

Don't be afraid to talk about the coronavirus.

Most children would have heard about the virus and have seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Self Care.

Do something to look after YOU. Reach out to your support network, have a cuppa or just thank yourself for being you.

Focus on what they can do to keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Parent Info

ALBERTON PRIMARY SCHOOL

Let them talk about their worries.

Be open and invite them to discuss what they may have heard and how they feel.

Be developmentally appropriate.

Try answering their questions instead of volunteering too much information as this might be overwhelming.

Stick to Routine.

School has changed for the first 8 days. Create and stick to schedules for eating, remote learning and play.