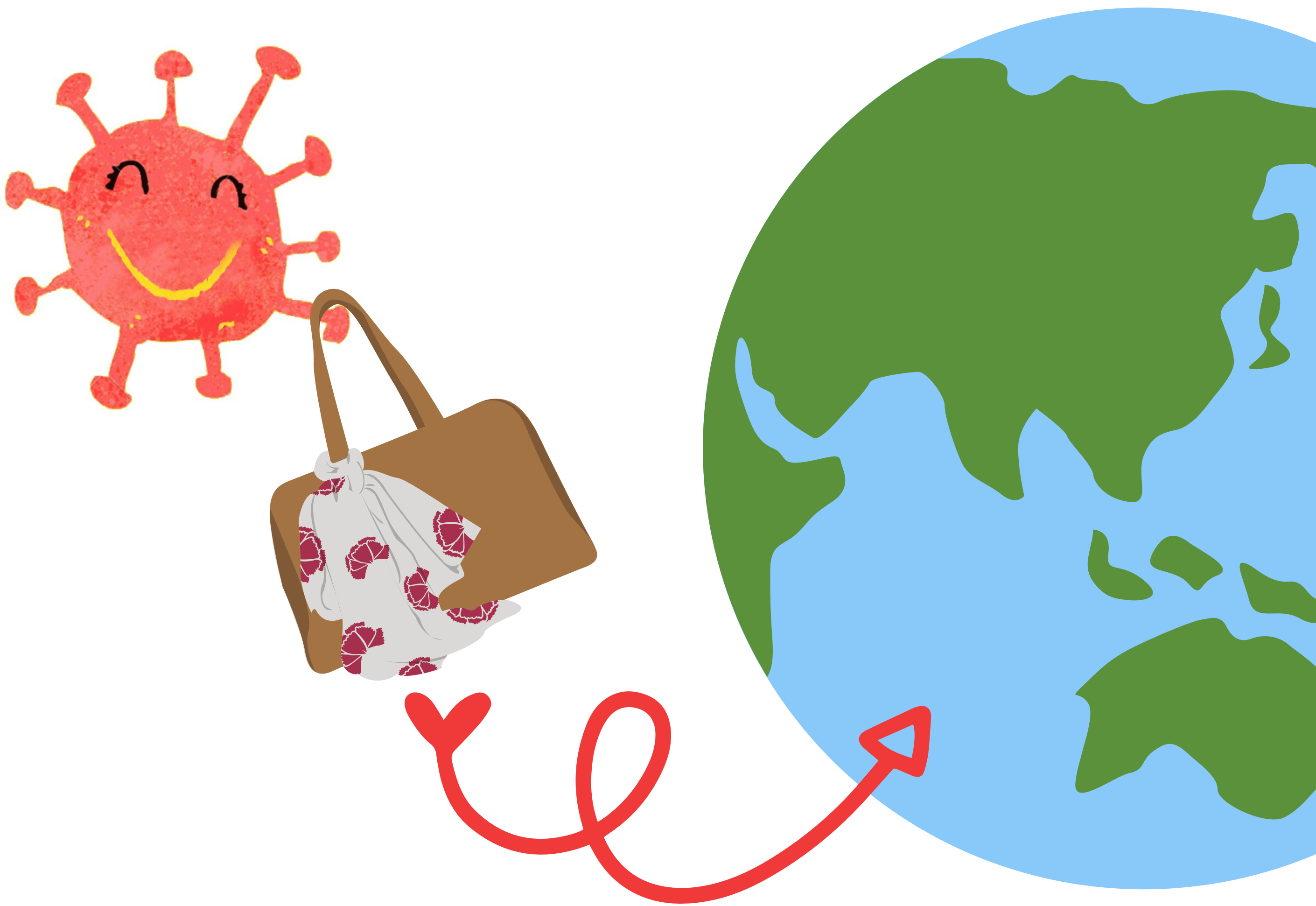
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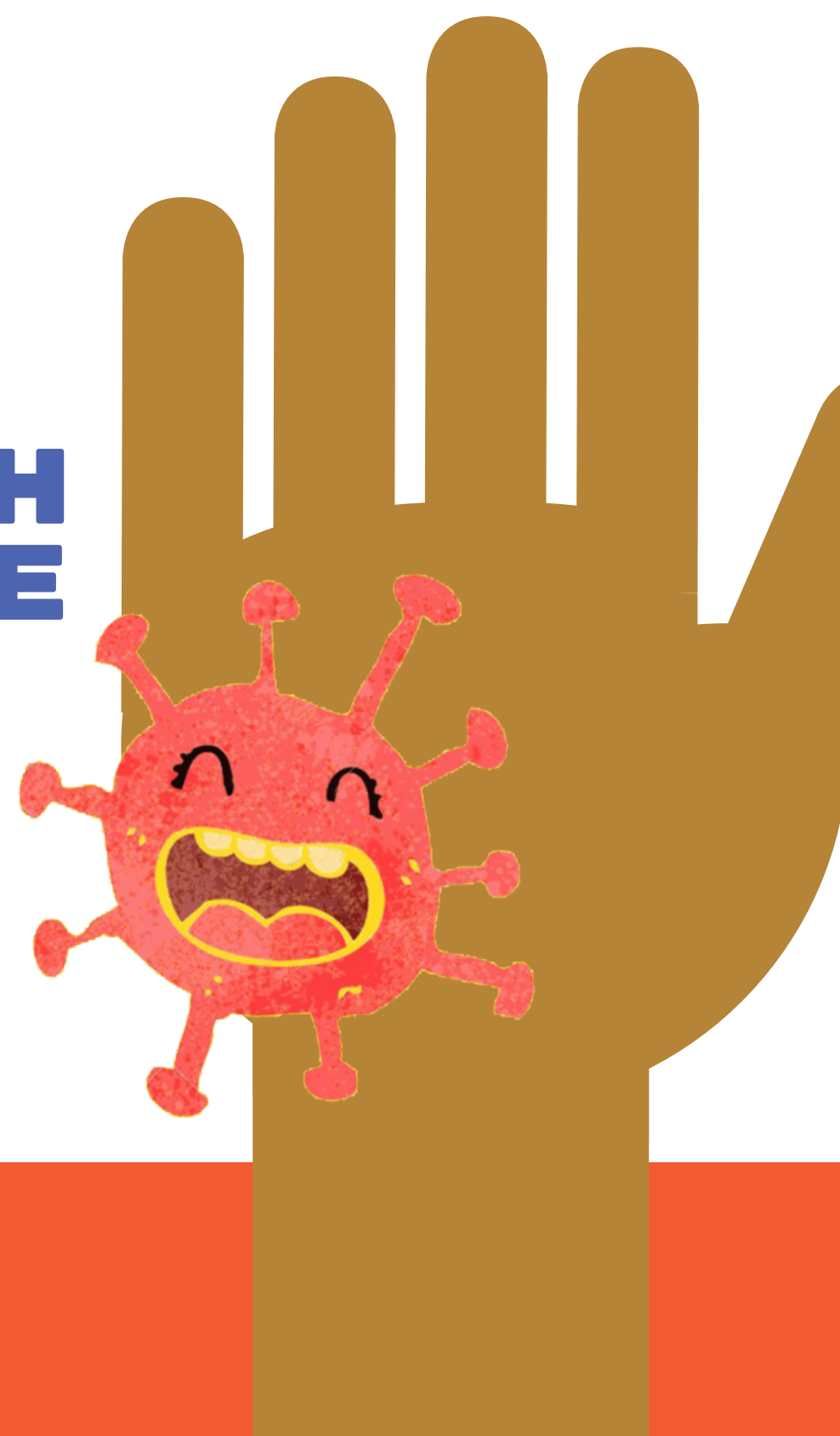


I love to travel...



and to jump  
from hand to  
hand to say Hi

**HIGH  
FIVE**



# Have you heard about me?

YES

NO

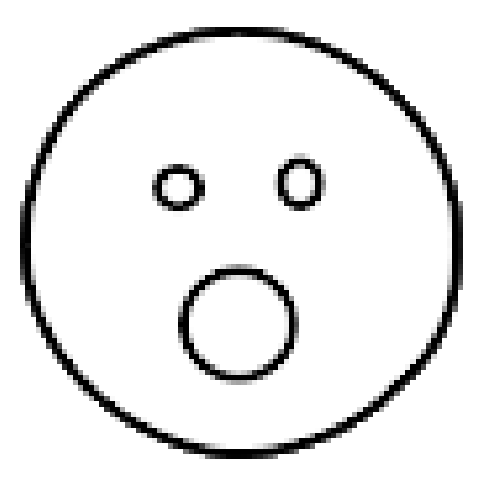
And how do you feel when you hear my name?



