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Children's Mental Health

Children's risk to the virus is low, yet the risk of impact to mental health is high

In challenging times that we have witnessed over the past two years, many families are weighing up the impacts on their children's mental health vs the Covid virus.

The Statistics of Impact on Children

In full disclosure we do not pretend to be professionals in this area, and we do not provide medical advice and always follow guidelines and directives from our governing bodies.

Many families have contacted us over the past two years suffering from anxiety in relation to sending their children to early education, or to keep them home to protect from the COVID-19 virus. We understand and respect that this is a very difficult time for all families, and we hope to share with you some research that may give you just that little bit of reassurance you need. Of course we love and respect all families and your choice whatever that may be.



Children in Australia are not becoming as sick as adults with Covid. The virus does not seem to be attacking the lungs as it does with adults, with children only displaying mild symptoms. In actual fact, less than 1% of children are becoming severely ill with COVID, and globally majority of children are not even requiring medical support to recover from the virus. The rate of cases among children still remains low in comparison to the broader Australian community. However, what is more alarming is the percentage increase impacting on children's mental health is increasing exponentially.

Evidence suggests that coronavirus infection in children is very uncommon and severe disease is rare

So how can we support children's mental wellbeing in lockdowns and during the current pandemic? The reason we welcome ALL families to continue to attend Play to Learn is because we support all families wellbeing, and provide a safe environment for children to thrive outside the stresses of lockdowns. Routine and connection is key here. Providing access to education and environments that promote a strong emotional wellbeing will support their foundations, and skills when they are then confronted with stressful situations.

We also know as fact that good nutrition, access to sunlight and fresh air, connection, expressing gratitude and routine are all key aspects to a strong mental wellbeing.

References:

<https://www.schn.health.nsw.gov.au/covid-19-information>

<https://www.aihw.gov.au/reports/children-youth/covid-19-and-young-people>