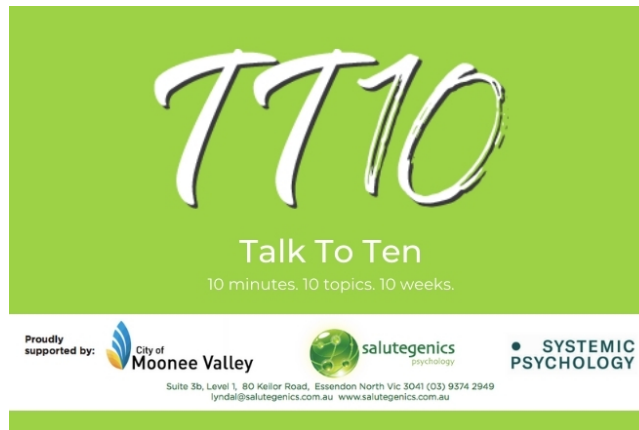


Talk to Ten - Session #2 Learning Summary



TOPIC

Blended spaces are somewhere I need to be multiple things, all at once.

Example: a teacher, a parent, a partner, OR a student, a son, a friend.

SIGNS TO LOOK FOR

Stress behaviours in myself or my children, including:

- Sleep problems
- Non-compliance & refusal. meltdowns & tantrums, over-agitation.
- Wanting control & needing things to be a certain way
- Disengagement, withdrawal, non-responsiveness.

Especially if these were not present before lockdown, or have escalated since.

STRATEGIES

Declarations

E.g. I am on a call in manager role for the next 30 minutes.

Predictable routines

E.g. same breakfast time, break time, log-on time each day.

Changes in appearance

E.g. putting on work clothes and school uniform during the day

Coronavirus Mental Wellbeing Support Line 1800 512 348

[headspace](#) 1800 650 890

[Lifeline](#) 13 11 14

[Kids Helpline](#) 1800 55 1800

National Alcohol and Other Drug Hotline 1800 250 015

1800RESPECT 1800 737 732

<https://www.childhood.org.au/covid-impact-welfare-children-parents/>