



Ministry of Education and Human
Resources Development

A Guide for Parents to Support Children In the Times of COVID-19

You are Not Alone

Bringing up children is never easy.

It is even more difficult to look after children in these challenging times of COVID-19 pandemic.

If you care for children with disabilities you may need some extra support.

Every child is special. But children with physical, visual, hearing, intellectual, behavioural or communication disabilities may need extra love, patience and assistance.

Below is some useful information that will help you support children with disabilities to achieve their goals.



Find an organisation or professional service that can offer expert advice, assistance such as: Local Health Clinic, People with Disability Solomon Islands (PWDSI), or Community Based Rehabilitation workers.



Ask for help from your trusted neighbours, school teachers or church community.

**If you
need help**

Speak to other members of your family.



Look after yourself. Get plenty of sleep, healthy food, exercise and time for prayer.

Keeping my Children Safe, Healthy, Happy and Learning

1

I protect my children from getting sick and teach them how to stay healthy

- ✓ When my children are sick I keep them at home and inform the school.
- ✓ I help my children keep the learning space clean and tidy.
- ✓ I talk to my children about COVID-19 in a language they can understand and how they can avoid getting sick.
- ✓ I make sure I get information about COVID-19 from trusted sources, such as the Ministry of Health.
- ✓ I make sure my children and family eat healthy food, especially vegetables and fruits.
- ✓ I teach and show my children how to wash hands with water and soap and make sure we always have enough water and soap.
- ✓ I teach and show my children how to cover their mouth or nose with elbow or tissue, then throw away the tissue into a closed bin.
- ✓ I ensure that my children are always safe and protected from harm or violence at home or in the community.
- ✓ I show and encourage my children how to take care of themselves and how to be responsible (for example, completing their own tasks).
- ✓ When my children are well, they will go to school every day. I will talk to my children about following all school rules on physical distancing and good hygiene.
- ✓ I check my children's health and keep my children away from people with fever or cough or sneeze.
- ✓ I tell my children to wash their hands with water and soap often.
- ✓ I make sure my children and family get enough sleep and regular exercise.





- ✓ If my children cannot wash their hands by themselves I support them to do so.
- ✓ I tell my children not to touch their eyes, mouths, noses with dirty hands.
- ✓ I encourage my children to speak with me about anything that upsets them at home, in the community or when they are online.

- ✓ I discuss with teacher(s) when my children become stressed or not interested in learning.
- ✓ I place the emergency contact list in a place that my children and family can reach/access and discuss emergency plans with my family.

- ✓ I ensure that I have credit to make calls for support as and when needed (or petrol in the car/ motorbike or air in the bicycle tires).



- ✓ I supervise my children when they are online.
- ✓ I encourage my children to plan their time and know what tasks they need to do and when they need to finish them.



- ✓ I avoid crowded places and do not meet in big groups of people and encourage my children to do the same. I plan my visits outside of busy periods (for example, Saturday morning market).
- ✓ I put on the list names and contact details of my close relatives and neighbours, everyone in my personal support network, doctor, police and emergency workers.
- ✓ I ask for help when we need support. I contact local organisations that can help us and encourage my children to do the same.

2

I help my child stay positive and happy

- ✓ I do my best to help and comfort them when they are worried, afraid, frightened or stressed.
- ✓ I give my children true and honest information about COVID-19 using simple words.

- ✓ If I need help to care for my children I ask a teacher or health worker or village leader for information and assistance.
- ✓ I talk to my children about their worries or fears, especially if they have a disability and need more assistance and protection.

- ✓ I help them stay calm and let them know that they will be cared for during difficult times.
- ✓ I make sure I know the facts about COVID-19 and always try to get official information on the present situation and regulations from trusted sources.
- ✓ I help my children stay safely connected with friends and relatives, either online or in-person.
- ✓ I have fun with my children and always tell them when they show good behaviour.
- ✓ I hug my children and explain everything especially if they are struggling to adapt to a new routine.



- ✓ I teach my children to be careful about believing or sharing everything they hear about COVID-19 because some information may not be true and correct.
- ✓ I make sure to spend one-on-one time together with my children talking, playing or doing different activities together, such as singing, praying, reading.
- ✓ I tell my children to be active and take healthy breaks between school activities like play outdoors, do exercise regularly, etc.
- ✓ I do not shout or make my children feel sad or uncomfortable.
- ✓ If I get upset or angry I give myself time to calm down or talk to family, friends or a health worker about my worries or what is making me angry.



3

I become involved in my children's learning at home in ways that suit their age and ability

- ✓ I help my children learn new skills like washing themselves, dressing themselves, brushing their teeth and hair or preparing simple meals and feeding themselves if they can.
- ✓ I teach my children to plan their day with time for learning, playing and relaxing.





- ✓ I create a safe, calm and friendly home environment. I ensure that all my children, including those with disability feel safe and secure.
- ✓ I try to find a special, quiet and comfortable space for children to learn at home.
- ✓ I talk to my children and the school teacher to know how well my children are doing with their school work and ask if they need any additional help.
- ✓ I congratulate my children on work well done, motivate them and try to help them with more difficult lessons. I praise them when they try their best.
- ✓ I tell stories from my own and my family's experiences and give good real life examples to help children understand the lesson and learn in a more interesting way.
- ✓ If my child has a disability I do my best to help adapt the activities and give her/him extra support.
- ✓ I stay calm and positive and give my children plenty of attention and emotional support.
- ✓ I ask my children if they understand all instructions and activities, they get from their teachers to do at home.
- ✓ I celebrate with my children when they achieve their goals.
- ✓ I ask other family members to also be interested in home schooling of the children. Grandparents, uncles, aunts, cousins have many skills and interesting experiences to share.



✓ I try to get more information on helping my children with learning.

✓ I let my children learn in small blocks of time with breaks for healthy food, water and exercise.



✓ I remember that academic learning is not the only way for a child to get useful education.

✓ I encourage them to get involved in sport, singing, dancing, fishing, growing and preparing food, carving, weaving, sewing, building, making and repairing to learn different skills.

✓ I plan learning activities for my child around their interests and strengths.

✓ I talk to the teacher about suggestions and ideas I can use to help my children focus and learn.

✓ I do my best as a parent to help my children with learning activities but do not put too much pressure on myself and my child.

✓ I can teach my child important life skills like taking responsibility for themselves when they need to finish a task, need to care for a family member or solve a problem.



✓ I teach the children to clear the learning space and put things away when they finish studying for the day.

For further information

Contact: MEHRD Education Services Division Phone: 28804