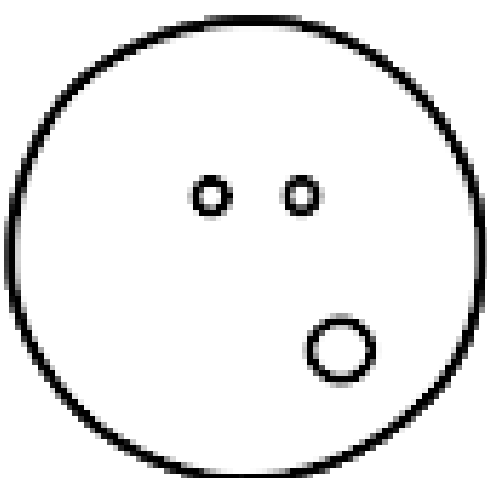
Relaxed



Confused



Worried



Curious

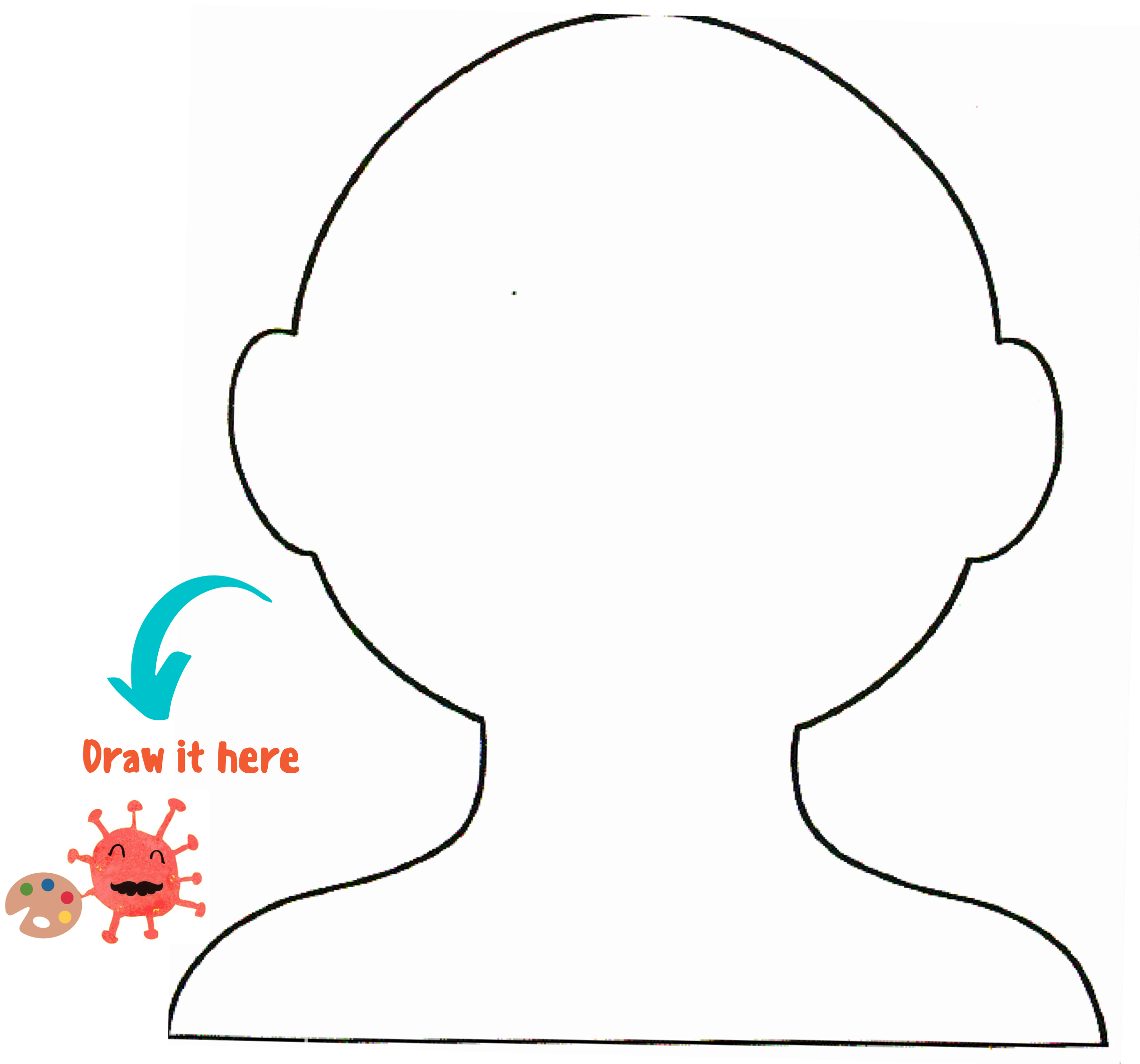


Nervous



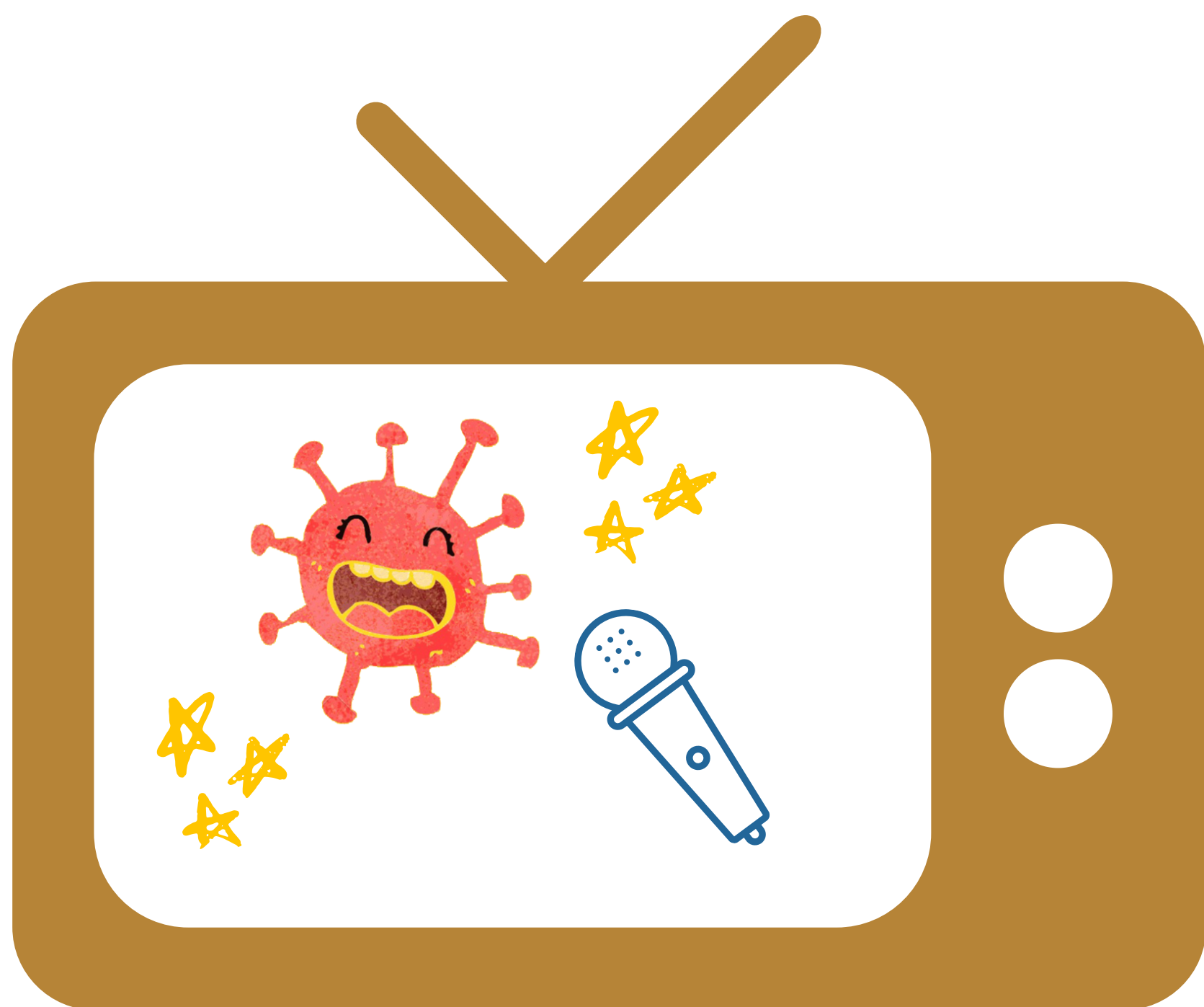
Sad

**I can understand you  
feel...**



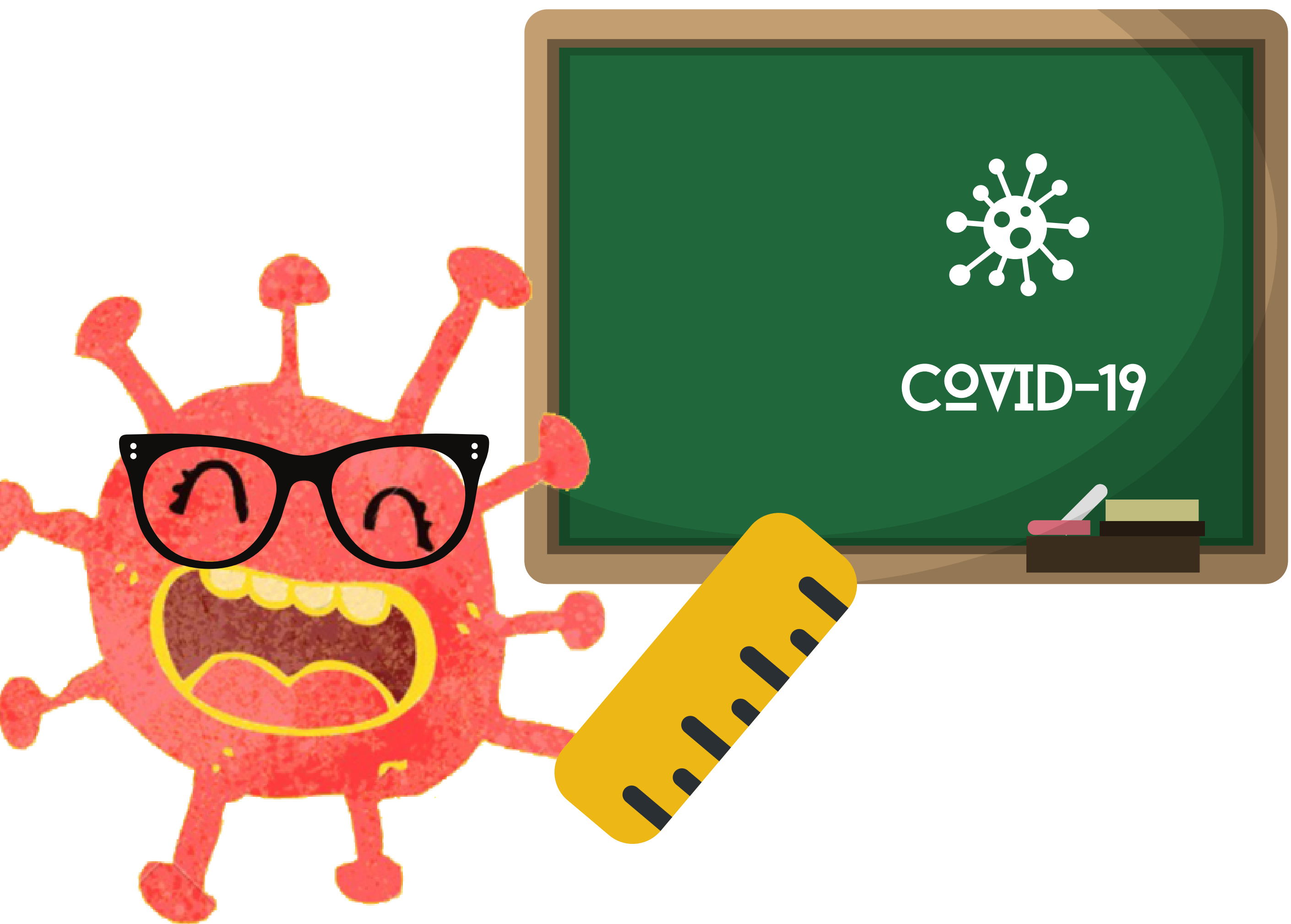
**...I would feel the same way**

Sometimes adults get  
worried when they read  
the news or see me on TV





**But I am going to explain myself...**

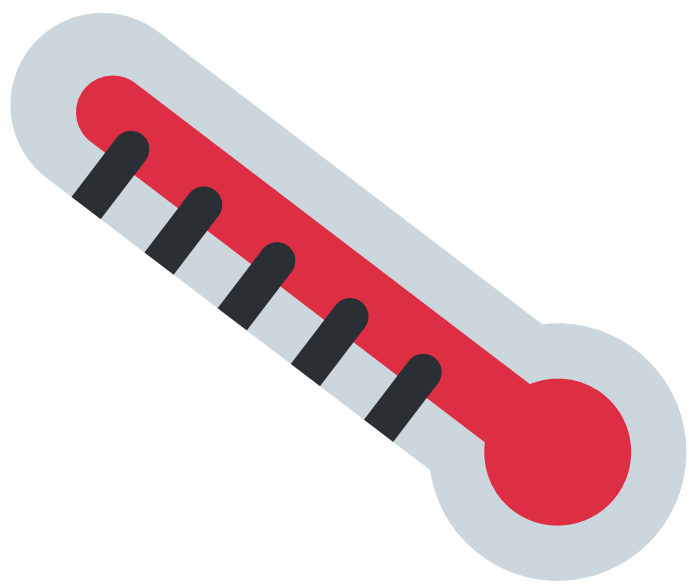


**So you can understand...**

**When I come to visit, I bring...**



**Difficulty breathing**



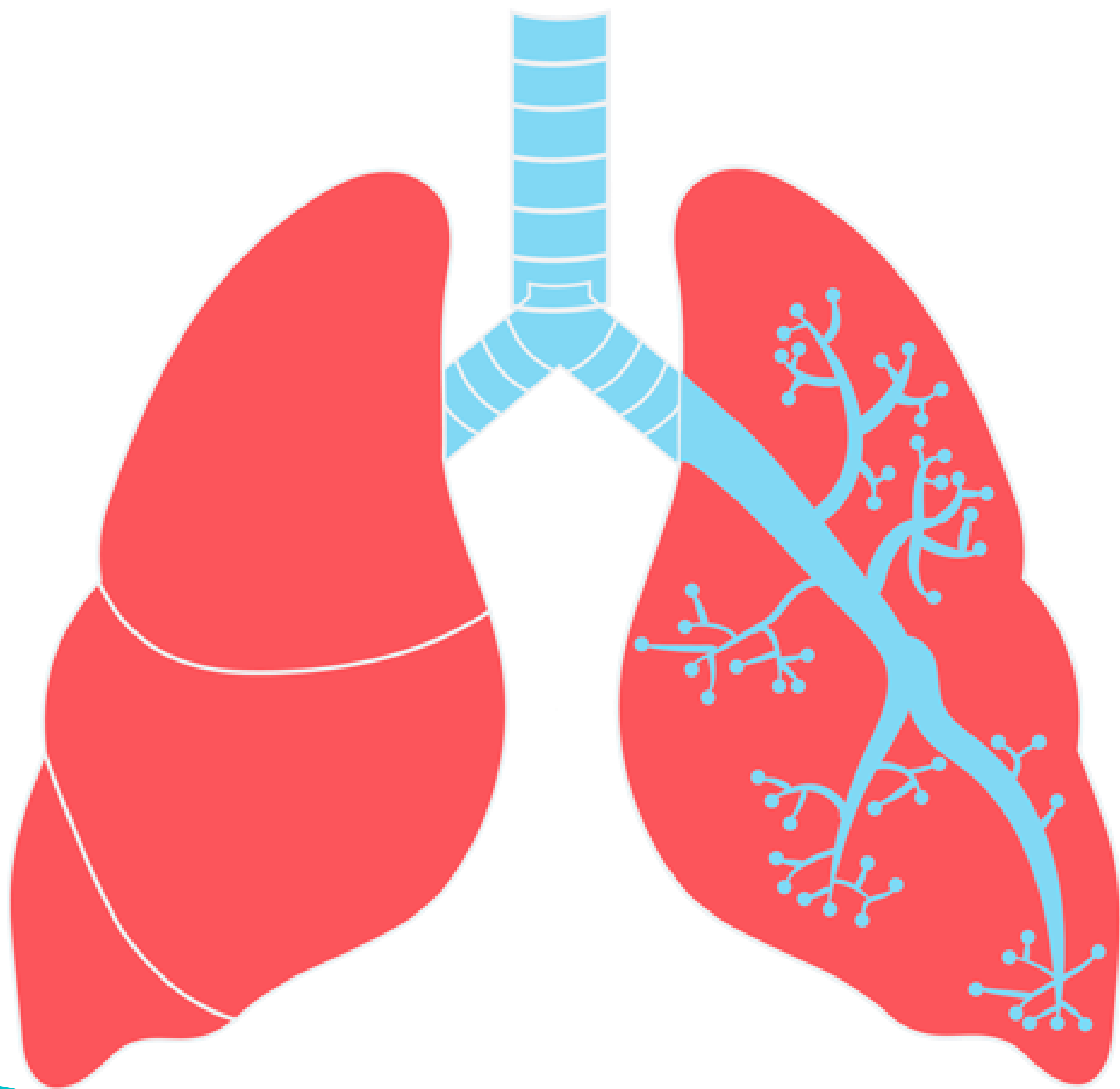
**Fever**



**Cough**



**But I don't stay with  
people for long, and almost  
