

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

In this edition: Responding to the emotional and psychological needs of children

Mental Health Services for Children and Young People:

- Child and Adolescent Mental Health Service (CAMHS) **1300 222 647**
- Relationships Australia SA Family Mental Health Support Services (FMHSS) **1300 364 277 or 1800 182 325** (country callers)

Both of these services are free, providing mental health support to enhance the wellbeing of children and young people up until the age of 16-18 years old.

Telehealth Child Therapy during COVID-19

Various child psychologists and therapists, can offer telehealth sessions for children and young people (Medicare-eligible). Contact your local G.P for a referral to a psychologist, therapist or relevant health professional for a child or young person.



Helpful Links:

Headspace - <https://headspace.org.au>

Nature Play SA -

<https://natureplaysa.org.au/families/family-nature-covid-19/>

Centacare - <http://www.centacare.org.au/>

Practical ways to support a child's wellbeing:

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

- Encourage your child to talk about their feelings, validate their feelings, ask them to write down their thoughts
- Be supportive of their emotions, check in regularly, be honest
- Be a positive role model, go for walks and take some time to play, have fun
- Be available and listen
- Create quiet time to be still, be present

Reviving Family Read Alouds in Quarantine

An account of a father doing family read alouds during quarantine. Link at:

<https://yourteenmag.com/coronavirus/family-read-alouds-quarantine>



How might a Child feel or behave?

- Scared, tired or bored
- Lost without routine, frustrated, angry
- Hungry or unwell
- Socially isolated and feel a lack of autonomy over their environment

Behaviour Management looks different in a Pandemic

Right now, our children and young people need more compassion than ever before. During a crisis, a child's 'misbehaviour' might actually be indicating that they are having a hard time and need help. This article by NYT Parenting and writer Melinda Wenner discusses how to respond to behaviours with empathy and support. Link here:

<https://www.nytimes.com/2020/04/17/parenting/coronavirus-discipline-child.html>

From the Child Protection Unit

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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.