

# YOUR CHILD'S MENTAL HEALTH DURING COVID-19

1

## TALKING ABOUT COVID-19

It is important to talk to your children about how they are feeling at the moment, and putting any worries that they may have at ease. Below are some tips on how to comfort and talk to children about COVID-19:

[8 tips to help comfort and protect children](#)

2

## SWITCHING OFF THE NEWS

All of the negative news on the TV can be a bit scary for your children to listen to and may make them worried or upset. Sticking to watching or listening to the news while kids aren't around is the best way to keep children from feeling anxious.

3

## STAYING ENTERTAINED

Keeping kids entertained can be difficult- but it is important for children to be able to enjoy some playtime while being at home. Below are some fantastic links with fun activities to do at home:

[A-Z list of activities](#)  
[Cosmic Kids Yoga](#)  
[GoNoodle](#)

4

## KEEPING IN TOUCH

Keeping in touch with family and loved ones is important for your child's mental wellbeing. Put some time aside each day to call a family member with your child, maybe even let their grandparents teach a homeschooling lesson over video call or practice their reading with a family member.

5

## NORMAL ROUTINE

During stressful or new situations it is important to keep up your family's normal routine as much as possible. This helps make children feel safe and secure in their familiar environment. Make sure the kids wake up at a time they would usually or let them call their friend during a time they would usually have their playdate.

[Structure Up](#)



6

## ADDITIONAL RESOURCES

[Wash your hands with baby shark](#)  
[My hero is you- COVID storybook](#)  
[Gus talks COVID with kids](#)  
[Sesame Street in Communities](#)  
[Niggle App](#)  
[Kids Helpline](#)  
[Headspace](#)



CENTRAL WEST  
GIPPSLAND  
Primary Care Partnership

[CWGPCP COVID-19 Resources](#)