everyone gets better**



**Just like when you get a  
scrape on your  
knee and it heals**

**BYE BYE...**



**Dont you worry!**

**The adults who take care of you:**

---

**will keep you safe**



# And you can help...

1



**By washing your hands with soap and water while singing a song**



**You can sing your favorite song, the happy birthday song, or the alphabet song**

2



**By using hand sanitizer and letting it dry on your hands**



**Without moving them count to 10**

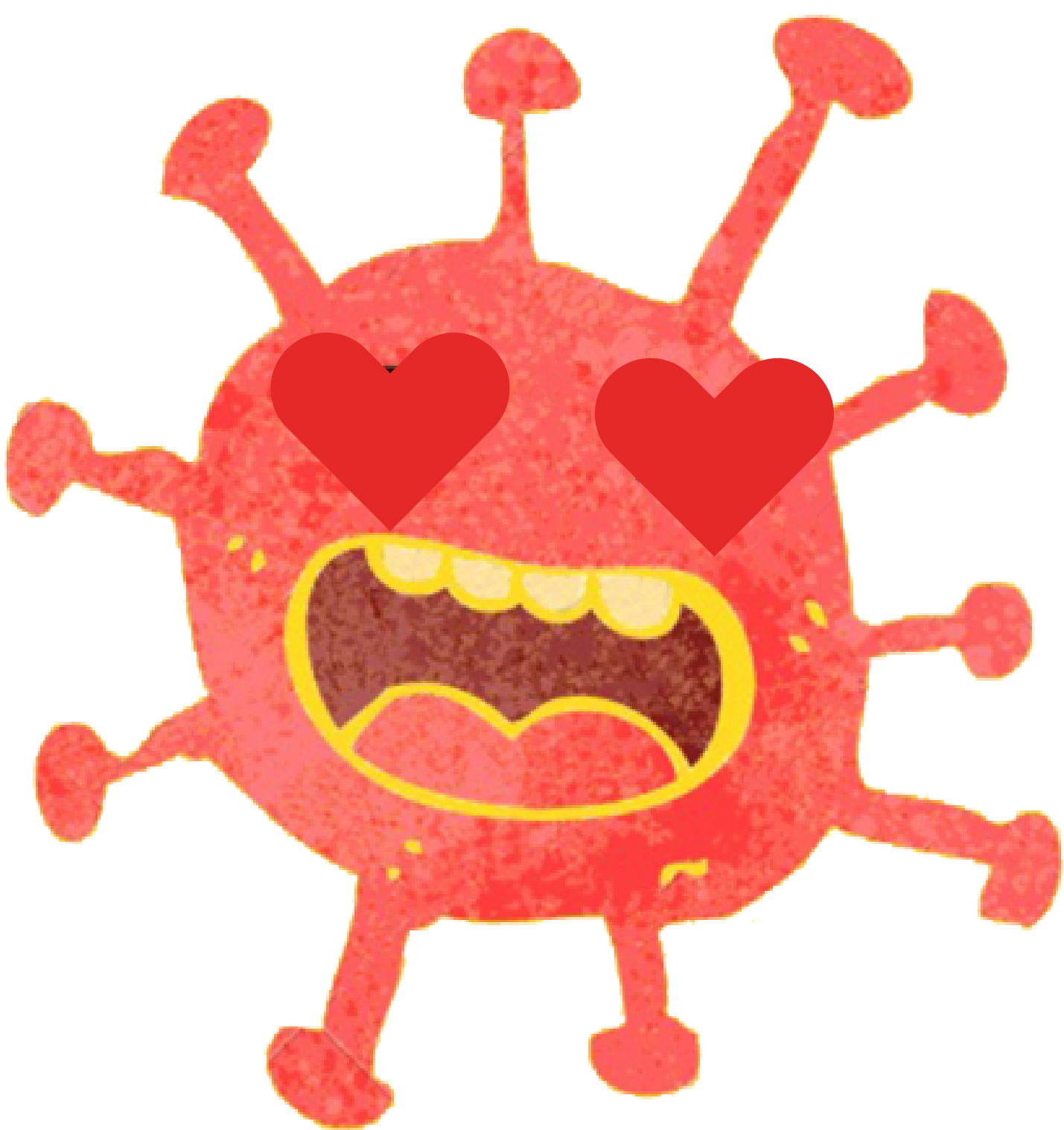
**1, 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Once your hands are dry you can get back to playing!!**

