



# Information on Covid-19 for children



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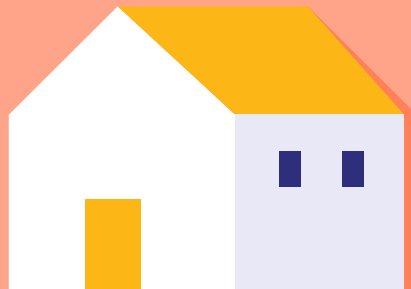
**Covid-19 is the name of the illness a lot of people around the world are getting at the moment.**

**Lots of people are catching it because it is new, but there are scientists all around the world working very hard to understand how it works so we can create medicines.**



In New Zealand we are listening to the government about how to keep everyone around us safe and not let Covid-19 spread around too many people.

This means that we need to stay at home unless there is a very important reason to go out, such as getting food or medicine.



Some adults have to still go to work because their jobs are providing food or medicine.

The best way children can help is to wash your hands with soap and water and tell your parents/ caregivers if you feel ill or if you are worried.



It is normal to be a bit scared or worried about this. It is a very unusual situation.

Remember that even though we might not be able to visit our friends and family we can still talk to them on the phone or the internet. Ask your parents/caregivers about maybe having a video chat with your friends and family.



Things are going to look a bit different now.

Meetings and visits might be online through video chat or a phone call.

If you have to go out for essential things, people might be wearing masks and gloves – this is to protect other people from the virus as well as themselves.



If you or your family have to go and get tested for Covid-19, it might look a bit scary with people in protective equipment.

It is OK to feel worried when people are all dressed in suits and masks, it does look strange.



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Your family might be cleaning a lot more at home, even things like door handles and light switches.

This is to stop the virus from spreading so it might seem weird but it's a good idea.





While we are staying at home, we should only spend time with the people in our 'bubble' - these are the people you live with at home. They could be your parents/caregivers, or your brothers or sisters.

Stay safe in your bubble and we will all get through this together. Kia kaha.



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# Self-isolating with children: Tips for parents

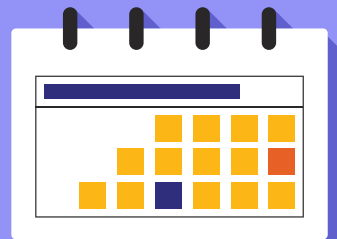


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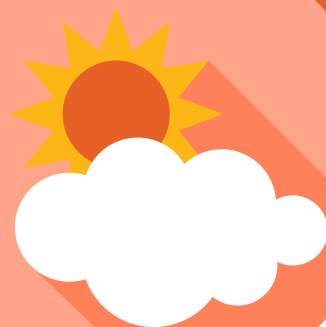
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# Tips and tricks for self-isolation

- Keep a daily routine to give children a sense of structure that they understand.
- Use a visual schedule if it is suitable for your child.
- Don't feel like you must replicate a school day at home, kids learn in all sorts of ways – some ideas of how you can continue learning at home are:
  - playing board games together
  - reading books, both schoolbooks and library books
  - learning life skills such as: doing the washing, daily household chores
  - Planning a weekly menu, giving your child a budget and then letting them do the online grocery order
  - keeping a daily diary



- Take regular breaks and time off screens.
- Get outside in the fresh air, even if it's just to sit in the garden and look at shapes in the clouds.
- Slow down. No school run, no after-school clubs and sports. Dinner together as a family. Evening board games or reading together. Take the time to relax and just hang out together.
- Limit media and news intake. There is a lot of information that might be scary for children. Keep updated with the situation using the Ministry of Health but try and avoid 24hr news overload.
- If possible where there is another adult in the house, work in shifts to supervise the children so everyone gets a chance to have a break
- Challenging behaviour is likely to happen more than usual. This is normal and understandable. Try and take a breath, count to 10 and pick your battles.



- Remember your children are having their world turned upside down so in the case of challenging behaviour take a minute to see what's really bothering them, it might be something you haven't even thought of.
- If you can, lock yourself in the bathroom for 5 minutes to catch your breath.
- Take care of your own mental health. You are doing the best you can in a tremendously difficult situation. If you feel overwhelmed there are support lines you can call. On the next page is a link to a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.



# Helplines

**A list of National helplines is available on our website - [click here to view](#).**

# Activities

**A list of activities for kids to do when stuck at home is available on our website - [click here to view](#).**

We will be adding to this list for the whole of the Rāhui (lockdown). All the sites will be checked over by our Information Officers to ensure they are suitable for children, and we will note age range where appropriate along with a short blurb about what the website contains.



# Parent to Parent is here for you and your whānau.

Our Information Officers and Researchers can provide accurate information and strategies for you and your children, and our Regional Co-ordinators are working on ways to support parents while we can't meet face to face.

For free, confidential information and strategies on supporting your loved ones and keeping yourself safe and well, contact us on:

**[www.parent2parent.org.nz](http://www.parent2parent.org.nz)**



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