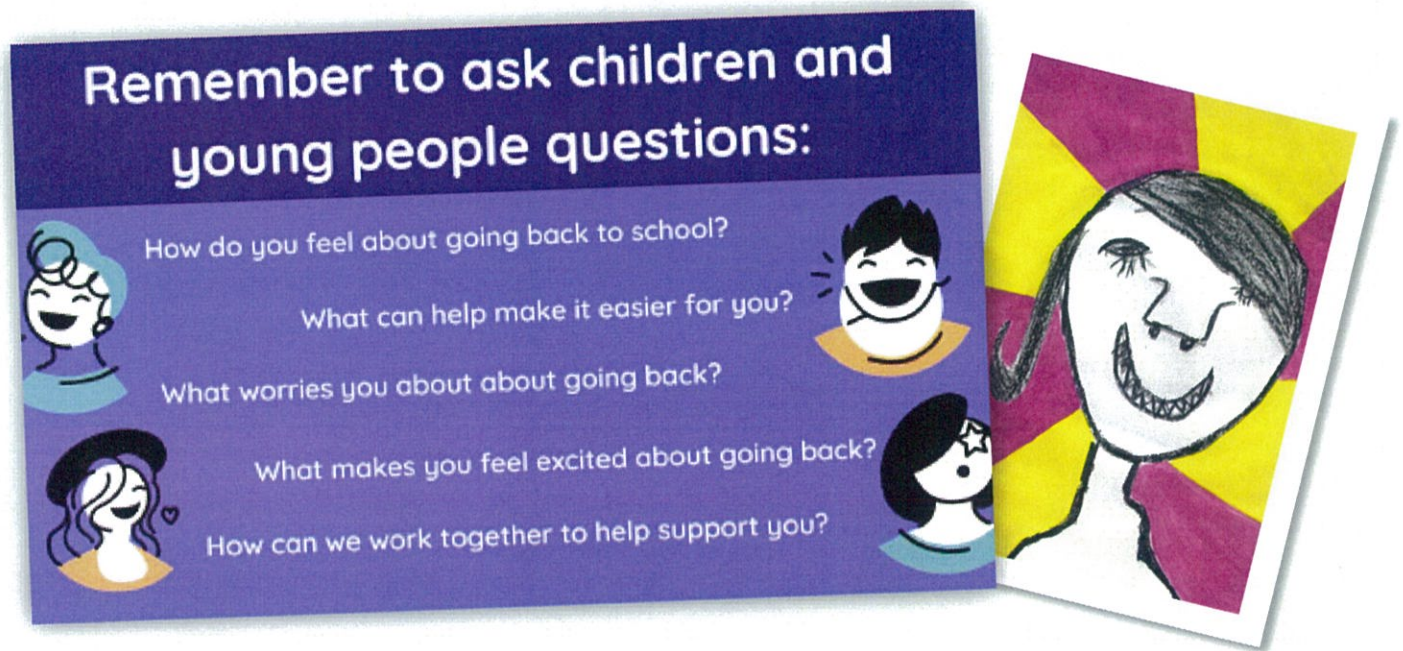


Returning to School after Lockdown and Isolation

You and your child might be worried about heading back to school. Below is some information and strategies for you and your family to use to get ready for a return to school.



Talking to your child is one of the best ways to work through fears and anxieties. Use language they can understand to discuss returning to school. This is an excerpt and image above from [DHHS Victoria](#).

Early Primary School

- Balance plans to return to school with reassurances that their schools and homes are safe
- Remind them that adults are there to keep them healthy and to take care of them
- Discuss handwashing as a step in staying healthy at school and home
- Use language such as 'adults are working hard to keep you safe'



Plan Ahead: Check uniforms, equipment, bags and other resources.



Name the possible support people at school, home or care.

Upper Primary School

- They may be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community
- They may need assistance separating reality from rumour and fantasy
- Discuss efforts of school and community leaders to prevent germs from spreading



Talk to your child about going back to school and that things may look different.



If you are concerned that your child is not coping, seek further help. See details on the next page.

High School

- They may be able to discuss COVID-19 in a more in-depth fashion and can be referred directly to appropriate sources of information
- Provide honest, accurate information about the current status of their schooling. Having such knowledge can help them feel a sense of control
- Plan together what the return to school will look like



Eat well, sleep well and be active.



Take care of yourself and acknowledge the difficulties you have been through.

If you need further support

Coronavirus Mental Wellbeing Support Service (Beyond Blue)

1800 512 348

However the pandemic is affecting your mental wellbeing, you can talk it through with a counsellor who will provide advice and support based on your needs. 24/7

Kids Help Line

1800 55 1800

Provides free online support and counselling for children and young people aged 5-18 across Australia

Lifeline

13 11 14

Provides suicide and crisis support if you are experiencing emotional distress 24/7

Suicide Call Back Service

1300 364 277

Translating and Interpreting Service

131 450

If you require an Interpreter, please contact the Translating and Interpreting Service TIS.

Domestic Violence Line

1800 737 732

Keeping safe is a priority. If you or someone in your home is experiencing domestic violence, please contact the Domestic Violence line for support.

Parent Line

1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. 9am to 9pm Weekdays, 4pm to 9pm Weekends



Wellbeing Apps

Smiling Mind

Meditation app, with programs available ages 7+. Available in some Aboriginal languages.

Insight Timer Meditation App

This app has over 25000 free guided meditations and guidance. Ages 12+

FitOn

Free workout app with a variety of fitness options. Yoga, Cardio, Strength, Barre, Pilates and more. Videos range from 10 minutes to full workouts.

Niggle

An app for kids to work on their wellbeing. It includes games and puzzles and videos. Produced by Kids Helpline.

Web resources

Sydney Children's Hospital Network. This website has a variety of reliable COVID-19 resources for yourself, your children and your family including links to mental health resources.

<https://www.schn.health.nsw.gov.au/covid-19-information>

Reach Out

Helps under 25's with tough questions and through difficult times. They also have a page for parents.

WayAhead

Mental health support and information.

<https://wayahead.org.au/>

SANE Australia

Counselling support, Peer support, live blogs moderated by health professionals. Visit www.sane.org

Head to Health

Links a variety resources

<https://www.headtohealth.gov.au/>

Brave Program

Program for children and young people with anxiety. Can also be completed by parents and carers.

<http://brave4you.psy.uq.edu.au/>

If you need more support, you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.



the children's hospital at Westmead