**If you do all that  
I will not come to visit**



**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**

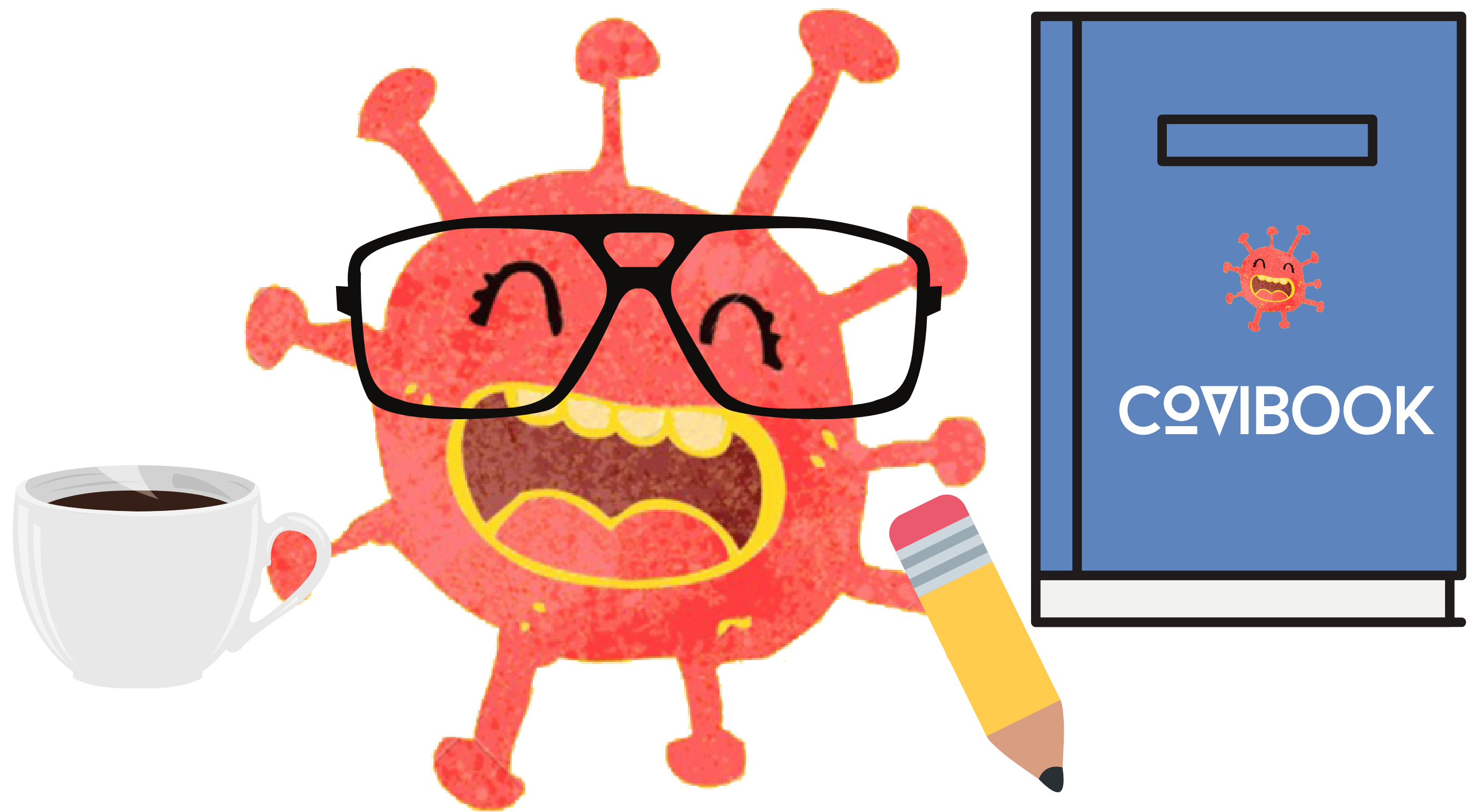


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# THE END



**Download this PDF here:**

**[www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

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# Help! I have to home-school!

Let's face it, if most of us wanted our children home-schooled, we would have been home-schooling before now. I call myself "the reluctant home-schooler" and everyone I talk to has some measure of anxiety about it. It's almost a form of culture shock. We are all bewildered and trying to cope with a world that has, overnight, rapidly changed into an unknown quantity.

Based on some brain science ,and an extensive knowledge of education, I am writing this to help us all navigate our "new normal"

Deb Tibbs from the School, Student and Family Program at CatholicCare

## Set aside a space

Children need a space of their own. Where possible, have the same space every day. It doesn't have to be fancy– it could simply be part of the dining room table. Children will associate this with their school hours and will be more ready to learn

## Have a routine

Kids thrive on routine. It may take time to work one out but here's a loose outline of what a friend of mine is doing (see box to the right). It's less about forced productivity and more about providing the children with something sustainable and clear expectations.

## Utilize the teachers

They are still there at the other end. They still care about your children. They are still being paid. They want to make this easy for you. But remember, they are still navigating it too– so be patient.

## Be Kind to Yourself

This is the most important part. If you are anxious your kids will pick up on it. You might need to let things go for a bit. You will get better at this (you will!). It's early days and you were thrown into this. Cut yourself a bit of slack. Read the Open Letter from a Principal to Parents below

Do things which calm you down– read, meditate, practice mindfulness, do a craft. There are many resources out there. Over the coming weeks we will be putting together more information and a list of helpful links, so watch this space

### *One suggested routine*

1. Breakfast
2. An active hour
3. Session 1
4. Morning tea
5. Session 2
6. Lunch
7. A quiet hour
8. Session 3
9. Finish and 30 minutes on ipads or TV





## Open Letter from a Principal to Parents

letter from a school principal and teacher - worthy of a read!

Dear parents with school aged children

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done! But here's the thing...



*.. "that might mean you tear up your perfect schedule and love on your kids some more"....*

Our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off of school for weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behavior issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behavior in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. And that might mean that you tear up your perfect schedule and love on your kids a bit more. Play outside and go on walks. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do math. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day...

***"The family is the nucleus of civilization."***



# WHAT IS YOUR CHILD'S LEARNING STYLE?

<https://www.homeschoolcreations.net/homeschool-basics-what-is-your-childs-learning-style/>

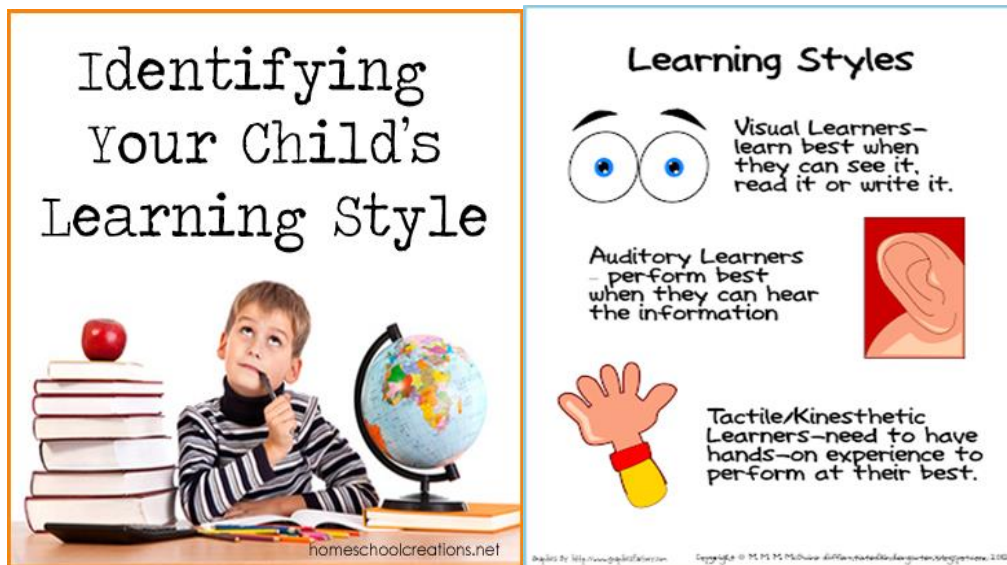
From the time they are young, children learn in different ways.

**Knowing and understanding your children's learning styles, or the way that they process and understand information, can help you as a parent and a teacher.** You can tailor the learning environment to meet their unique needs and make learning even more fun!

Identifying your child's learning style isn't overly complicated and there are a few things you can observe that may help you.

## What Are the Different Learning Styles?

How do your children approach different activities? Thinking about their favourite activities can also help you as you determine their learning styles. We're covering three types of learners: auditory, visual, and kinesthetic.



## Auditory Learners

Children that are auditory learners learn best through listening and hearing information. They enjoy music and rhyme/rhythm in the learning process. This child may also love listening to stories read aloud. Facts may be easier to remember when they are given in the format of a song or a rhyme.

You may want to consider using headphones for this child as other background noises can distract the auditory learner from concentrating. Books on CD would be a great help as well. **Auditory learners may benefit from reading directions out loud, so they can 'hear' what they need to do.**

*Things to consider for auditory learners: this child may be sensitive to the inflections in your voice and be sensitive to other background sounds that are going on in the room.*

### **Visual Learners**

Children that are visual learners learn best through seeing things around them. They benefit from colourful illustrations, enjoy taking notes, creating 'lists' to check off, and may close their eyes to visualize something they may be trying to remember.

Quiet environments are typically best for this learner because they may be distracted by all the noises going on around them and have trouble concentrating. **Visual learners can also be very detail oriented. They do well with maps, charts, diagrams and drawings to help them learn.** They may also enjoy using flash cards for learning.

*Things to consider for visual learners: This child is watching your facial movements as well – those smiles and frowns are all being processed. When reading books without pictures, encourage your visual learner to create a picture for the story and imagine what is taking place. They may also enjoy drawing a picture to go along with lessons.*

### **Kinaesthetic Learners**

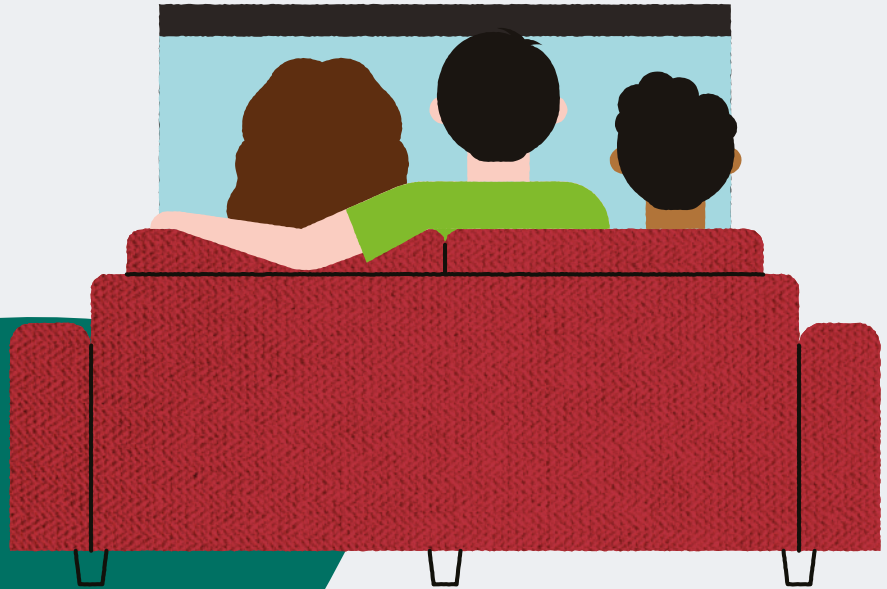
Kinaesthetic or physical learners learn best through moving, touching, and doing something. Instead of hearing about how something works, they may have it taken apart and be trying to figure it out. These children benefit from physically touching objects when learning, so make it hands-on.

