

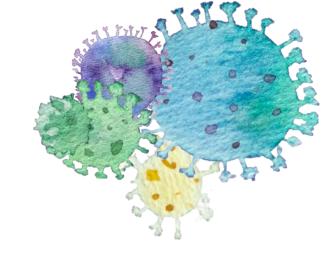
Key message sheets to facilitate communication with children:

Illness, the virus, feelings, going to work and more during the COVID-19 Pandemic

Developed April, 2020
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Family Recovery/Children of Parents with Mental Illness (COPMI)







This booklet is a series of pages with different messages that can be selected to suit the age and capacity of a child – usually between 4-9 years of age.

Simply choose the relevant key themes and messages when you need some prompts to chat.

The most important message is that everyone is ready to 'Chat' with Children, when they give us the cue that they have a question.

Please read and reflect on content before opening a 'chat' with a child.





#### Theme: About Coronavirus

Key Message 1: Not all viruses make us sick Key Message 2: A symptom can mean lots of things...

Key Message 3: Most people get better even if they have the Coronavirus

Key Message 4: Things we all do to help keep us healthy

Key Message 5: Everyone can help to slow down the virus in our community

#### Theme: Changes in the Community

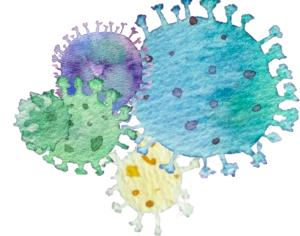
Key Message 6: Some changes seem strange but they will not last forever

Key Message 7: Adults make decisions about what is ok for your family

### Theme: Staying home or going out

Key Message 8: Going to work is normal even during a crisis

Key Message 9: Some jobs need to be done every day of the year, day and night!

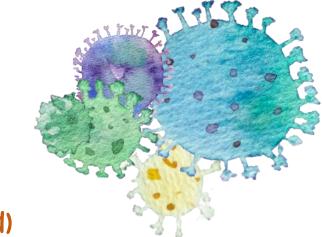


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#### Theme: Staying home or going out (continued)

Key Message 10: There are so many different jobs people do. Every family is different!

Key Message 11: All feelings are normal. Talking about feelings helps people understand!

Key Message 12: All families are different because adults can do different kinds of work

Key Message 13: Different jobs have different rules for looking after yourself at work

#### Theme: Looking after yourself

Key Message 14a: A variety of activity is good for your health

Key Message 14b: Help each other think of things to do!

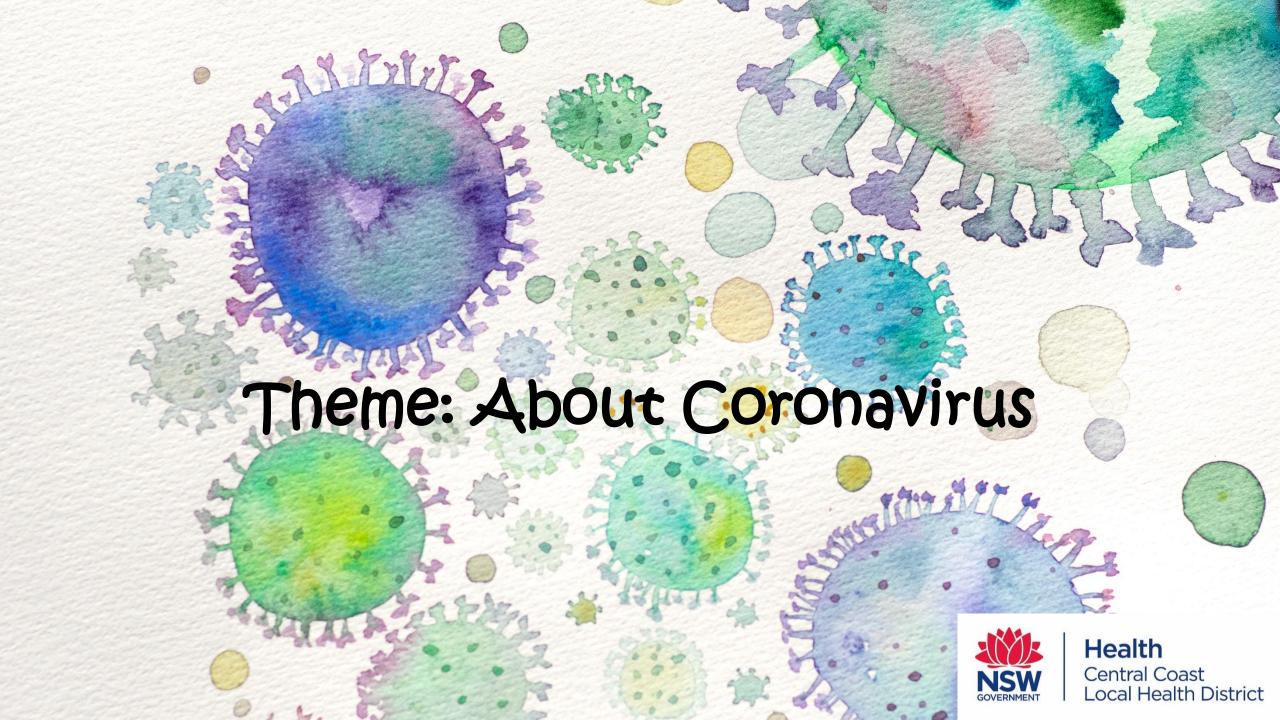
Key Message 15: Important and unusual events can be remembered in creative ways

