

## *Enjoying the remote learning...*

### **Rule of thumb:**

- Keep a consistent and predictable daily routine. This will assist both children (and parents) to keep things “feeling normal”. EG: Maintain bedtime, schedules, meals and school work times.  
[www.pricelessparenting.com/Documents/Family%20Shedule.pdf](http://www.pricelessparenting.com/Documents/Family%20Shedule.pdf)
- Stay connected where you can, and in ways that you’re allowed to.
- Watch this video which demonstrates the correct wash to properly wash your hands :  
[https://www.youtube.com/watch?v=cbXoxwKORjk&disable\\_polymer=true](https://www.youtube.com/watch?v=cbXoxwKORjk&disable_polymer=true)

### **Remember:**

- This is not a normal or easy situation.
- Concern and worry are normal, both for adults and children.
- This situation may impact your child’s behaviour.
- You may need allow more screen time than normal, and the house may not be as clean and tidy as you would like.
- The situation may place added pressures on normal family functioning.
- Self-care is important – where possible, try to find some breaks/respice in the day for yourself.
- Social isolation is a state of complete or near-complete lack of contact between an individual and society which seeks to reduce the likelihood of virus and illness spreading - keeping not only the individual, but also the wider community.

### **Virtual activity ideas:**

1. Virtual excursions: To places like zoos, The Louvre, The Great Wall of China:  
<https://www.pbs.org/newshour/arts/19-immersive-museum-exhibits-you-can-visit-from-your-couch>
2. Melbourne and Werribee Zoo: <https://www.zoo.org.au/animal-house/>
3. Engineering activities for children:  
<https://docs.google.com/document/u/o/d/1oCM2Ue9w32EUIGfRXsjwEXU-Up8D6FSSWT8YGIBEtE/mobilebasic>
4. Learn how to draw lessons:  
<https://www.youtube.com/watch?v=RmzjCPQv3y8&feature=youtu.be>
5. Scholastic activities:  
<https://classroommagazines.scholastic.com/support/learnathome.html>
6. 50 Ways to Get Through Coronavirus Cabin Fever:  
<https://www.parents.com/fun/activities/50-ways-to-play/>

### **Stay connected**

- During these strange and unprecedented times, it can be tricky to have access to the things that you normally would.
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- Everyone’s needs look different, so one of the most helpful things you can do is to ask what kind of help your neighbours need. You might be able to do a grocery shop, weed the garden or simply be there for a chat on the other end of the phone.
- Communicating with others that you’re requiring support is an important step in supporting you/your family’s needs.
- It’s also worth checking to see if a Facebook group has been created for your suburb or area. This way, if you see someone asking for something you can’t provide, you may be able to find someone who can.

**Maintaining your health and others:**

- Be kind to yourself
- Keep active and spend some time outside (if you can keep a safe distance from people)
- Let your kids know that they are helping others by staying at home.
- If your kids are feeling worried, find ways to help them express these feelings, and words to reassure them such as “its normal to feel worried but I am here to look after you”.
- Carefully consider conversations about the coronavirus in front of your children. Consider whether its age appropriate for your children to watch news programs.

1. Heartlinks Counselling: 8599 5433: Online fee for service telephone counselling: Tues-Fri 9.00 am - 5.00 pm
2. Parentline: 13 22 89: 8.00 am – midnight / 7 days per week
3. Eheadspace 1800 650 890 9am – 1am / 7 days per week
4. Mens Line: 1300 78 99 78 / 24 hours / 7 days per week
5. Police, Fire Ambulance: 000 24 hours / 7 days per week
6. Australian Government Health Direct website:  
<https://www.healthdirect.gov.au/coronavirus>
7. Understanding how anxiety can affect children’s brains:  
<https://www.youtube.com/watch?v=gm9CIJ74Oxw>
8. Talking to children about coronavirus (COVID-19):  
<https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia-talking-to-children-about-coronavirus-covid-19-nav-title>
9. A guide for parents from Dr Michael Carr Gregg:  
[https://schooltv.me/wellbeing\\_news/special-report-coronavirus](https://schooltv.me/wellbeing_news/special-report-coronavirus)
10. Children’s booklet explaining the coronavirus: [https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

COVID-19 (coronavirus0 State Helpline	1800 675 398	Information related to Coronavirus and access to specific food packages if self-isolating
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## **Centrelink**

### **If you have been affected by the coronavirus you may be eligible for additional support through Centrelink**

- If you have a myGov account linked to Medicare or Australian Taxation Office you can register your intention to claim a Centrelink benefit.
  - When you sign in to myGov, you will be prompted you to register your intention to claim a Centrelink payment.
  - You don't need to go into a Centrelink service centre to register your intention to claim. You can do it through myGov.
  - Once you've registered your intention to make a claim, Centrelink will contact you to let you know what the next steps are.
  - <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/if-you-need-payment-coronavirus-covid-19/how-register-your-intention-claim-centrelink-payment-coronavirus-covid-19>
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