



## Supporting children during the COVID-19 pandemic

This selection of resources will assist parents and caregivers in supporting their children's mental health through the COVID-19 pandemic. They are designed to help parents to talk with their children about what they are seeing and hearing, develop new routines, and focus on the strategies that their family already uses to get through tough times.

Visit our website to find out more:  
[www.emergingminds.com.au](http://www.emergingminds.com.au)

### Fact sheets (5 min read)

#### Communicating with your child about COVID-19

Many parents and carers may be wondering how to talk with their child or children about COVID-19 and what information to share. This resource is designed to help you to prepare for these conversations.

#### Traumatic events, the media and your child

With COVID-19 updates currently on our screens, radios and newspapers, parents and carers might be wondering how best to support their children and reduce worry and distress. This factsheet focuses on tips to manage children's exposure to media coverage.

### Podcast (30 min listen)

#### Children's mental health during COVID-19

How might children's social and emotional wellbeing be affected by the changes brought about in response to the COVID-19 pandemic? In this episode, Brad Morgan, Director of Emerging Minds, discusses some challenges that might be coming up for families at this time as they navigate spending more time at home together.

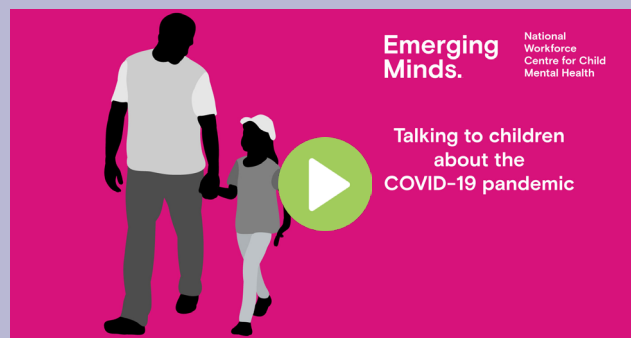
### Videos (3 minute watch)

#### Video: Managing routines for children during the COVID-19 pandemic



Children need routine and structure as much as they need free time and play. As families are spending more time at home together, this short video introduces ways for parents and carers to manage routines for their children during the COVID-19 pandemic.

#### Video: Talking to children about the COVID-19 pandemic



This short video introduces ways for parents and carers to talk to their children about the COVID-19 pandemic, starting with taking care of one another and supporting each other.