#### Theme: More Information

Key Message 16: Focus on a few important messages

Key Message 17: Get information from a reliable source

Key Message 18: Share helpful information





There are lots of different reasons people can get sick.

A virus is one reason a person can get sick.

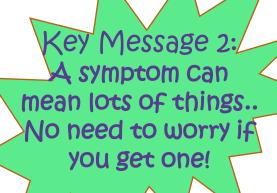
Lots of people do not get sick from a virus.



A new virus has recently come to Australia that is making some people sick.

The new virus has two names: Coronavirus or COVID-19





## A person who has coronavirus may have:



Sore throat or Dry Cough



Fever or Temperature



Shortness of breath

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## These are called 'symptoms'

If a person has some, or all of these symptoms, it does not mean they have coronavirus.

Key Message 3:
Most people get
better even if they
have the corona
Virus



Doctors can do a test to check if a person has coronavirus.



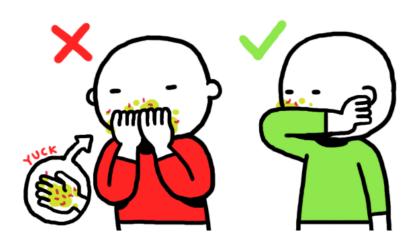
If a person has coronavirus, they may stay home and rest until they feel better.



If their symptoms make them too sick to stay at home, they might go to hospital.



# Key Message 4: Things we all do to help keep us healthy!



Cover your coughs and sneezes with your elbow or a tissue

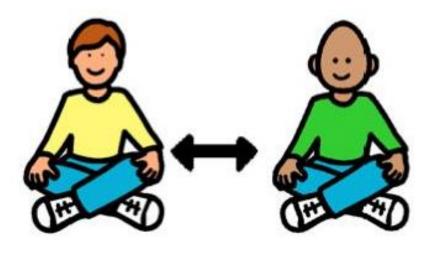
## To help stop the spread of coronavirus, everyone should:



Wash your hands with soap or use hand sanitiser



Stay home as much as possible



Keep 1.5m away from others when in the community



Key Message 5:

Everyone can
help to slow down
the virus in our
community

## How are you helping to slow down the spread of the coronavirus?

(Circle the pictures below)













Are there any extra things you are doing?





Key Message 6:

Some changes
seem strange but
they will not last
forever

## Some changes in our community help us keep more people well:



Closed beaches and parks



Closed some shops and services

Coffee Shop





Completing extra cleaning



Some people are working at home instead of at work.



Some kids are learning at home instead of at school.

Can you think of any other things the community is doing?



Key Message 7: Adults make decisions about what is ok for your family

## Other reasons why people might be leaving the house:







Exercise



**Emergencies** 





Grocery shopping



Doctors

Medical appointments

Going to school or childcare

Can you think of any other reasons people might leave the house?









To be able to get the things we need in Australia that keep us happy, healthy and safe, some people have to go to work.

These jobs are important, and it is okay for them to go to work even

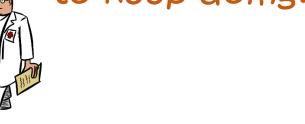
though the news says for everyone to stay home.

Why do you think some people still have to go to work?



Key Message 9: Some jobs need to be done every day of the year, day and night!