That pencil tapping that drives you crazy, may actually help them concentrate on their current task. **Making models to go along with what you are studying can be helpful to this learner.** Construction type sets eg Lego are also a HUGE help. Colouring pictures or drawing to go along with a lesson might also be helpful to this learner as they are 'doing' while learning.

*Things to consider for kinaesthetic learners: may need to move around more frequently and they may be mislabelled as not listening – but they just need to wiggle and move around when learning. They may need frequent breaks and a clean learning space {no distractions}. Let them actively participate in the lesson!!*

**There is no one way or right way when it comes to learning styles. Your child may fit exclusively into one category or lean mostly into one and a bit into another. Either way, having more understanding of how your child learns best will be helpful in all areas of their learning, whether it is at home or at school.**

# responding to family conflict



## **Conflict is a normal part of all relationships including those in your family and it's something we all experience at times.**

Family looks different for different people. Family might include your biological family member(s), caregivers, partner, step family, housemates or close friends. Family conflict can occur between any of these people.

There are lots of different reasons family conflict occurs. We are all different and our unique experiences in life shape how we communicate, what we value and how we live our lives. Conflict can occur when others have different values, communication styles or believe things should be done in different ways, or we just misunderstand what someone means.

Family conflict can be more common at times of increased stress like isolation due to COVID-19 and this can affect the whole family or individual members. Other things such as job changes or loss, exams, health concerns, moving house and new or changing family members can also have an impact.

## **Please note**

The latest medical information for COVID-19/Coronavirus is changing on a regular basis. If you would like to understand more, please visit the Department of Health's website.

[health.gov.au](https://www.health.gov.au)

You can also find more COVID-19 mental health information at: [headspace.org.au/covid-19](https://www.headspace.org.au/covid-19)

## **Dealing with family conflict**

Conflict feels different for different people. Some people don't like conflict and will try to avoid it or please everyone. Others may try to defend themselves quickly as a way to protect themselves when they sense conflict. Others don't mind conflict and feel confident in being able to express their perspective, hear others and respond to family conflict.

If family conflict is occurring on a regular basis it may start to have an impact on a family member's stress, mood, how they feel about themselves and impact on their relationships even when the conflict is not happening.

Family relationships are important to us and can make us feel great when they are good and not so great when they are struggling. It is important to respond to family conflict in a calm and considered way that can hopefully lead to a mutual solution where everyone feels heard.



# Understanding and managing yourself

When understanding and responding to family conflict it is important to take some time to think about what it is that you are feeling and thinking. When we are feeling angry or hurt we can say or do things that we don't mean to the people we care about. It can also be really hard to talk about our feelings as it makes us feel vulnerable.

It is a good idea to think about what you are upset about so that you can communicate that clearly to your family members. It might be good to go to another room or to a quiet space somewhere to do this.

## Some good things to think about and ask ourselves include:

- **Is this what I am really upset about?**

Sometimes we have had a bad day or are feeling tired and overwhelmed about other things but our family member says something that makes us feel overwhelmed and we react in the moment.

Other times it is not so much what has been said or done by the other person but it's more their body language or facial expression that's making us feel upset.

It can also be something small that has happened that brings up feelings associated with something bigger that we have experienced before.

- **What do I want the other person to know?**

It's good to think about and understand what the most important thing is that we want to let the other person know so that we can communicate this clearly.

It's also important to think about how you want to respond to family conflict. This might be how you would like family conflict to be resolved or thinking about helpful ways of responding to other members of the family.

## Some ideas include:

- **Taking a 'you and me vs the problem' approach**

If you think about the problem side by side rather than 'you vs me' you are more likely to get a good outcome for everyone.

- **Letting the other person know that you care about them...**

...even though you may have different perspectives. Experiencing conflict with family doesn't mean we don't care about them. It is good to let the other person know this too.

- **Noticing your own physical reactions...**

...when experiencing conflict like a tense body or fists, fast thoughts, heart beating or tight chest. These are often the first signs that you are starting to get upset. It's understandable to be upset but this can make it harder to communicate clearly,

- **Acknowledge the experiences or feelings...**

...and take time out when required. If we notice ourselves getting upset, we can let the other person know this and that we need to take some time to calm down before talking.

- **Responding and repairing after conflict.**

If things don't go to plan that's okay. It's good to go back to the person, apologise and let them know that you would like to be able to try again. This can be hard to do but important for our relationships.

Remember that you are not always going to get all of this perfect, no one does. It can be really hard to take this approach with family members if you do not usually express feelings like this.



## Timing

It is really important to think about when to have conversations in responding to family conflict.

When people are upset or angry their logical brain goes offline and we respond with our emotions instead. This is when we can end up saying things that we don't really mean. When we are in these moments of emotion it is good to try to take some time out, go for a walk or get some fresh air rather than talk to the person we are feeling upset with.

If this is happening for you, or the other person is still trying to talk to you about it, you could say:

- **I am feeling really [angry, hurt, scared, sad] right now and I need to take some time out.**

I really want to talk to you about this but I am hoping we can talk about this later when we are both calm.

- **I can see you are really [angry, hurt, scared, worried, sad] right now.**

I would really like to talk about it but feel like it would be good if we took some time to calm down first so that we can both listen to each other properly.

## Communication is key

Communication is really important when responding to conflict. It can be the difference between people feeling heard, supported and understood in relationships or feeling further apart. Often what we are trying to say can get missed by other people depending on what is going on for both us and them at the time.

### Some tips for good communication

- 1. Acknowledge and summarise what the other person has said.**

This shows you're interested and listening to the other person. When we feel our perspective has been heard and understood we are more able to listen to what the other person has to say.

- 2. Use 'I' statements to communicate.**

Using 'I' statements helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements.

- 3. Think about your non-verbal communication like facial expressions, nodding and body language.**

Non-verbal communication is as important, if not more important than what we are saying. If we say all the right things but our facial expression says something different the other person won't hear what we are saying.

- 4. Be prepared to negotiate.**

It is important to go into conversations prepared to listen to the other person's perspective and see if we can find an agreement that works for everyone.

### If you are not sure how you might start the conversation, here are some ideas:

- I can hear that you are feeling really [hurt, sad, scared, worried] about ....
- I am sorry I got angry with you. I was feeling ....
- When ... happens, I feel ..... I would like it if you could ...
- I really care about you and can see that this is impacting on us both. How about we take some time together to think about how we could do this differently?
- How do you think we could do things differently?





## How do I know if it is more than family conflict?

It can sometimes be hard to know the difference between what might be family conflict and what might be domestic violence. Domestic violence can occur to anyone in any relationship and it is never okay.

Domestic violence can take different forms including harming someone physically, verbally, sexually, psychologically, emotionally, economically, spiritually or legally.

Domestic violence can make you feel scared, confused or anxious a lot of the time in your family relationships.

If you are having any of these experiences or think you might be experiencing family violence it is important to talk to a professional about what you are experiencing.



**Below are some places you can go to for help.**

- **1800 Respect:** [1800respect.org.au](https://www.1800respect.org.au) or 1800 737 732
- **If you are ever in immediate danger, call the police on 000.**

## Where else can I go for help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

### National 24/7 crisis services

- **Lifeline:** 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- **Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- **Beyond Blue:** 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)

### Additional youth support services

- **headspace:** visit [headspace.org.au](https://www.headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890
- **Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- **ReachOut:** [reachout.com](https://www.reachout.com)
- **SANE Australia:** 1800 187 263 or [sane.org](https://www.sane.org)

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a headspace centre near you.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://www.healthdirect.gov.au).

### Other useful headspace links

- **Understanding anger issues in children:**  
<https://www.headspace.org.au/friends-and-family/understanding-anger-issues-in-children/>
- **Building a healthy relationship with your young person**  
<https://www.headspace.org.au/friends-and-family/building-a-healthy-relationship-with-your-young-person/>



**If you or someone you know is going through a tough time, you can get help and support from headspace, your school or university wellbeing service or your local health provider.**

**For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)**

# 5 COVID-19 PARENTING

## Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

### You are not alone

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

### Take a break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

### Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



### Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how you feel emotionally. Notice if your feelings are happy or not.
  - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I am okay."
  - Then just listen to your breath for a while.
- Step 4: Coming back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.
- Step 5: Reflecting**
  - Think 'do I feel different at all?'
  - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



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# How are you feeling?

Use this chart to find out how your child is feeling.



Happy



Joyful



Content



Silly



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt













Embarrassed



# YOUR WORDS

# MATTER

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

**WE ARE  
TEACHERS**



# Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none"><li>___ watch a good movie</li><li>___ write each other positive notes</li><li>___ verbalize and talk about feelings</li><li>___ draw self portraits</li><li>___ Say "I love you"</li><li>___ spend time writing</li><li>___ have a sing-a-long</li><li>___ tell jokes</li><li>___ try a new craft</li></ul>	<p><i>physical</i></p> <ul style="list-style-type: none"><li>___ dance party</li><li>___ go for a walk</li><li>___ family bike ride</li><li>___ take a hike</li><li>___ play kickball</li><li>___ tag</li><li>___ roller skating</li><li>___ go to the pool</li><li>___ jumprope</li><li>___ kids yoga</li><li>___ wii fit games</li></ul>	<p><i>spiritual</i></p> <ul style="list-style-type: none"><li>___ a gratitude list</li><li>___ go outside</li><li>___ talk about forgiveness</li><li>___ write thank you's</li><li>___ volunteer</li><li>___ spend time outside or with nature</li><li>___ practice positive self-talk</li><li>___ plant a tree</li></ul>
<p><i>mental</i></p> <ul style="list-style-type: none"><li>___ read together</li><li>___ draw or write stories</li><li>___ kids meditation</li><li>___ find shapes in clouds</li><li>___ practice belly breaths</li><li>___ go on a walk to find new things</li><li>___ make vision boards</li><li>___ try Headspace for kids</li><li>___ create mandalas</li><li>___ make mindfulness jars</li><li>___ play mind strength games like memory</li></ul>	<p><i>practical</i></p> <ul style="list-style-type: none"><li>___ clean up</li><li>___ declutter old toys</li><li>___ assign chores</li><li>___ make a grocery list together</li><li>___ learn about money</li><li>___ make a weekly budget check-in</li><li>___ make a weekly cleaning check-in</li><li>___ homework/study</li><li>___ have a morning &amp; night routine</li></ul>	<p><i>social</i></p> <ul style="list-style-type: none"><li>___ play in the park</li><li>___ call or visit relatives</li><li>___ have family dinner</li><li>___ play boardgames</li><li>___ host a sleepover</li><li>___ invite friends over</li><li>___ plan a bbq</li><li>___ join a team</li><li>___ do a neighborhood food drive</li><li>___ have talks about friendship and how to be a friend.</li></ul>

