



How to speak to your children about COVID-19

如何与您的孩子探讨 COVID-19

We encourage you to speak with your children about COVID-19. Parents can help their children to understand the facts about the virus and calm nervous minds and reassure children that there are plans in place to keep them safe. Avoiding conversations about COVID-19 may only make children more anxious and by talking, children can ask questions and understand the facts about the virus in a controlled family environment. Children may have received some false and misleading information over the past weeks, and this adds to their confusion and fear.

我们鼓励您与孩子谈谈 COVID-19。每一位父母都可以帮助他们的孩子了解有关病毒的事实，以此消除他们的疑惑和不安，并向孩子们保证学校有适当的计划来确保他们的安全。在过去的几周里，您的孩子可能收到了一些虚假和误导性的信息，这会加剧他们的困惑和恐惧。如若我们逃避谈论 COVID-19 只会使孩子更加焦虑，在安全的家庭环境中与孩子进行沟通可以帮助他们通过提问的方式，对病毒有更深入和正确的认知。

The Australian Psychological Society (APS) has some helpful comments and advice for parents. Ros Knight, President of the APS suggests that:

澳大利亚心理学会（APS）为父母提供了一些很有帮助的意见和建议。APS 总裁 Ros Knight 建议：

‘We know that children absorb information from the news, social media, and discussions adults have around them. Research shows that being open and honest with children is the best way to help them cope with serious situations. Sharing the news will help children to not feel excluded, imagine the situation is worse than it really is or, even, blame themselves. Sharing information shows that you trust and value them, which can enhance their resilience. Try not to overload children with too many details. Give small amounts of information, wait and then ask if they have any questions.’

“我们知道孩子们会从新闻，社交媒体和成年人周围的讨论中吸收信息。而研究证明，对孩子开放资讯和诚实是帮助他们应对严重情况的最好方法。分享新闻将使孩子们不会感到被排除在外，亦或者产生与实际不符，甚至更糟糕的猜想或自责。与孩子共享信息表明了您对他们的信任与重视，可以增强他们的抗压性。请尽量不要让孩子接收太多的细节，仅提供少量有用的关键信息，给他们一点消化和吸收信息的时间，然后询问是否还有其他相关问题。”

Tips for parents

给父母的提示

Listen for underlying fears or concerns and misinformation your child might have. For example, they may ask if it is possible for them to catch COVID-19. Explain that many measures have been put in place to contain the spread of the virus.

请仔细听取您的孩子可能有的潜在恐惧，担忧和错误信息。例如，他们可能问，他们是否有可能感染 COVID-19。请务必向他们说明目前学校以及各机构采取了许多措施来遏制病毒的传播。

Limit your child’s exposure to news reports and other media, if possible. Your child sees a lot of information on the internet, television, and social media. Nonstop exposure makes the risk seem bigger than it is.





From the Head
Phillip Heath AM

一定程度上限制孩子接触新闻报导和其他媒体。您的孩子在互联网，电视和社交媒体上看到非常多的各类信息。不间断吸取多方的重复信息容易使风险看起来比实际要大。

Some children who have had intervention for anxiety, OCD or excessive worry may find this a difficult time. They may require monitoring by a School Counsellor or other health professional. The School's Counsellors can be contacted on 8438 7365.

有一些容易焦虑或担心的孩子可能会觉得非常困扰。他们可能需要由学校心理咨询的顾问或其他卫生专业人员进行沟通。您可以通过拨打 02 8438 7365 与学校的心理谘商团队联系。

Allow for regular conversations, particularly while the topic continues to be covered by the media. Continue to talk with your child and answer any new questions they may have about COVID-19. 进行频繁的沟通，尤其是当冠状病毒的话题正在被新闻媒体报导的时候。请持续与您的孩子进行交谈，并回答他们有关 COVID-19 的任何新资讯。

If your child has incorrect information or asks you challenging questions about COVID-19, give them the correct information clearly using words they understand.

倘若您的孩子所接收的信息与事实不符合，或者当他们问您关于 COVID-19 具有挑战性的问题的时候，请尽量使用他们能理解的词清楚地向他们提供正确的信息。

Please refer to reliable sources, such as your GP, your paediatrician, or the NSW Health department. Click here to visit the NSW Health website

www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx

请咨询可靠的消息来源，例如您的家庭医生，小儿科医生或新南威尔士州卫生部门。单击此处访问新南威尔士州卫生局网站 www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx

Children are encouraged to continue to play with their friends and maintain their normal routines; plenty of good food, rest and activity.

请鼓励您的孩子继续与朋友一起玩耍，并保持其正常的生活习惯；充足的食物，休息和活动。

Now would be a good time to remind your child about good personal hygiene; effective handwashing, covering their mouths if they cough or sneeze, using tissues and avoiding the sharing of food or drink bottles.

现在是提醒您孩子保持良好个人卫生的好时机；有效的洗手，咳嗽或打喷嚏时要捂住嘴巴，使用纸巾和避免分享食物或饮料瓶。

Parents are reminded, that if children become unwell, including a fever, a cough, sore throat or shortness of breath, they should seek medical advice and keep children at home and away from school during this time. We ask you to understand that the Health Centre has a low threshold for sending sick children home at this time. Please support us in facilitating pick-ups if requested.

在此我们提醒所有父母，如果孩子感到不适，包括发烧，咳嗽，喉咙痛或呼吸急促，请及时就医，并在此期间将孩子留在家中看护。我们希望您能理解，必要时，我们会通知您到校接孩子，请您到时支持并配合我们的工作。



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