

Looking after your whānau during COVID-19

Kia ora GEPS whānau,

Here is some information about practical support available in our community and five tips to help get through Covid-19.

Local Practical Support:

- VisionWest Community Trust – Are able to deliver emergency food parcels (Contactless) for those who are unable to get to a grocery store. If you are in need please call 09 818 0781.
- The Fono West – Are offering support for Pasifika Families in West Auckland needing support to meet basic needs such as food and essential living expenses. The Fono staff speak a variety of different languages and are happy to discuss your family's needs. Please call 09 837 1780.
- Auckland Council – If you are unable to afford groceries or are in self-isolation with no access to other support networks, you can phone Auckland Emergency Management on 0800 22 22 96 between 7am and 7pm. They will deliver a parcel of food and basic necessities.

Five Tips for Parents:

1. Keep life as normal as possible – Make a family schedule with Learning time, family time, quiet time, exercise and other things that are important to your family. Having routine helps kids feel safe and secure.

2. Be calm and caring – Spend extra time with your kids, tell them you love them and that it's going to be ok. If you are calm it will help your kids stay calm.

3. Be honest, open and focus on solutions – Explain that some people are getting sick from COVID -19 but focus on the ways your family can stay safe. Talk about washing hands and staying at home with family. Answer their questions but stick to the facts.

4. Monitor TV and internet use in your house – It's important to know what information and how much information your kids are being exposed too. Limit time viewing or accessing information about COVID -19, as too much information or inaccurate information can increase anxiety.

5. Ask for help early – It may feel difficult but it's really important to ask for help. As adults we need to look after our wellbeing so we can stay strong for our tamariki. Support is available.

As the social worker at Glen Eden Primary I am passionate about the wellbeing of our tamariki and whānau. If you need support please reach out. I am available over the phone or via email during this time.

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