*just stay curious*



# A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.  
Change is the one constant in life”

(Fallin, 2013)



## Steps for Self-care

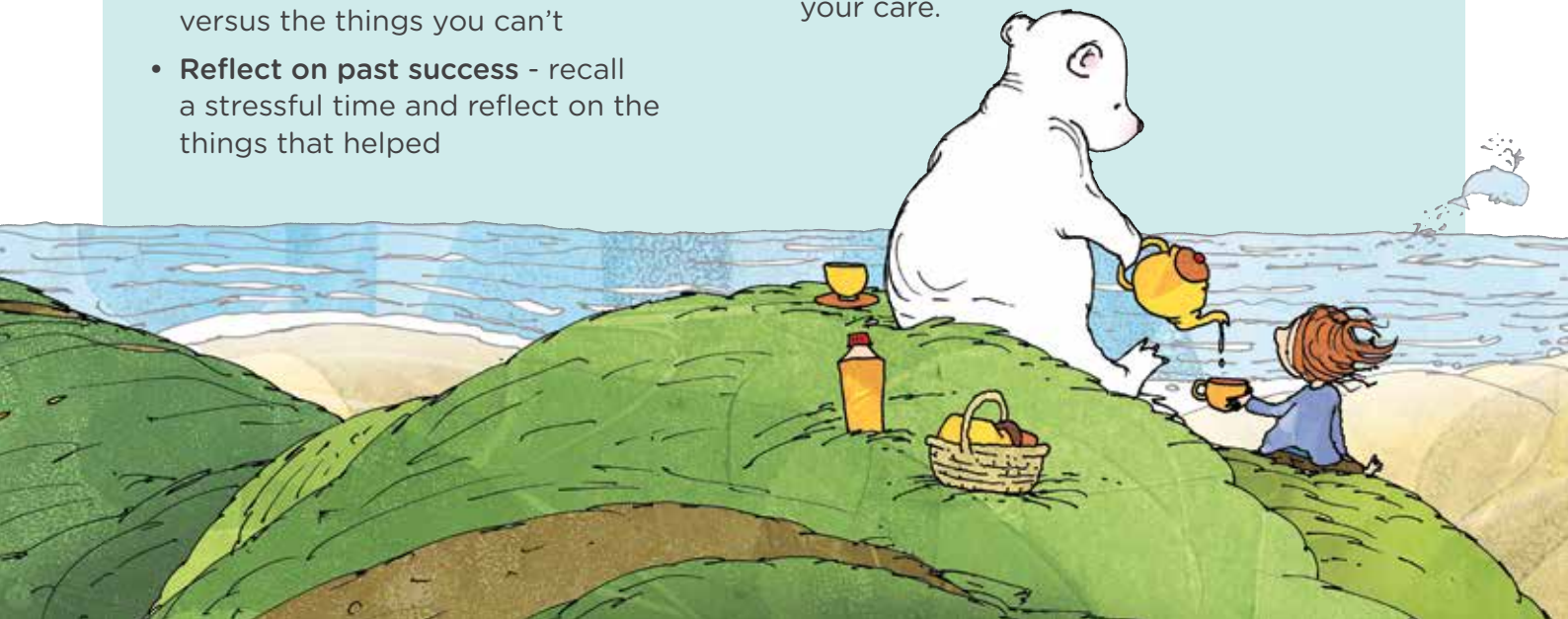
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



### You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.





# Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

## How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches

### Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



**Helpful Hint** – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

## Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

## Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at [goodgrief.org.au](http://goodgrief.org.au)



**"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"**

Companion, Seasons for Growth Program, 2019

## MINDFULNESS BENEFITS AND ACTIVITIES

Visit our website to view our Mindfulness webinar series: [Keeping Calm and Connected: Mindfulness Sessions \(Webinars\) | Catholic Care \(dow.org.au\)](#). These sessions provide an opportunity to stop and reflect, providing an opportunity to re-focus, re-energise and re-connect with who we are. These sessions provide an understanding of the benefits of mindfulness as well as some practical strategies to implement.

Also see below some activities:

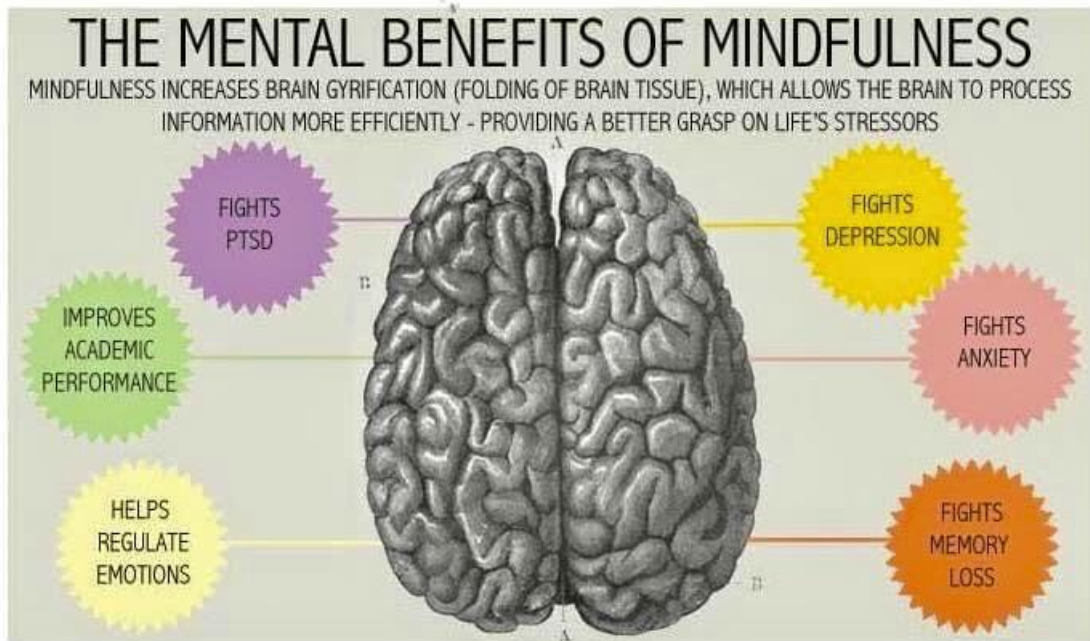
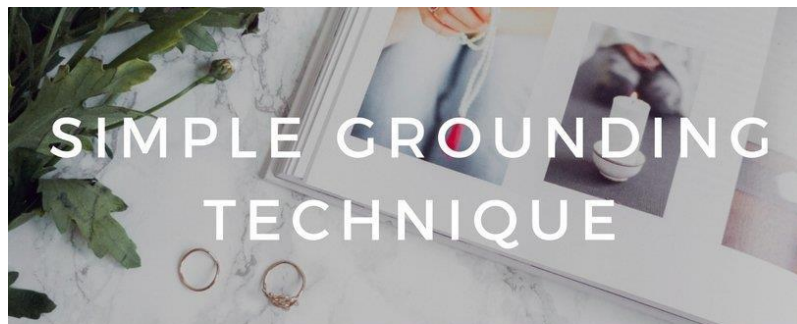


Image sourced from 'Mindfulness Works Australia' Facebook page



If you're feeling anxious or worried, bring your attention back to the current moment with this simple grounding exercise. Notice the following around you:

- 5** things you can see
- 4** things you can feel
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

---

## Mindfulness Activities



### Everyday Mindfulness

Focussing on the here and now, will often help you to manage your anxious thoughts and feelings about things that have already happened or things that haven't happened yet.

Learning to be mindful teaches you how to focus on the present in a way that helps you get distance from upsetting thoughts and emotions. If you get distance, you can observe events without immediately reacting to them.

**You can practice your everyday mindfulness skills with each of your five senses;**

#### Vision:

Buy one beautiful flower; light a candle and watch the flame. Set a pretty place at the table, using your best things, for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of town. Look at beautiful pictures in a book. Go to a dance performance, or watch one on TV. Acknowledge each sight that passes in front of you, not lingering on any.



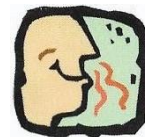
#### Hearing:

Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature (waves, birds, rainfall, and leaves rustling). Sing out loud to your favourite songs. Hum a soothing tune. Learn to play an instrument. Listen to a chat show on the radio or a pod cast to hear a human voice. Be aware of any sounds that come your way, letting them go in one ear and out the other.



#### Smell:

Use your favourite perfume or spray, light a scented candle. Put potpourri in a bowl in your room. Boil cinnamon; bake cookies, cake or bread. Smell the roses. Walk in a wooded area or along the beach, breathe in and let the fresh smells of nature come and go.



#### Taste:

Have a good meal; have a favourite soothing drink such as tea or hot chocolate; treat yourself to a special dessert. Put whipped cream on your coffee or hot chocolate. Sample flavours in an ice-cream store. Suck on peppermint. Chew your favourite gum. Get a little bit of a special food you don't usually spend the money on, such as fresh squeezed orange juice. Really taste the food you eat, eat one thing at a time and allow the taste of one bite to flow into the next.



