



Ainslie School P&C Association Inc Annual General Meeting, Wed 8 April

Self-care Resources for Families

This year, the community has also been affected by fire, smoke, hail and COVID-19. These have had significant and variable impacts on people and families. Most of us are coming to terms with pupil free school days and juggling a range of responsibilities. Some businesses are hibernating and closing, and some people have lost their jobs.

The Ainslie P&C would like to support the community to come together and talk about how we can look after ourselves and families, and how we can look after each other. We have asked Rohan Schlesinger, a local psychologist, to present, take questions and lead this conversation.

There are many available resources to support family wellbeing. Based on the P&C's reading, these resources have several important themes and repeated messages about how to look after ourselves and families. These are:

- Try to understand the facts and seek information from reputable sources.
- Practice selfcare
- Limit media exposure
- Encourage calm conversation
- Validate feelings
- Continue to do things that you and your family can enjoy

The list of resources below have been put together by people in the Ainslie School community. On behalf of our community, thank you for your effort and contribution to our AGM conversation.

Kind regards

Damien Ellwood
President
Ainslie School Parents and Citizens Association
<https://ainsliepandc.com.au/>

Resources that the ACT Education Minister and Directorate recently highlighted for families

- **The Australian Psychological Society**, [Tips for coping with coronavirus anxiety](#) and [Maintaining your mental health during social isolation](#).
- **The World Health Organisation** has an [infographic](#) with helpful recommendations
- **Emerging Minds** have developed a video [Talking to children about difficult events](#) including how to manage media coverage.
- **Psychological First Aid for children** is an [internationally accepted strategy](#) that can be used anytime to provide basic steps in responding to children in distress
- **Headspace** also provides good advice about [how to cope with stress related to COVID-19](#) for young people.
- **The Student Wellbeing Toolkit** provides [online resources to support student wellbeing](#).
- **Beyond Blue** have great ideas on looking after [your wellbeing and supporting others](#).
- **Mind**, a UK based organisation, covers different ways to look after your own mental health and that of your family and [be prepared for a range of outcomes including isolation during COVID-19](#).

Visit the [‘Support for Students and Families’ page](#) for information on the supports available.

Other family Self-care resources

Psychological First Aid

- Australian Psychological Society and the Red Cross, [Psychological First Aid: A guide to supporting people affected by disaster](#)
- The National Child Traumatic Stress Network, [Psychological first aid skills for psychological recovery](#)
- Australian Child and Adolescent Trauma, Loss & Grief Network, [Disasters: Psychological First Aid](#)
- Australian Childhood Trauma Group, [Supporting Mental Health & Wellbeing in Times of Devastation](#)
- UnitingCare, [Disaster relief and community recovery – Self-help toolkits and information factsheets](#)
- Australian Child and Adolescent Trauma, Loss & Grief Network, [Case examples of trauma reactions in young people](#)
- Emerging Minds, [Community Trauma Toolkit](#)
- The Australian Journal of Rural Health, [Face to face, person to person: Skills and attributes deployed by rural mental health clinicians when engaging with consumers](#)
- raisingchildren.net.au – the Australian parenting website, [Disaster news and distressing news events: supporting children 6-11 years](#)

Resources and articles about climate change and bushfires

- Australian Childhood Foundation, [More Water than Fire](#)
- Australian Psychological Society, [Recovering from Bushfires and disaster](#)

- Australian Child and Adolescent Trauma, Loss & Grief Network, [*Disasters – bushfire resources*](#)
- Life in Mind, [*Mental Health Support for Bushfire affected communities*](#)
- Children’s Health Queensland Hospital and Health Service, [*Natural disaster resources – Birdie stories*](#)
- Australian Psychological Society, [*Helping children who have been affected by bushfires.*](#)
- Autism Tasmania, [*Autism and bushfire emergencies*](#)
- Sierra, [*How to talk to kids about climate change*](#)
- National Public Radio, [*How to talk to your kids about climate change*](#)
- ABC, [*How to talk to your children about climate change*](#)