

Resources to assist Parents during COVID-19 Lockdown

A range of key resources, including videos and tips for young people, have been collated for you to help promote ongoing wellbeing and good health across our school community:

- [SPECIAL REPORT: Coronavirus](#) – Dr Michael Carr-Gregg developed this video for parents and school staff. Catholic Education Melbourne acknowledges the generosity of **SchoolTV** in making the report accessible to parents and staff in Catholic school communities
- [How to talk to your children about coronavirus](#) – ABC News article
- [Worried about your child getting coronavirus? Here's what you need to know](#) – *The Conversation* article
- [Talking to children about natural disasters, traumatic events, or worries about the future](#) – This **Emerging Minds** video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears
- [Traumatic events, the media and your child](#) – This **Emerging Minds** fact sheet provides guidance on how to support and reassure children during ongoing media coverage of COVID-19.

Try to maintain a practical and calm approach

While families are the main source of comfort and information, **school staff** play a key role in supporting and reassuring children and young people. Familiarity, predictability and stability in the school environment enhance children's sense of safety and capacity to manage emotional responses. We have asked staff and parents to refer to:

- the **Australian Psychological Society's** [advice for maintaining positive mental health](#) during the coronavirus outbreak
- **Beyond Blue's** information about [mental health](#) in relation to the coronavirus, facts about [anxiety](#), and other practical advice and resources at www.beyondblue.org.au
- the **Royal Children's Hospital (RCH) Melbourne's** [keeping healthy and staying safe](#) video with Infectious Diseases Physician Dr Andrew Daley
- **headspace's** information for young people and [Tips to maintain a healthy headspace](#).

Access quality factual information from credible sources:

- [Victorian Government Health Department](#)
- [Victorian Government Education Department](#)
- [Catholic education's response to COVID-19 \(coronavirus\)](#)
- [World Health Organization](#).

Online safety

The [eSafety Commissioner](#) website provides information for parents/families about child safety best practice online, including:

- supervising young people using [technology](#)
- [privacy](#) for young people in the online world.