



Logan Reserve State School

Parent & Carer Survival Guide



Avoiding Pandemic Panic 😊



Table of Contents

○ Information about COVID-19	3
○ Talking to kids about COVID-19	3
○ Tips to stay healthy in isolation	3
○ Routines	3
○ Projects	4
○ Nutrition	4
○ Exercise	4
○ Sleep	4
○ Staying connected	5
○ Handwashing	5
○ Where to get help	6
○ Help for big people	6
○ Help for little people	7
○ Staying safe online	7
○ Mindfulness and relaxation	7
○ Supporting behaviour	8



Clicking on any green underlined text will take you to the website link

Information about COVID-19

Stay up to date with the latest information about COVID-19 and current government guidelines at:

- [Qld Health](#)
 - [Translated resources](#)
- [Australian Government](#)
- [Education Queensland – learning@home](#)
- Download the Australian Government Coronavirus app from the Apple App Store or the Android App Store

Talking to kids about COVID-19

With news of the virus COVID-19 everywhere, from the front page of the newspaper to the news on TV, many parents are wondering about how to talk to their children in such a way that is reassuring and not making children more worried or panicked. Here is some advice:

- **Don't be afraid to discuss the coronavirus.** Most children will have heard about the virus, so parents and carers shouldn't avoid talking about it. Use the conversation to help your child feel informed with fact-based information.
- **Be developmentally appropriate.** Don't volunteer too much information. Try to answer questions honestly and clearly.
- **Take your cues from your child.** Don't prompt questions but allow your child to tell you anything they might have heard. Your goal is to avoid encouraging frightening fantasies.
- **Deal with your own worries.** You don't want your child to pick up on your own worries or anxieties. If you notice that you are feeling worried, take some time to gather your feelings and thoughts before having a conversation with your child.
- **Be reassuring.** With stories about the virus everywhere, children may feel like they will catch it quickly. It's helpful to reassure your child about how rare the virus actually is and how doctors and nurses can take care of us when we're not well.
- **Focus on staying safe.** We know that the coronavirus is transmitted mostly by coughing and touching surfaces. Encourage your children to wash their hands thoroughly. See the graphic on page 5.
- **Stick to a routine.** Structured routines and predictability help keep children happy and healthy. Keeping mealtimes and bedtimes at normal times helps reduce anxiety and worries.
- **Monitor TV and social media viewing.** Limit your child's tv viewing or access to information on the Internet about the virus. Continued watching of stories about the virus on the news can make things seem worse than they are to children.



[Birdie and the Big Sickness](#) is a picture book from Qld Health that can help young children to understand and make sense of what is going on during a pandemic.

Tips to stay healthy in isolation

Routines

Helping each other maintain a normal as possible routine while we're socially distancing can be difficult, but it is a key part of staying mentally healthy and building resilience. Try to keep bedtimes and wake up times the same, as well as eating at regular times like those during the school day (11.45am and 1.45pm), with healthy snacks for morning and afternoon tea. Try to balance working or learning from home by allocating specific work/learning hours during the day, taking regular breaks and if possible establishing a learning space.

The Education Department has further information on their [website](#) about learning routines at home.

Projects

Use the time in isolation for good! Use the most of any “down time” to explore new things and see this as an opportunity to get done those things we always put off. Take up a craft, or DIY project, teach yourself a new language, start a veggie garden or even teach yourself a new skill! YouTube is full of free internet tutorials that can help get you on your way.

Nutrition

It's tempting to use food as a comfort when we're feeling worried or anxious – that extra treat helps us feel better. But in the long run, it's not good for us. Ensuring a healthy, well-balanced diet that supports your immune system will help keep your family safe. Eat fresh fruit and vegetables where possible but frozen options can be substituted when our usual choices aren't available.