#### Touch:

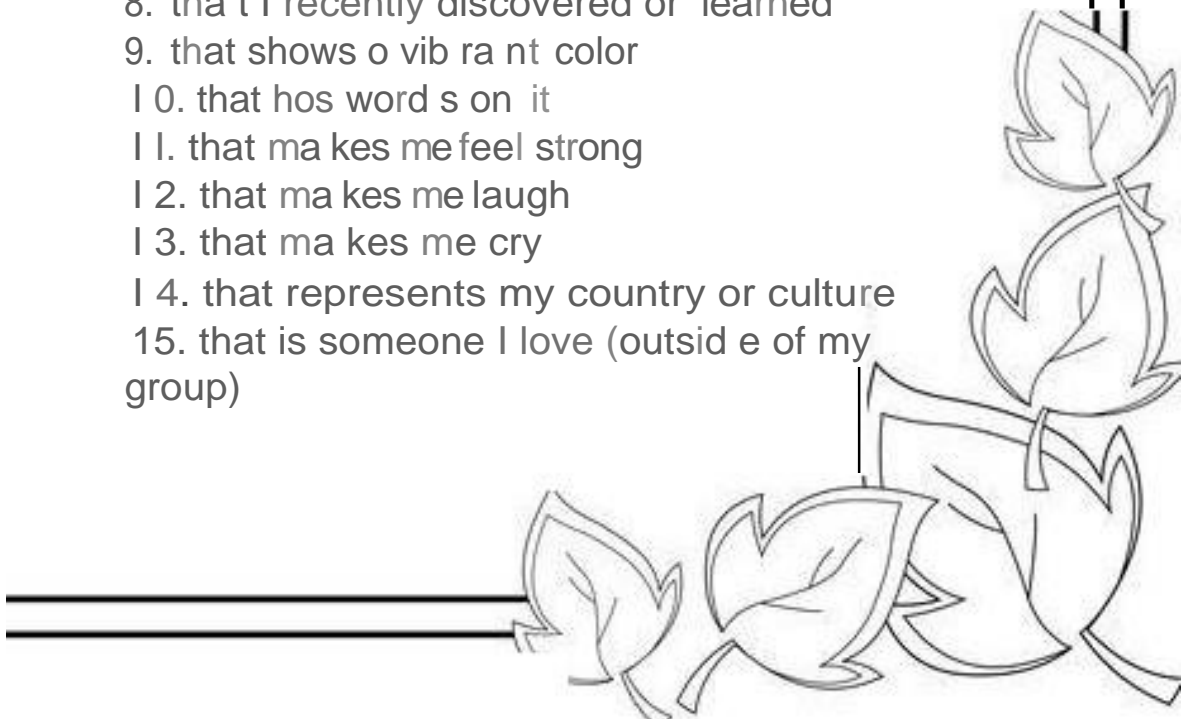
Take a bubble bath; put clean sheets on the bed. Pet your dog or cat. Have a massage; soak your feet. Put a cold compress on your forehead. Sink into a really comfortable chair in your home. Wear or touch material textures which are soft, silky, fluffy or rough. Brush your hair for a long time. Hug someone.



# GRATITUDE scavenger hunt

## SO F' THING I'M GRATEFUL FOR.....

1. in nature
2. that makes a beautiful sound
3. that tastes good
4. that smells amazing
5. that has been hard for me
6. that I would like to share with others
7. that is older than me
8. that I recently discovered or learned
9. that shows vibrant color
10. that has words on it
11. that makes me feel strong
12. that makes me laugh
13. that makes me cry
14. that represents my country or culture
15. that is someone I love (outside of my group)





# 50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Watch the stars



Write a Letter



2x  
Move  
twice as  
slowly

sit in NATURE



Fly a Kite



Let out a sigh



REST  
your legs up  
on a wall



Light a candle



Learn something NEW



Listen to a guided relaxation



Read a Book



Take Deep Belly Breaths



MEDITATE



Call a Friend



Meander around Town



Buy Some Flowers



Find a relaxing scent



WRITE  
in a journal



Notice your Body



Walk Outside



Go for a run



Take a bike ride



pet a furry creature

Create your own coffee break



View some ART



Examine an everyday object with Fresh Eyes



Turn off all electronics



Go to a park



Drive somewhere NEW



Go to a Farmer's Market



Forgive someone



read or watch something FUNNY



Engage in small acts of KINDNESS



COLOR with Crayons



Make some MUSIC



Climb a Tree



Let go of something



Put on some music and DANCE



Give Thanks



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



## 4 Ways to Boost Your Resilience for Tough Times

Article posted on [www.verywellmind.com](http://www.verywellmind.com) written by [Derrick Carpenter](#) Derrick Carpenter is a positive psychology coach at Happify, a website and app that uses science-based activities to help people live happier lives.

Reviewed by [Amy Morin, LCSW](#) Updated on March 06, 2020



**Resilience** is the ability to cope with adversity and to use challenges to forge **strength and prosperity**. Having resilience does not mean that you don't struggle, make mistakes, or need to ask for help. Resilient people keep plugging along even when the situation becomes ugly or exhausting. They learn from their mishaps and misfortunes, and they rely on others with confidence and trust.

Whether the struggles you face are traumas or everyday setbacks, being resilient will help you gain greater control over your own path and cultivate positive change.

**These four strategies can build your resilience reserves.**

- **Re-frame Your Interpretations**

Resilient people find a way to explain their situations in a more positive light while still accepting reality. Imagine a news broadcast interviewing victims of a natural disaster a year later. Some brood: "We'll never get our lives back." Others find the silver lining: "This was the worst thing that's ever happened to me, but this community has come together and shown its strength in so many unbelievable ways."

We have the ability to decide how we're going to interpret the adversities we face. When we work to find an appreciation for what we've gained as we persevere, we develop a more grateful approach to living. The hardship that scars us also grants us wisdom.

**When all you see is negative, broaden your perspective by asking yourself, "What good has come about as a result of this adversity?"**

- **Identify What You Can Control**

Optimists are among the most resilient of us, and they succeed by virtue of focusing their attention on how they can make their situations better. When faced with a challenge, pessimistic thinkers are more likely to be blind to opportunities to enact positive changes. In short, they adopt a victim mentality.

**When you feel stuck or bogged down in adversity, find one thing you have control over and take action on it.**

- **Seek Support**

There are many images in our culture of the self-reliant, lone hero whose personal willpower provides enough strength to withstand any obstacle.

But while personal strength matters a lot, it is ultimately a [sense of community that enables true resilience](#).

Studies of children undergoing significant hardship find that kids who have one adult in their lives who provide stability and support are much more likely to do well than kids who don't.

And relationship benefits also extend to adults.

**Tending to your most important relationships when times are good builds the trust and intimacy that will help those relationships stay strong when adversity hits.**

- **Embrace Challenge and Failure**

Failure is hard for many of us to take. We'd rather step back from a challenging situation than risk making a fool of ourselves. But when we adopt the perspective that challenge can strengthen us, and that we can learn from both successes and failures, we're exercising our resilience muscles.

This is not to say that we should seek adversity. But finding small, manageable ways to challenge yourself builds confidence. Take that class you've been interested in. Make that phone call you've been avoiding. Push your limits little by little and adopt a view of exploration and curiosity. Whether you soar or crash and burn, you're gaining knowledge and insight.

**Identifying with the process of trying, rather than outcomes, is a resilience-building approach to life.**

**REMEMBER.....Everyone has varying [levels of resilience](#), but it is a skill you can work on and build.**

**If you're struggling to deal with a traumatic event or adverse experience, seek professional help.**

Reference - <https://www.verywellmind.com/how-to-build-resilience-for-tough-times-1717568>

# Self-Care Assessment

**Self-care** activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

## 1 2 3 ★ Physical Self-Care

- |                          |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eat healthy foods  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Take care of personal hygiene  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Exercise   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wear clothes that help me feel good about myself                         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eat regularly  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Participate in fun activities (e.g. walking, swimming, dancing, sports)  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Get enough sleep   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Go to preventative medical appointments (e.g. checkups, teeth cleanings) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Rest when sick   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Overall physical self-care   |

# Self-Care Assessment

## 1 2 3 ★ Psychological / Emotional Self-Care

- Take time off from work, school, and other obligations
- Participate in hobbies
- Get away from distractions (e.g. phone, email)
- Learn new things, unrelated to work or school
- Express my feelings in a healthy way (e.g. talking, creating art, journaling)
- Recognize my own strengths and achievements
- Go on vacations or day-trips
- Do something comforting (e.g. re-watch a favorite movie, take a long bath)
- Find reasons to laugh
- Talk about my problems
- Overall psychological and emotional self-care

## 1 2 3 ★ Social Self-Care

- Spend time with people who I like
- Call or write to friends and family who are far away
- Have stimulating conversations
- Meet new people
- Spend time alone with my romantic partner
- Ask others for help, when needed
- Do enjoyable activities with other people
- Have intimate time with my romantic partner
- Keep in touch with old friends
- Overall social self-care



# Self-Care Assessment

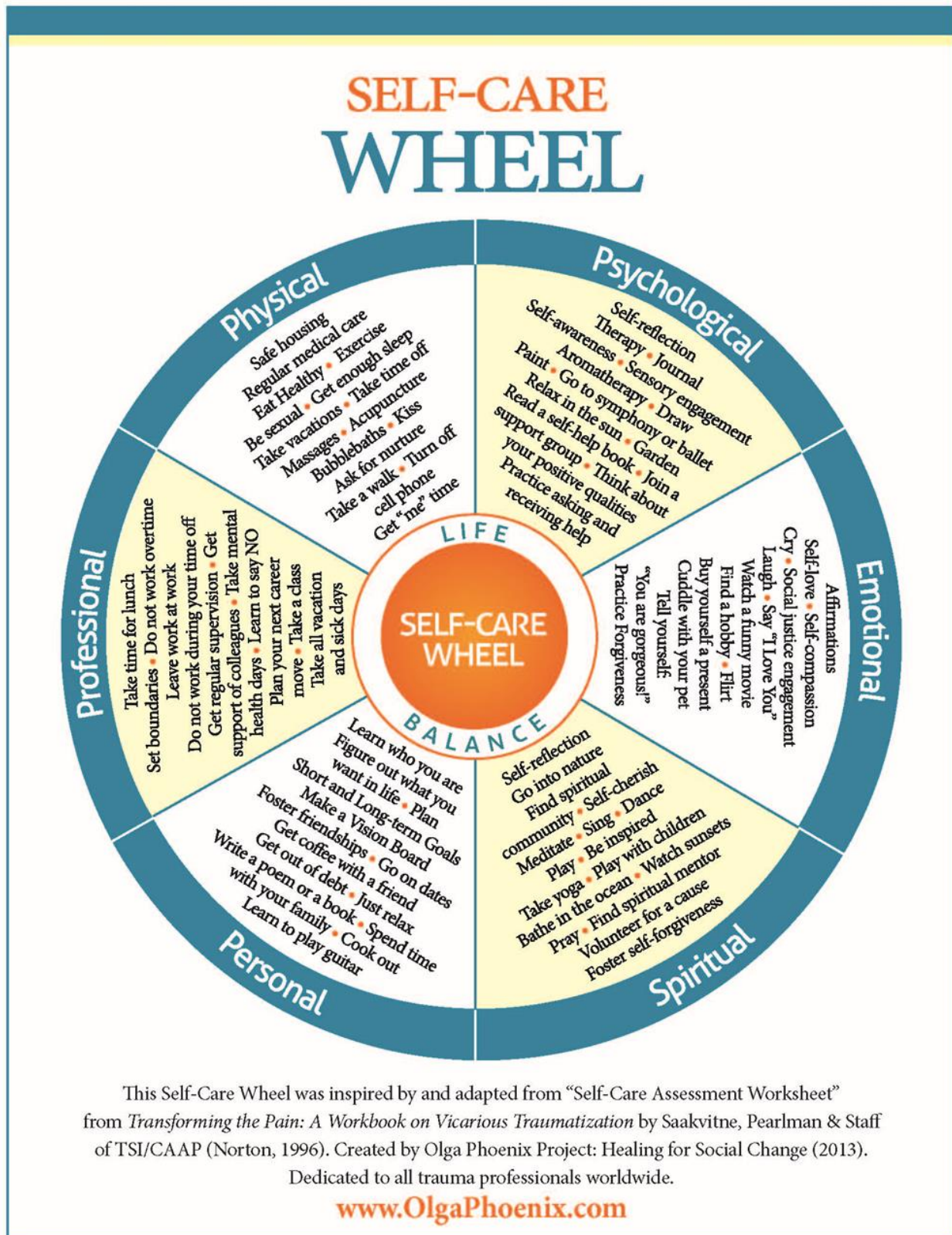
## 1 2 3 ★ Spiritual Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spend time in nature
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Meditate
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pray
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recognize the things that give meaning to my life
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Act in accordance with my morals and values
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Set aside time for thought and reflection
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participate in a cause that is important to me
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Appreciate art that is impactful to me (e.g. music, film, literature)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Overall spiritual self-care

