

Archdiocesan Child Protection Unit Newsletter
Staying Connected during COVID-19, Keeping Our Children and Young People Safe
First Edition

In this edition: Help with explaining Covid-19 to Children and Young People

Younger Children

A short book by author Manuela Monila, to support and reassure children under the age of 7 regarding the COVID-19 is available by PDF, please click on the following link

<https://www.mindheart.co/descargables>



Play School have televised a special episode to help explain what's happening at the moment for young children. Families can watch the episode '**Play School: Hello Friends! (A COVID 19 Special)**' with their little ones on either **ABC iview** or on the **ABC Kids Community facebook page**



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As we are working remotely please leave a message and a member of the team will get back to you as soon as possible, emails are checked and responded to daily.

Children and Young People

Beyond Blue provide the following guidance for explaining COVID – 19 to children and young people:

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel concerned.

If the media or the news is getting too much for them, encourage them to limit their exposure. [This video has some useful tips](#) for talking to young people about scary stuff in the news.

Beyond Blue's [Be You](#) initiative has also developed the following resources to help educators support children and young people's mental health during the coronavirus outbreak.

[Coronavirus \(COVID-19\): Supporting school learning communities](#)

[Coronavirus \(COVID-19\): Supporting early learning communities](#)