Exercise

It's important for our mental and physical health to get about 30min of exercise each day. In home isolation, our usual ways of getting exercise aren't available to us to use. Maybe consider trying:

- Dance, yoga, fitness classes, aerobics, and martial arts videos on YouTube
- Dance playlist – have a dance party at home with your family. Some kid friendly happy tunes include:
 - Happy by Pharrell
 - Can't Stop the Feeling by Justin Timberlake
 - Don't Worry Be Happy by Bobby McFerrin
 - Good Vibrations by the Beach Boys
 - Roar by Katy Perry
 - Spice Up Your Life by the Spice Girls
 - Ain't No Mountain High Enough by Marvin Gaye
 - Shake It Off by Taylor Swift
 - Better When I'm Dancin' by Meghan Trainor
 - I Like To Move It by will.i.am
 - What A Wonderful World by Louis Armstrong
- [P.E. with Joe](#)
- While playing in the park currently isn't allowed, taking a walk with your family around the block will get you outside and moving
- Home fitness program in the back yard – set up an obstacle course. Use house hold goods as a substitute for fitness equipment (e.g. small cans for weights)



Sleep

Sleep is an important defence against infection and is one of the things you can do to help slow the spread of illness in our community. Not getting enough sleep can have a significant impact on our immune systems and our mental health. Better sleep allows us to navigate stressful times better. Some tips to help with sleep:

- Stick to a consistent routine – get up at the same time, and go to sleep at the same time each day. Make sure everyone in the family keeps up with their regular bedtime and wake up time.
- Get morning light – get up, get out of bed, and get some light. Regular exposure to morning light helps to set the body's clock each day.
- Exercise during the day – getting some exercise during the day improves sleep quality at night.
- Don't use your bed as an escape – keep bed for sleeping. While it's tempting to spend time in bed during the day, it can trick our bodies into thinking it's bedtime when we're not really ready for sleep.
- Prepare for bedtime by having a news and electronic device blackout – turn off all electronics at least one hour before bed. This allows our brains to begin to relax from the ongoing stimulation of news and social media.
- Create a comfortable sleep environment – a bedroom that's cool, dark and quiet is optimal

Staying connected

Social distancing and isolation can cause emotional distress if social connections aren't maintained in our normal ways. Stay connected where you can, using Facetime, Skype, Social Media, phone calls, emails or SMS.

Introduce yourself to your neighbours (from a distance!). Try to check in with them regularly, particularly if they live alone, are elderly or are vulnerable. Do the same for your friends and family members who don't live with you. Be creative!

Handwashing

Queensland Health

CLEAN HANDS SAVE LIVES

12 steps to successful everyday handwashing

Duration of hand-wash

15–20 SECONDS

STEPS 3 TO 10

Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.¹

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.



- 1 Wet hands with water.
- 2 Apply enough soap to cover all hand surfaces.
- 3 Lather thoroughly.
- 4 Rub hands palm to palm.
- 5 Rub hands palm to palm with fingers interlaced.
- 6 Rub back of hand using the palm of the other with fingers interlaced.
- 7 In a circular motion rub the tips of fingers in the palm of the opposite hand.
- 8 Clean thumb by holding it in the other hand and rotating.
- 9 Rub wrist with the opposite hand.
- 10 Interlock fingers and rub back of fingers on opposite palms.
- 11 Rinse hands with water.
- 12 Dry hands with clean paper towel and use paper towel to turn off tap.

Please note: These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clinical settings.

1. Curtis, V et al. Effect of washing hands with soap on diarrhoeal risk in the community: a systematic review. Lancet Infect Dis. 2008;8(5):305-315. www.ncbi.nlm.nih.gov/pubmed/18202475

2. Based on the 'How to Handwash Poster' © World Health Organization 2009

 **Queensland Government**

Where to get help

Help for big people

The current Covid-19 crisis has impacted our school community in many ways. While we are all trying to make sense of the changes that are occurring every day, we also know that supporting each other is critical. We encourage any of our families requiring help to reach out to the range of local support services helping our community. We are also available to connect any families to support services – please give us a call and ask to speak to Evie, our Guidance Officer.