## Some jobs we all need people to keep doing:





Teachers



Pharmacists



Police



Doctors

Cleaners



Supermarket Worker









Mental Health Workers





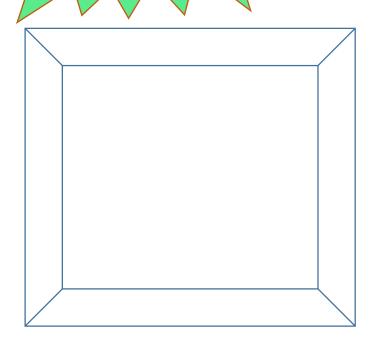


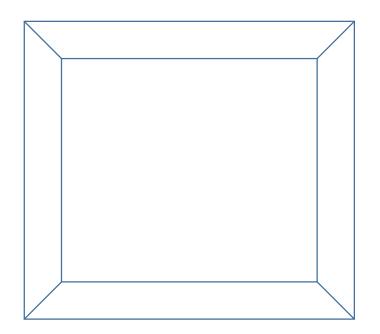


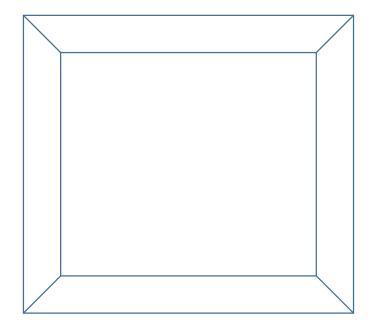
Key Message 10:
There are so many
different jobs people do.
Every family is
different!

## What other jobs can you think of that are still going to work?

Can you draw a picture in each square?











In your family, does someone go to work? Key Message 11: How do you feel when All feelings are normal they go to work? Talking about feelings helps people understand! Proud Curious Worried Sad Confused Нарру Surprised Nervous (Jpset Angry

It is okay and normal to experience all feelings!

Talk to an adult about how you're feeling:

they can help you.



Key Message 12:
All families are
different because
adults can do
different kinds
of work











Adults are very smart and know how to look after themselves at work, so they can keep doing their job.

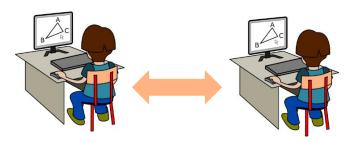


## Key Message 13: Different jobs have different rules for looking after yourself at work



Extra Cleaning in the workplace

## Some ways people look after themselves at work:



Keeping safe distances at work and in the community





Checking in regularly



Special hand cleaner called 'Sanitiser'









Key Message 14a:

A variety of
activity is good
for your health

## What are you doing to take care of yourself at home?



Good sleep



Prayer



Eating a variety of foods



Music



Singing and dancing



Duzzios and

Puzzles and activities



Physical activity



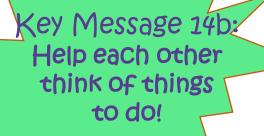
Gaming and technology



Arts and Craft

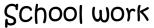


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Are there any other ways you take care of yourself?



Message 15:
Important and
unusual events can
be remembered in
creative ways

## Project: Make a memory

Sometimes the way we remember history is by creating our own project to keep for the future.

Some examples we thought of are: drawings, photos, a video blog or collecting pictures to make a poster

Can you create your own memory project? Scribble your ideas here...









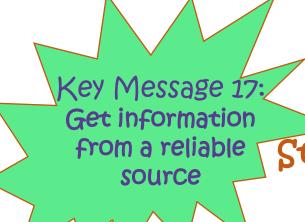


## It is important to remember:

We are protecting you and keeping you safe
We all want to take care of the community
We are thankful for people who are going to work
We're all in this together!

## Most of all, remember you are loved!





#### Stay up to date with COVID-19 information:

National Coronavirus Health Information Line: 1800 020 080

NSW COVID-19 Service Hotline: 13 77 88

https://www.healthdirect.gov.au/

National Department of Health: <a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert</a>

NSW Health: https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-latest.aspx

#### Other COVID-19 Children and Parent resources:

Covibook: https://www.mindheart.co/descargables

Emerging Minds: <a href="https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/">https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/</a>

#### World Health Organisation:

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

#### For general parenting and family support:

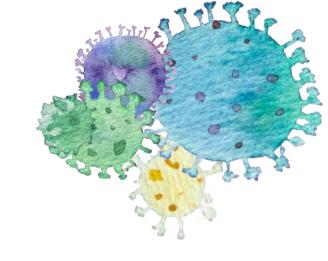
Emerging Minds: <a href="https://emergingminds.com.au/">https://emergingminds.com.au/</a>

Raising Children: <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>





## Please share this with your friends and family!





With special thanks to:

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