



PCH Diabetes Clinic – IMPORTANT INFORMATION FOR FAMILIES

Talking to your child/teen about COVID-19:

1. Have conversations with your children/teenagers to help them feel informed about COVID-19: https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus
2. Keep conversations simple and factual and focus on the positive messages
3. If your child/teen has concerns for others, support their kindness and assist them to problem solve ways of addressing the issues
4. Keep your child/teen informed of hand hygiene and social distancing recommendations and model this behaviour for them:
https://schooltv.me/wellbeing_news/special-report-coronavirus.

Maintaining routines:

1. Try to keep to routine and take care of basics – wake time, meals, regular exercise and bedtime
2. Maintain your current diabetes management routine
3. If your child/teen discontinues school or childcare, all 'usual' daily routines should be maintained as much as possible including:
 - School 'attendance' on school days and during school hours
 - Dressing for school
 - Completing set school tasks and homework
 - After school extra-curricular activities which may need to be modified: in-home physical activities (star jumps, burpees), card games, art and craft etc
4. Set television/gaming/iPad/Nintendo times (do not have technologies on all day)
5. During school holidays, create a routine as you would in normal holidays while complying with government guidelines to protect your child/family

IMPORTANTLY avoid and or limit exposure to the news as it may create stress for your child/teen.

If your child is showing signs of distress, options for support are:

Kids Helpline 1800 551 800, Headspace 1800 650 890, Mindspot 1800 614 434

Information for parents/carers:

The following steps can assist parents to cope with the impacts of COVID-19:

1. Take care of your body. Try to eat healthy well-balanced meals, exercise regularly and get plenty of sleep.
2. Connect with others. Share your concerns and how you are feeling with a friend or family member i.e. telephone friends or start an interactive "WhatsApp/ Viber" group.

3. Take breaks when your child/teen takes a break. Make time to unwind and remind yourself that these strong feelings will fade, and this epidemic will not last forever.
4. If acutely stressed, try taking 3-5 slow deep breaths.
5. Do activities you usually enjoy and try something new such as joining in a phone or computer game with your child/teen, listening to a podcast, starting an in-home sport or mindfulness app, staying intellectually stimulated e.g. art, origami, gardening, puzzles, and board games.
6. Stay informed. When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that rumours emerge during a crisis. Always check your sources and turn to reliable sources of information.
7. Avoid too much exposure to news. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Seek help when needed. If distress impacts activities of your daily life it is important to talk to someone. Some options are:

1800RESPECT, The Samaritans 13 52 47 and Lifeline Australia 13 11 14

Call the Coronavirus Health Information Line on 1800 020 080 with any concerns or questions

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