

NEWSLETTER Family Edition

ISSUE #4 | 1 July 2020

Health and social equality for our communities

Welcome and Update

Firstly, we want to say thank you to all our families for adjusting to different ways of therapy over the past three months.

We understand there are big changes happening with schools going back and families transitioning back to work.

Our online groups are going well and some clients have resumed face-to-face therapy, completing COVID-19 screening over the phone and temperature testing upon arrival to SCHS. Some families have opted to continue with telehealth therapy sessions.

As things are continuing to change each week, we will try our best to keep you updated in relation to our services and as things start to go back to 'normal'.

We wish you well as we go into the final half of 2020. Please continue to practice social distancing and hand hygiene and stay safe. Keep your eye out for our termly editions of the Family Edition Newsletter!

As always, feel free to ask us any questions.

How Many?



Responding to Family Conflict

From the headspace Fact Sheet: Responding to Family Conflict

Communication is key. Communication is important when responding to conflict. It can be the difference between people feeling heard, supported and understood in relationships or feeling further apart.



Tips for good communication include:

1. Acknowledge and summarise what the other person has said. To show you are interested and listening.
2. Use 'I' statements to communicate. To own what you are saying, not blaming.
3. Think about facial expressions, nodding and body language. This should match what we are saying.
4. Be prepared to negotiate. Prepare to listen to the other person's perspective, try to find an agreement that works for everyone.

For more information, to find your nearest headspace centre, or for online and telephone support, visit <https://headspace.org.au>

Snack Idea

Snack Faces → Let the children make them! Use vegetables, fruit, cheese, crackers, anything! Once it's all put together, take a photo for funny snack face memories.



**Feeling unwell?
Get tested.
Stay home.**

 **5021 7653**



Tips for Teletherapy

Many of our families have tried teletherapy in place of face to face sessions. Teletherapy has many benefits including receiving therapy from the comfort of your own home.

Here are some tips for families who may not have tried teletherapy yet or for families who may need some ideas in how to get the most out of these sessions;

- **Use a computer if possible.** This will allow you and your child to see more when therapists are sharing their screen and can be interactive by giving you mouse control.
- **Minimise background noise and distractions** where possible. Turn off the TV and other adults or siblings should refrain from talking in the same room.
- **Have a special 'teletherapy' space.** This will help signify to your child that it is their learning and listening space.

For the Parents

We thank all of our amazing parents and families for supporting your children during this time. But, it is just as important to give yourself time for stress relief!

Try to allow yourself time to practise at least one of these ideas:

1. Give yourself credit where it is due.

This year has been far from normal. Do not expect yourself to be an 'top performer' when the information is changing every day. Give yourself a pat on the back simply for making it through.



2. Don't judge coping styles.

Everyone has a different style of coping, your partner, family, friends and children. If there are disagreements try 'I' sentence starters such as "I need..." or "I would feel better if...".



3. Sleep hygiene is as important as hand hygiene

Try to power down devices at least an hour before you go to sleep. Try and keep the bedroom for sleeping, not watching TV or working on your laptop.



4. Be socially distant, but don't stop being social.

The power of a chat with a friend or family member is invaluable. You could also tune into a movie or TV show at the same time to feel connected.



FUN ZONE!

If you have any suggestions for fun activities, send them to cnapoli@schs.com.au

• Frozen Word Search (because it's getting cold outside)



A	T	Y	N	W	I	V	B	F	I	Z	E	X	V	H
W	R	R	A	L	D	M	F	S	R	Y	Y	D	O	Y
U	E	U	O	I	P	O	A	O	I	C	Z	I	O	A
R	T	S	M	L	T	L	N	G	R	I	A	S	J	N
X	N	K	E	S	L	Q	O	H	I	Z	S	N	I	N
A	I	R	I	L	E	S	D	L	M	C	N	E	I	A
A	W	R	E	N	T	G	R	W	A	A	A	Y	M	M
A	K	V	G	I	G	O	U	K	M	F	H	C	O	L
P	S	V	E	N	N	D	N	W	J	R	N	Y	U	C
L	J	S	K	H	A	D	O	H	Y	E	H	V	N	F
E	F	R	O	Z	E	N	E	M	Q	B	U	C	T	P
L	W	W	O	L	S	C	H	E	E	M	H	A	A	F
S	F	O	A	E	K	U	D	I	R	I	A	J	I	I
A	P	N	F	G	D	T	M	D	A	L	L	R	N	J
W	Y	S	U	N	E	E	U	Q	H	C	B	M	O	P

ANNA
DUKE
HANS
KRISTOFF
OLAF
SNOW
TROLLS



CLIMBER
ELSA
ICY
MAGIC
QUEEN
SNOWMAN
WESELTON



DISNEY
FROZEN
KINGDOM
MOUNTAIN
REINDEER
SVEN
WINTER

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Sunraysia Community
Health Services