

# Advice and ideas for mothers, fathers, legal guardians, and all adults living through the Corona crisis with kids.



All of a sudden there is so much time spent together in a limited space.  
Enjoy the fact that for once your child has more time.

## Not sure what to do? here are a few ideas:

### Proximity and Distance

Actively discuss the new rules regarding closeness and distance. What about them is tedious, obstructive, feels lonely and uncomfortable, and what about them is a relief, freeing, comfortable or even funny. This is an excellent opportunity to openly talk to children and teens about which greeting and good-bye rituals with grown-ups, and other kids they like, or do not like, and which they only enjoy sometimes. Perhaps there are relatives or other adults whose beard is scratchy when they give the kids a kiss, who smell weird, or look at the kids in an uncomfortable way, or whose greetings and comments are superfluous. In the spirit of empowering kids against assaults and unwanted touches, such conversations are a brilliant opportunity to address situations and touches that occur in daily life and, if necessary, change them.

### Corona, Human Rights and States of Emergency

Inform your children about why measures against spreading the virus must be taken and which fundamental rights are therefore not given at the moment e.g. the freedom of assembly, the right to move freely, to greet others however you like, to play outside, and many more. Dive into the history of these vitally important rights, who fought for them and why, how they are threatened again and again, and why you personally care about them.

### Who is missing right now and who is not

Reflect together who you and your kids miss the most. And who you do not miss at all. You will discover more about the people your child cares about, but also about

which people in your life might scare your child and are making their life more difficult.

### This forced break affects everyone differently

A break is above all else a challenge, a chance, for some an imposition, for others an unbearable pressure, for some it is simply a vacation, for others it is dangerous, a nightmare even, and for others a wish come true... and some are not on a break at all. These wildly differing perceptions of the current situation should be allowed to exist next to each other, and it is advisable to talk about them.

### Cooking, rearranging, reading aloud, surfing...

Let your child/children do the cooking for once, be it toast for breakfast, or a full meal. In everyday life, there is hardly ever time for children to actually cook something they like themselves. Many kids and teens do not only enjoy baking cookies, they also like to get involved with elaborate recipes, if given the chance.

### Reading aloud makes the time go by faster and you get to dive into all sorts of fantasy worlds together.

Changes around the apartment, rearranging furniture, putting up new pictures on the walls – making changes together brings some action and movement into this prescribed stillness.

Allow your kids to show you new apps, devices and other finds from the virtual world. Surf to good websites, games, chats and infos together, e.g. about the corona crisis, or laws regarding children's rights (for the future, when everyone is allowed back outside), about learning

tools, sex education, etc. (see below for some suggestions)

### Journey of the mind

Instead of taking the car, bus or train to rush to school, training, music lessons etc. and back, take some time to picture together where you would go, if there was no quarantine.

### How am I handling these strange times, how are others coping?

Reflecting together how other children and teens might be handling the current situation opens up a space to discuss different living conditions, to compare them with one's own situation and to talk openly about feelings.

### Talking

Takes time. Takes courage. Because it may lead to discussions that are demanding and burdensome. But silence is an even bigger burden. Use this time you have with your kid/s. Try to talk, be it a only a few minutes at a time, or half an hour at another time. Your kids have a lot to say.

### Getting Help

If you are unable to go on, if something you child has said or shown is troubling you, if you struggle to make sense of your child's behaviour, if you need help, get in touch. We, Team Selbstlaut, are there for you: [office@selbstlaut.org](mailto:office@selbstlaut.org), 01-8109031, and there are many other information/counselling centres that are too:

### Beratungsstellen und Einrichtungen in Wien:

Kinder- und Jugendanwaltschaft Wien:

<http://www.kja.at>

Ninlil, Verein gegen sexuelle Gewalt an Frauen mit Lernschwierigkeiten oder Mehrfachbehinderung:

<http://www.ninlil.at>

Tamar Beratungsstelle für misshandelte und sexuell missbrauchte Frauen und Mädchen:

[www.tamar.at](http://www.tamar.at)

Notruf. Beratung für vergewaltigte Frauen und Mädchen:

<http://www.frauenberatung.at>

Wiener Männerberatung. Therapiezentrum und Informationsstelle für Männer, Projekte mit Burschengruppen:

[www.maenner.at](http://www.maenner.at)

Frauen beraten Frauen:

<http://www.frauenberatenfrauen.at>

Rosa lila Tip, Beratungszentrum von und für homosexuelle Mädchen, Buben, Frauen und Männer:

<http://dievilla.at>

Miteinander Lernen/Birlikte Ögrenelim. Beratungs-, Bildungs- und Psychotherapiezentrum für Frauen, Kinder und Familien:

[www.miteinlernen.at](http://www.miteinlernen.at)

BIZEPS – Zentrum für Selbstbestimmtes Leben, Peer-Beratung mit der Aufgabe, behinderte Menschen und ihre Angehörigen in allen Lebensbereichen zu beraten:

<https://www.bizeps.or.at>

### Beratungstellen und Einrichtungen in anderen Bundesländern:

Selbstbewusst, Verein für Sexualpädagogik und Prävention von sexuellem Kindesmissbrauch, Salzburg:

[www.selbstbewusst.at](http://www.selbstbewusst.at)

Pia, Hilfe für Opfer sexuellen Missbrauchs, Linz:

<http://www.pia-linz.at>

Hazissa, Fachstelle für Prävention von (sexualisierter) Gewalt, Graz:

<http://www.hazissa.at>

Zebra, Interkulturelles Beratungs- und Therapiezentrum, Graz:

<http://www.zebra.or.at>

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## Hilfreiche Links für die Zeit der Ausgehbeschränkungen aufgrund von Corona für Kinder, Jugendliche, Eltern, Erziehungsberechtigte und alle Bezugspersonen:

### Kinderrechte

Kinderrechte machen keine Pause:

<https://unicef.at/news/einzelsicht/kinderrechte-machen-keine-pause/>

### Informationen über Corona:

Info über Coronavirus für Eltern:

<https://unicef.at/news/einzelsicht/coronavirus-informationen-fuer-eltern>

Das Coronavirus Kindern einfach erklärt - ein Video der Stadt Wien:

[https://www.youtube.com/watch?v=\\_kU4oCmRFTw](https://www.youtube.com/watch?v=_kU4oCmRFTw)

Corona-Quiz for children (English):

<https://www.unicef.org/coronavirus/fact-or-fiction-how-much-do-you-actually-know-about-coronavirus-covid-19>

Le Coronavirus expliqué aux enfants (Français/Französisch):

<https://ptitlibe.liberation.fr/coronavirus-dernieres-infos,101211>

How teenagers can protect their mental health during coronavirus (covid-19) (English):

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Coronavirus disease (COVID-19): What parents should know – How to protect yourself and your children (English):

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

How to talk to your child about coronavirus disease 2019 (COVID-19) (English):

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Çocuğunuza Koronavirüs 2019'dan (COVID-19) nasıl bahsetmelisiniz? (Türkçe/Türkisch):

<https://www.unicef.org/turkey/hikayeler/%C3%A7ocu%C4%9Funuza-koronavir%C3%BCs-2019dan-covid-19-nas%C4%B1l-s%C3%B6z-etmelisiniz>

### Spiele und Beschäftigung:

Ballübungen für Zimmer und Garten:

<https://sport.orf.at/stories/3060933>

Experimente für zuhause:

[https://www.helmholtz.de/.../Helmholtz\\_Schuelerlabore\\_Brochur...](https://www.helmholtz.de/.../Helmholtz_Schuelerlabore_Brochur...)

### WienXtra Tipps für zuhause Spielen:

<https://blog.kinderinfowien.at/tipps-fuer-zuhause>

<https://www.wienxtra.at/spielebox/zuhause-spielen>

Kinderfreunde: Gruppenstunde:

<http://www.gruppenstunde.at>

Museen online:

<https://www.travelandleisure.com/.../museums-with-virtual-tou...>

<https://artsandculture.google.com>

### Digitale Spiele:

WienXtra: Digitale Spiele- und Eltern-Tipps:

[https://www.wienxtra.at/.../Bros.../\\_games\\_broschüre\\_19\\_web.pdf](https://www.wienxtra.at/.../Bros.../_games_broschüre_19_web.pdf)

### Kinderbuch-Vorstellungen und Empfehlungen:

[https://selbstlaut.org/wp-content/uploads/Literaturliste\\_Selbstlaut\\_Okt\\_2019.pdf](https://selbstlaut.org/wp-content/uploads/Literaturliste_Selbstlaut_Okt_2019.pdf)

<http://buuu.ch>

Sexuelle Bildung:

<http://dasmachen.net>

<https://s-talks.at>

<https://firstlove.at>

<https://liebenslust.at>

### Website-Tipps für Jugendliche:

<https://www.rataufdraht.at>

[https://www.feel-ok.at/de\\_AT/jugendliche/jugendliche.cfm](https://www.feel-ok.at/de_AT/jugendliche/jugendliche.cfm)

<https://www.saferinternet.at/zielgruppen/jugendliche>

Saferinternet.at für Eltern:

<https://www.saferinternet.at/zielgruppen/eltern>

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