Head to Health

Head to Health is an Australian government initiative to help connect people with the right digital mental health resources for their needs. Head to Health has information about supporting yourself, supporting others, along with relevant materials for Culturally and Linguistically Diverse people and Aboriginal and Torres Strait Island peoples.

Ask Izzy

Ask Izzy is a free and anonymous website where you can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, and a whole lot more. For support services in your area, search using your postcode or suburb name

Oneplace

Oneplace is an online community service directory for Queensland parents looking to find support. Oneplace lists everything you need, from parenting groups to domestic and family violence support services.

BeYou

BeYou is a national mental health and wellbeing framework from early years to 18. While primarily an online platform for educators, fact sheets are available to families about common mental health and wellbeing topics.

Local Support Services:

- ★ Family & Child Connect – 133 264
- ★ YFS (family, housing, financial counselling, young people, men's DV, women and children) – 3826 1500
- ★ ADRA Community Centre Logan Central (emergency relief, food parcels) – 3290 3011 – 31 Station Rd, Logan Central
- ★ Keystone Services (emergency relief, care packages, food vouchers) – 3290 1466 – 100 Railway Parade, Woodridge
- ★ Kingston East Neighborhood Group (emergency relief, support groups) – 3808 8582 – 177 Meakin Rd, Slacks Creek
- ★ Fishers of Men (food parcels) – 3341 0160 – 753 Underwood Rd, Rochedale Sth
- ★ Loaves & Fishes (food parcels) – 3808 5713 – 1/26 Monte Street, Slacks Creek
- ★ Loganlea Community Centre (emergency relief) – 3805 8260 – 28-32 Timms Street, Loganlea
- ★ Multilink Community Services (support for Culturally & Linguistically Diverse families) – 3808 4463 – 38 Blackwood Rd, Logan Central
- ★ The Centre for Women & Co (counselling, domestic & family violence support) – 3050 3060
- ★ Centre Against Sexual Violence – 3808 3299
- ★ Centacare Domestic Violence Assistance Program – 3807 7622
- ★ ATSICHS Health Service – 4/653 Kingston Rd, Loganlea – 3240 8900
- ★ The Family Place – 34A North Rd, Woodridge – 3208 1263
- ★ The Harmony Place – support for the mental health and wellbeing of people from Culturally & Linguistically Diverse backgrounds – 91 Wembley Road, Logan Central – 0432 494 206

Hotlines:

- ★ Parentline – 1300 301 300
- ★ DV Connect Women's Line – 1800 811 811



- ★ DV Connect Men's Line – 1800 600 636
- ★ Lifeline – 131 114
- ★ Relationships Australia – 1300 364 277
- ★ Sexual Assault Helpline – 1800 010 120
- ★ Salvation Army – 1300 371 288
- ★ Homeless Hotline – 1800 474 753
- ★ Centrelink – 132 850
- ★ [Beyond Blue](#) – 1300 224 636

Help for little people

At this time, continuing support for our students is critical. While we're exploring ways of delivering direct student and parent Guidance Officer support through telehealth, please give the school a call and ask to speak to the Guidance Officer or email the school until we have details worked out.

Children and young people who may be feeling overwhelmed by the current events could be tired, withdrawn, irritable, fearful, unmotivated, moody, lose appetite, have trouble concentrating or feel unwell. If you notice changes in your child's behaviour or think they may need some extra support, the contacts below may be able to help.

