

REDUCE THE IMPACT OF COVID-19 ON KIDS

SIMPLE STEPS WITH HUGE IMPACT

GET THE FAMILY OUTSIDE ASAP!



EMBRACE THE SUNSHINE

Now more than ever we need to get outside and play! Research is continually proving that the physical wellbeing and mental health benefits on being out the sunshine and in nature - are HUGE!!

FIND SOME NORMALITY

TRY TO KEEP UP WITH REGULAR ROUTINES.

As always follow and implement the Health Professionals advice but get out and continue to maintain a sense of normal life.

Take the health professionals advice and place a focus on good nutrition and sleep hygiene two keys to staying healthy.



DISCONNECT FROM THE 24/7 MEDIA

LIMIT YOUR FAMILY'S EXPOSURE TO NEWS COVERAGE OF EVENTS

Refrain from accessing media during the day & become a positive funnel of information rather than fueling the anxiety by sharing every little detail or development. Children may misinterpret what they hear and can be frightened about something they do not understand.



FIND THE FUN!

CREATE THE ENVIRONMENT AND THE FUN WILL COME

Create some memories by spending time with your Kids participating in activities that seem silly or adhoc. Ideas like Board & Card Game nights, Going for a family walk or ride, Head to the beach, Family talent show, Food fights etc - these experiences are sure to take the focus off COVID-19.



CONNECT, TALK & REASSURE

HAVE AN OPEN CONVERSATION

Reassure your child or teen that they are safe. Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 on a needs basis and in a way that your child or teen can understand.



Follow Current Government Advice on:



**SOCIAL
DISTANCING**



**GOOD
HYGIENE**



**WHEN TO
SEEK HELP**

CREATING REMARKABLE EDUCATION EXPERIENCES

School Camps - Excursions - Incursions

www.activeed.com.au