



SUPPORTING YOUR CHILD THROUGH LOCKDOWN

During this time, your child may experience higher levels of emotional distress, as they try to keep up to date with their schooling.

SIGNS THEY NEED MORE SUPPORT:

- Inability to focus on schooling
- Lack of motivation
- Reserved and closed off in interactions
- Low mood; irritability, nervous
- Low energy levels

EXTRA RESOURCES

For more support visit:

<https://parents.au.reachout.com/collections/supporting-your-teen-during-coronavirus>

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/talking-with-teens-lockdown-home-quarantine>

<https://www.hcf.com.au/health-agenda/work-life/family/how-to-support-teenagers-during-the-coronavirus-crisis>

<https://headspace.org.au>

HOW YOU CAN HELP:

- Take an active interest in their lives: strike up regular conversations (Ask open-ended questions)
- Encourage your child to lead a healthy lifestyle through maintaining a routine (exercise, sleep)
- Help them understand how to manage their feelings by encouraging:
 - Mindfulness
 - Journalling,
 - Setting 'me' time aside
 - Focussing on things they can control such as how they can spend their free time
- Reframing situation as temporary
- Encourage them to stay connected with peers
- Empower them:
 - Encourage them to do what they know how to do to look after themselves
 - Include them in decisions and conversations relating to them and the family
 - Encourage them to look after their peers
 - Promote positive contributions: foodbanks, charities, advocacy
- Respect their boundaries and privacy

NEED FURTHER SUPPORT?

To make a referral or seek further advice from student wellbeing please contact the manager of student wellbeing on 98036811