## 1 2 3 ★ Professional Self-Care

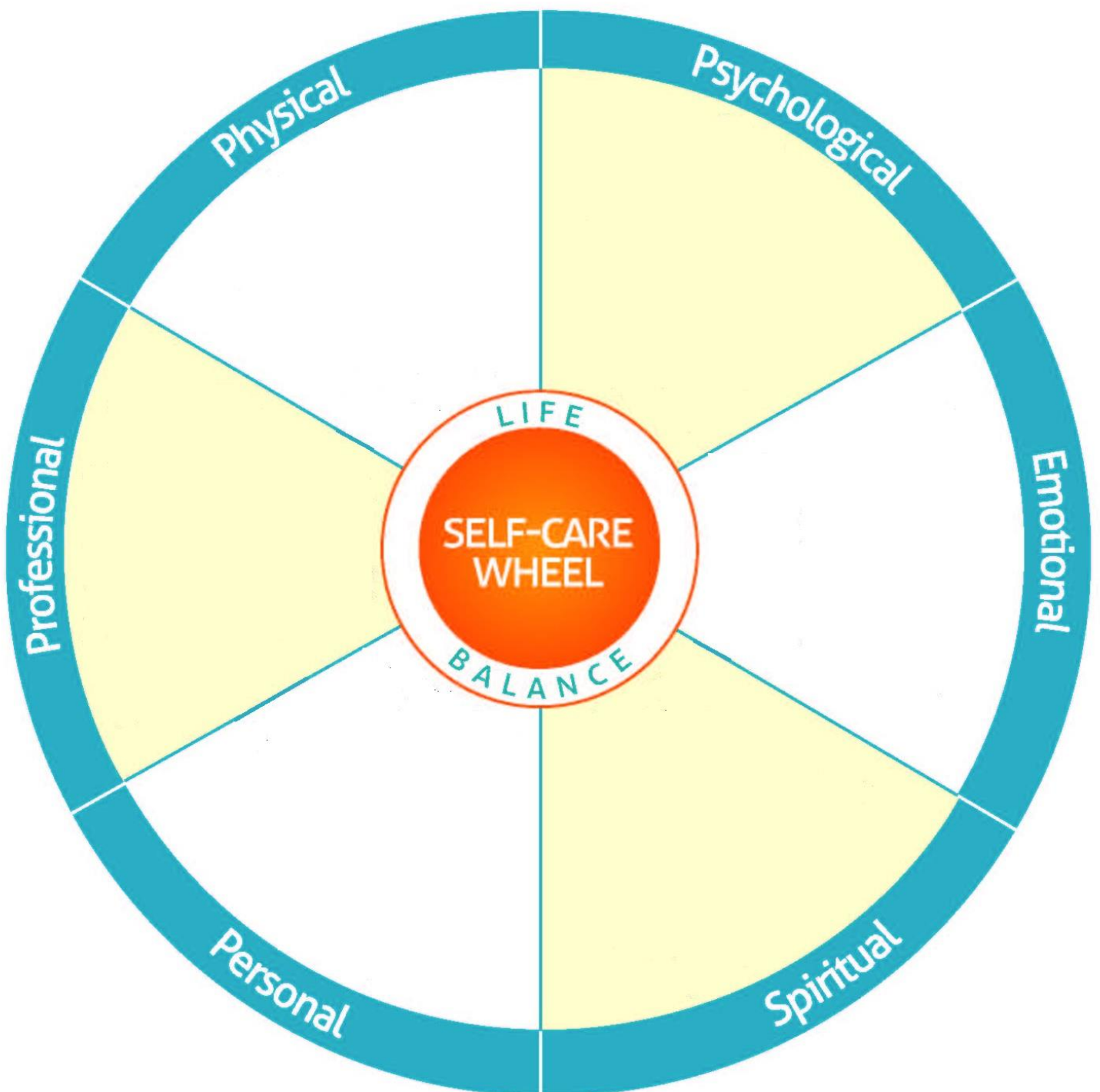
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Improve my professional skills
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Say "no" to excessive new responsibilities
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take on projects that are interesting or rewarding
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Learn new things related to my profession
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make time to talk and build relationships with colleagues
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take breaks during work
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintain balance between my professional and personal life
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep a comfortable workspace that allows me to be successful
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Advocate for fair pay, benefits, and other needs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Overall professional self-care

The below self-care wheel gives suggestion for each area of our self-care. Use this wheel as a guide to complete your own wheel. Also complete the self-care assessment included in your pack, as this may help identify the areas you could improve and the ones you already do well 😊

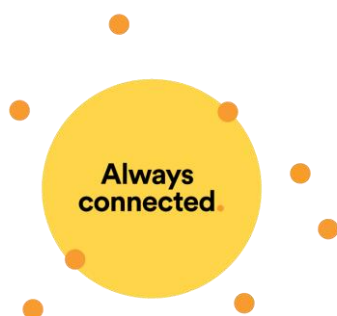


Use the below template to list all you have or do to look after your self-care. Another suggestion may be to use a different colour pen to write the things you would like to improve or add in each section, and work towards making them a part of your self-care routine.

# SELF-CARE WHEEL







25-27 Auburn St  
Wollongong NSW 2500  
P (02) 4227 1122

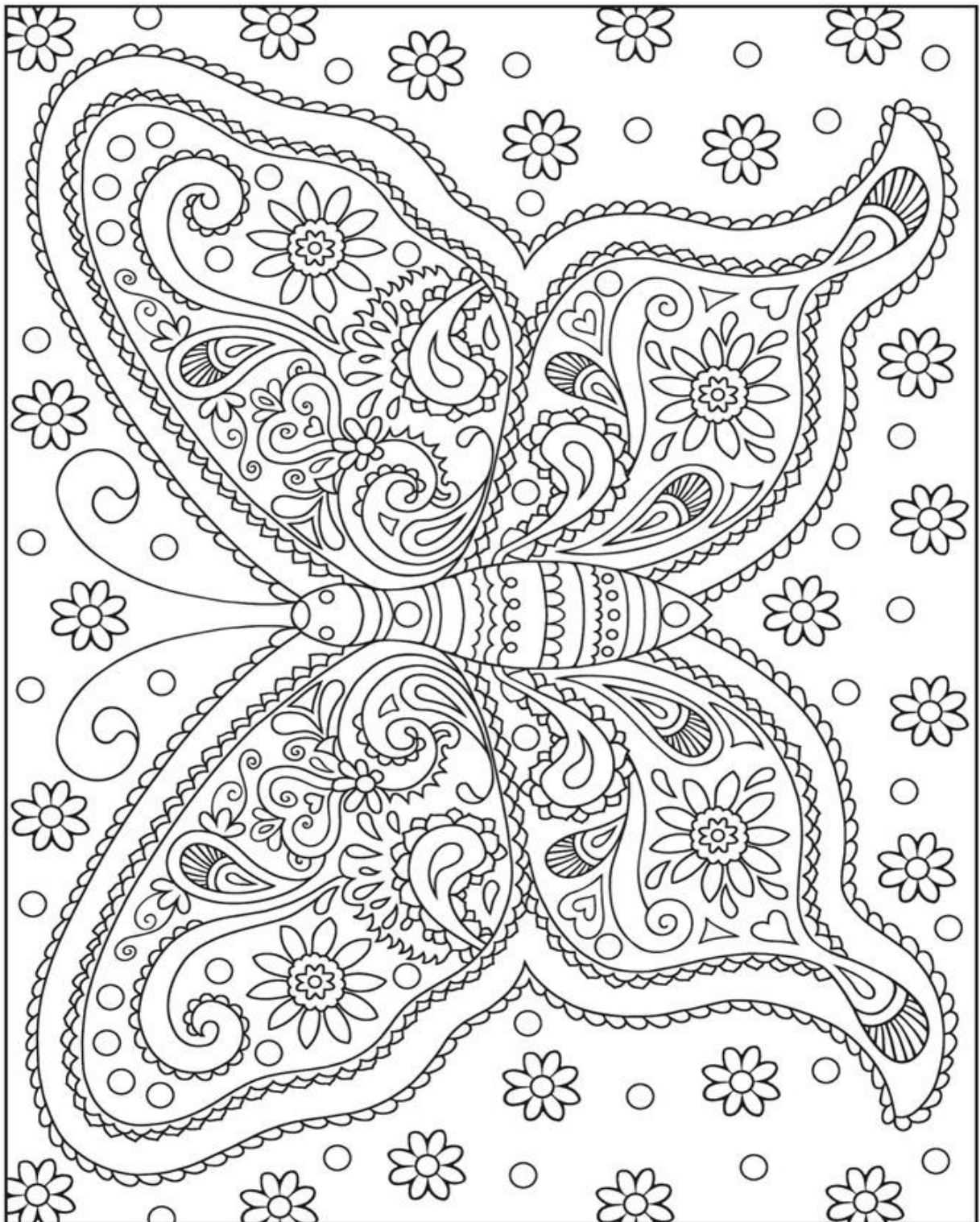
35A Cordeaux St  
Campbelltown NSW 2560  
P (02) 4268 0044

55 Worrigeer St  
Nowra NSW 2541  
P (02) 4428 8248

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