



COVID-19: Supporting children

This fact sheet has advice from a Legal Aid WA family law social worker about supporting your children during the coronavirus (COVID-19) pandemic, and some tips on how you can talk to your children about COVID-19.

How can you support your children during the COVID-19 pandemic?

It is important that you stick to your routine during the COVID-19 pandemic, even if schools are closed. Structure days with regular meal times and bed times to maintain predictability and to give children stability during uncertain times.

Maintaining contact with friends and family via phone and video is important for emotional wellbeing.

You should also talk to your children about COVID-19. Most children will have already heard about COVID-19 from friends, family and school. Some of the information they may have heard may be incorrect.

What are some tips for talking to children about COVID-19?

- » Stay calm. Your children will pick up on your anxieties, so it is important to stay calm and balanced without undermining the importance of staying healthy.
- » Ask your children what they already know and correct any wrong information they may have.
- » Answer your children's questions with facts and not emotions. Keep it brief.
- » Keep talking and be age appropriate. Encourage your children to ask you questions if they have any. Talk to your children when you get new information, so they know what is going on around them.
- » Be reassuring. Children tend to worry about how things will affect them and loved ones. Tell your children that you are doing everything you can to make sure they are safe and healthy and that doctors are doing everything they can to look after the sick.
- » Tell your children how COVID-19 is passed from one person to the other and the importance of washing hands, social distancing and covering their mouth when coughing.
- » Stick to your routine even if schools are closed. Structure days with regular meal times and bed times to maintain predictability and to give children stability during uncertain times.

How can Legal Aid WA help?

The Legal Aid WA website has links to resources which give practical ways you can support and reassure your children. To access our special COVID-19 webpage go to: www.legalaid.wa.gov.au/covid-19



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