

# KEEPING YOUR CHILD CONNECTED DURING SOCIAL DISTANCING

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Connection is an important human need for children and adults in their development, spiritual wellbeing and mental and physical health. Being connected with friends, family and our community helps to decrease feelings of loneliness and increases our sense of belonging. While we are learning from home and practising social distancing during the COVID-19 pandemic, it is more important than ever that our children experience meaningful connections. Below are some suggestions on how to keep your child connected during this period of social isolation. Explore the underlined words by clicking on them to access further information.

## Create connection within the home

- ✓ Explain to your child that social distancing won't be forever.
  - » Here are some tips on how to talk to your [child](#) and [teenager](#) about physical distancing and social isolation.
- ✓ Prioritise spending some quality time with your child each day.
  - » Be silly together, play board games, learn something new together, eat meals together.
  - » Visit [Unicef](#) and [raisingchildren](#) for more great tips to help you connect with your child.
- ✓ Remember to have some time out from one another.
  - » Read a book, give your child some free time – having time to ourselves is important too!

## Find 'new ways' to connect with friends, family and the community

- ✓ Embrace technologies to stay in touch such as:
  - » Zoom, FaceTime, Skype, Hangouts App, [Netflix Party](#)
  - » Allow time limited connection via age appropriate [online video games](#)
- ✓ Remember to explain the importance of [safe online behaviours to your child](#)
  - » [See CommonSense Media for more great tips on how to connect using technology](#)
- ✓ Be part of online community programs such as [Kindness Rocks Project](#).

## Revisit 'old ways' to connect with friends, family and the community

- ✓ For some, the use of new forms of technology is overwhelming or not possible. You can continue to connect with these people by:
  - » Writing a letter or drawing pictures to send to loved ones
  - » Reminding our children of the joys of having 'Pen Pals'
  - » Dropping handwritten notes into your neighbours' letter box

## Connect with nature and the environment

- ✓ Connecting with our environment can positively impact our physical and mental wellbeing. Our connection with nature helps us to increase focus, release excess energy and strengthen our immune system.
  - » Check out [Bright Horizons](#) to read more information about the benefits of nature
  - » Visit [Nature Play QLD and Woodland Trust for ideas on how you can help your child connect with nature during COVID-19](#)

**Remember**, your child's school will be making every effort to keep your child connected with their peers and teachers. Keep in touch with your child's school and let them know if you have any worries or concerns about your child during this period of social distancing.

