

# Support Plan for Whanau

Guidelines for families for the national period of staying at home

Tips	Why? These ideas will help to make family life go smoothly as well as time pass more quickly.	Links – ideas and more information
<b>1. Have a Timetable</b>	Create a home timetable. It's really important to have routines and structures in place. This helps reduce stress and anxiety in times of uncertainty.	<a href="https://www.calendarpedia.co.uk/timetable-word-templates.html">https://www.calendarpedia.co.uk/timetable-word-templates.html</a>
<b>2. Stay Healthy</b>	<ul style="list-style-type: none"> <li>• <u>Eat as well as possible and at regular times.</u> Ideally have lots of fruit, veggies, and drink plenty of water. This will make sure the family gets all the right nutrients, which will help with behaviour.</li> <li>• <u>Sleep well</u> – between 8-10 hours is about right, and keep to bedtimes which suit the ages of the children.</li> <li>• <u>Exercise well</u> – play fun games in and out of the home, take regular walks, skipping, hopping games.</li> <li>• Keep taking medication <u>just the same</u> way at the same times</li> <li>• <u>Stay connected</u> virtually with friends, whanau, faith – use zoom to meet virtually</li> <li>• <u>Wash your hands</u> with soap and water many times each day!</li> </ul>	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a> <a href="https://www.ppttherapy.co.nz/self-help/tips-for-dealing-with-the-stress-of-coronavirus">https://www.ppttherapy.co.nz/self-help/tips-for-dealing-with-the-stress-of-coronavirus</a>
<b>3. Create Special Times</b>	<p>Create quiet times – solo time, one to one time and family time in your timetable.</p> <p>This will help you feel connected together, have time to yourself, time for the kids, and time to switch off and relax.</p>	<a href="https://www.theparentingplace.com/health-wellness/lets-stay-home-self-isolation-survival-tips-for-families/">https://www.theparentingplace.com/health-wellness/lets-stay-home-self-isolation-survival-tips-for-families/</a> <a href="https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view">https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view</a>
<b>4. Stay Calm</b>	Model the behaviour you want to see. Stay calm, practice breathing, smiling, walking away before a potential argument. Repair a relationship by saying sorry if you do argue.	<a href="https://whanau.skip.org.nz/conscious-parenting/staying-calm-with-kids/">https://whanau.skip.org.nz/conscious-parenting/staying-calm-with-kids/</a>
<b>5. Manage Behaviour</b>	Reward the behaviour you want. When you see it, notice it, praise it and say what you like about it.	<a href="https://childmind.org/article/managing-problem-behavior-at-home/">https://childmind.org/article/managing-problem-behavior-at-home/</a>
<b>6. Reassure your Children</b>	The current situation is unique, which creates lots of uncertainty. <u>Your children need to be reassured</u> that you will keep them safe and the adults in Government are getting the right advice from the best people and have a plan for success.	<a href="https://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/">https://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/</a>
<b>7. Reach out for a helping hand</b>	<p><u>Your team members are there for you.</u> We are still working, but just now are not able to visit you in person. We will contact you regularly, but you can contact us too.</p> <p>We can talk with you about worries and questions you may have and can send through loads of ideas.</p> <p>There are also lots of really experienced and skilled people out there who can work with to and give you tips and advice. Reach out.</p>	<ul style="list-style-type: none"> <li>• 0800 787 797 – Alcohol and Drug Helpline</li> <li>• 0508FAMILY – Oranga Tamariki Call Centre</li> <li>• 0800 543 354 OR free text 4357 – Lifeline</li> <li>• 0800 376 633 – Youthline</li> <li>• 0800 726 666 – Samaritans</li> </ul>
<b>Extra websites</b>	<ol style="list-style-type: none"> <li>1. <a href="https://www.triplep-parenting.net/parentsites3/files/downloads/tpi-top-tips-covid19-a4-uk-en.pdf">https://www.triplep-parenting.net/parentsites3/files/downloads/tpi-top-tips-covid19-a4-uk-en.pdf</a></li> <li>2. <a href="https://www.unicef.org/coronavirus/covid-19-parenting-tips#1">https://www.unicef.org/coronavirus/covid-19-parenting-tips#1</a></li> <li>3. <a href="https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus">https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus</a></li> <li>4. <a href="https://www.inclusive.tki.org.nz/guides/behaviour-and-learning/">https://www.inclusive.tki.org.nz/guides/behaviour-and-learning/</a></li> </ol>	<p>This can be an opportunity to make POSITIVE CHANGES. We are here for you. Let's plan now and prepare for the future. Kia Kaha!</p>