

# Top tips for supporting children and young people right now



The Commissioner for Children and Young People is hearing from many children around WA on how their day-to-day lives are being impacted by the coronavirus pandemic.

Based on what they have said so far, here are some simple tips on how to support children and young people at this time:

“ I talked to my parents and emailed my teachers, and they say that it is ok to feel anxious and concerned.”

Let them know who they can talk to about their experiences in more detail.

Encourage social connections with friends and peers.

“ Although I can't physically go out to see my friends (which is frustrating to say the least), we still stay in touch through social media, calling almost every night to check up on each other.”

“ Doing school from home is very difficult, but a positive in these uncertain times is that we are learning to adapt to new environments and we start to value our resources.”

Explore positive outcomes, such as the changes in lifestyle and learning for the future.



Commissioner for  
Children and Young People  
Western Australia



In my family we keep each other positive by having mini concerts in the afternoon, playing cards and boardgames, watching movies and shows together."

Be aware of the experiences of families - every family is different.



I just wish the world could go back to the way it was."

I am very worried about getting and giving the virus to my mum who can not financially afford getting sick. I'm mentally not stable and need to talk to a counsellor but the only way to do this is over the phone now and it does not have the same effect."

Acknowledge and affirm how children and young people have coped with the challenges they have faced.

Routine is integral for me to stay positive."

Observe behaviours, look for changes and respond to signs of trauma.

### Keep in touch!

The Commissioner encourages children and young people to keep sharing with him how life has changed and what is and isn't helping them at this time.

Visit [ccyp.wa.gov.au](http://ccyp.wa.gov.au)

Re-establish routines and expectations.

