

COVID- 19 Guidelines for Families in our Time for Kids Program

Child/Young Person-Centred Practice

- Children and young people need their parents, carers and mentors to be available to comfort and reassure them about COVID –19
- Include children and young people in the drill in age-appropriate ways e.g. sing hand-washing songs and play social distancing demonstrations games
- Provide your child appropriate information that they can understand about keeping themselves and others safe
- Talk to your child about social distancing practices whilst on their visit with their carer and in other social spaces
- Remind your child about regular handwashing while they are with their carers/mentors
- Teach your child about coughing and sneezing into their elbow or tissue.

Preparation for a visit with your child's carer or mentor means:

- Make sure your child, and anyone else in your household, is not experiencing any cold, flu or fever symptoms immediately prior to contact
- You or anyone in your household have not returned from overseas or interstate in the last 14 days
- You or another person in your household have not been in contact with anyone who has the virus
- You have checked ahead via phone that no one in the carer/mentor household has symptoms or been in contact with the virus or with someone who has travelled from interstate or overseas in the last 14 days.

Returning from a visit

- Be transparent about the COVID- 19 Drill, make it part of your routine when your child returns home. You are protecting children and young people and teaching them how to protect themselves and others
- Remind your child to wash their hands as soon as they get home
- Have your child change clothes when they get home, and wash the clothes they were in
- Ensure everyone including yourself continues to regularly wash hands or use the hand sanitizer
- Reuse the hand sanitizer/wash hands with children and young people after each contact with them
- Ensure these practices are used rigorously when preparing and sharing meals, food and drink.

The COVID-19 Drill involves 4 steps:

1. Confirmation you or your child do not have cold, flu or fever symptoms and that you and your child have not been overseas or interstate in the last 14 days.
2. Clean hands immediately before contact (with an alcohol sanitiser or soap and water)
3. Coughing or sneezing into the elbow or tissue during contact
4. Social distancing practices including sitting 1.5 metres or 4 square metres apart.