Children & Young People:

- ★ Kids Helpline – 1800 551 800
- ★ Headspace Meadowbrook – 3804 4200
- ★ Child and Youth Mental Health Services – 3290 0500
- ★ Department of Child Safety – 1300 679 849
- ★ [The BRAVE program](#) – online prevention, intervention and treatment of anxiety in young people from the University of Queensland
- ★ [Starfish program](#) – Support service for children and young people up to the age of 18 who may be experiencing emotional health and wellbeing challenges – 3387 8800
- ★ [Bravehearts](#) – Counselling and support for young people who have experienced sexual harm – 1800 272 831
- ★ [Benevolent Society Family Mental Health Support Service](#) – supporting families and children who are struggling emotionally with a focus on early intervention – 1800 236 762
- ★ [Psychological Therapies Program](#) – individual services by mental health practitioners. Please see your GP for a referral
- ★ [Better Access to mental health care](#): support for individuals with a mental health condition. Please see your GP for a referral and Mental Health Plan

Staying safe online

With increased online activity during this time, it is important for us all to be safe online. Sometimes our kids are more comfortable operating online than we are. There are a lot of great ways that we can use the online space to stay connected with each other but there are also some risks that you can help kids avoid.

Visit the [eSafety Commissioner's website](#) for lots of great information for parents and carers, and tips to help set boundaries, how to set up a family tech agreement and information about common social media apps and platforms.

Additional Resources:

- Education Department [Cybersafety website](#)
- [Stay Smart Online](#)
- [ThinkUKnow Parents Portal](#)
- [Who's Chatting To Your Kids?](#) Qld Police website

Mindfulness and relaxation

Incorporating mindful practices into our daily routines can help us calm anxiety and build health coping skills. Jill Emanuele, PhD, from the Child Mind Institute recommends some simple activities that can be done with your kids to help keep calm and build in relaxation during the day:

- Squeeze muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- Mindful meal: Pay attention to the smell, taste and look of your food. No multitasking.
- Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- Blowing bubbles: Use a straw to blow bubbles in a 1/3 full glass of water or use bubble mixture to blow bubbles in the backyard. Notice their shape, textures and colours.
- Colouring: Colour something. Focus on the shapes and designs.
- Listening to music: Focus on the whole song, or listen specifically to a voice or instrument.

Free apps such as [Smiling Mind](#) also have quick mindfulness activities designed for kids and adults. The Smiling Mind Thrive Inside initiative is also designed to help families stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.

Keep an eye out for some Mindfulness activities that will be included in your care packs.

Supporting behaviour at home

The coming days and weeks are going to be a challenge for us all as we navigate new ways of doing things. It's only natural that our kids will find it challenging to regulate their emotions as they cope with things not being the same, and not being able to do the things they normally would do as well as learning from home or by alternate means.

When kids have emotional meltdowns, it can be a clue that they haven't yet developed the ability to cope with feelings of frustration, worry or anger. Being able to deal with big emotions requires a complex range of skills, such as impulse control, self-regulation, communication, and knowing what is expected. When kids misbehave at home, it can put a strain on parent-child relationships and in turn cause significant family stress. Often parents and carers can feel powerless to know how to make things better. Often it helps to remind ourselves of the skills we forget we have to respond in the moment:

- Don't give in – Giving in to a child's tantrums, show the child that they work. This means that the child will be more likely to tantrum again to get what they want
- Remain calm – By staying calm we model the type of behaviour we want to see from our kids. When we escalate or have highly charged emotional responses, our kids will often rise to match our emotions
- Pay more attention to positive behaviour than to negative behaviour – Ignore minor misbehaviour where you can, because providing negative attention can reinforce the negative behaviour. Provide lots of labelled praise for the behaviours that you would like to encourage and see again e.g. "I really like the way you packed up your toys when I asked you to"
- Use consistent consequences – Using consistent consequences for appropriate behaviour and negative behaviour shows children that you follow through with your consequences every time
- Wait to talk it through – Waiting until the tantrum or meltdown is over is the best way to work things out with your child. A child in the middle of a tantrum or meltdown isn't neurologically ready to hear your message. Waiting until after the tantrum is over will help your child learn what you expect from them

Triple P is available to all Queensland families online. Click on this [link](#) to start.

But remember, there will be times when things get tricky and we all will make mistakes. Model kindness and give yourself space to take a breath when you need to. You are learning new skills along with your child.

