



Last week I posted out 71 Kid's Herald (ages 6-12) or Kid's Jnr Herald (ages 2-5). For decades the Australian Herald has been connecting Community of Christ affiliated all around Australia and even across the world. It is time for the under 12 to have their own special edition with the very same purpose. To help those that receive it to feel connected to the wider Community of Christ community.

The kid's edition may contain an interview, recipe, craft, some jokes, a puzzle and some upcoming events. Hopefully it allows all kids to see that there are many other CofChrist kids outside of their family or the few they might be aware of and begin to get to know them. I also hope they get a little joy in getting something in the mail. Who doesn't love mail when it isn't bills?

If you know of any kids that might like to receive these please contact me with their postal address.

At this time with social distancing and COVID, where so much has changed and shifted routines, this can be very unsettling for all of us but especially kids. Children rely on adults to know what is going on, and right now few of us do. Below are a couple of my tips.....

*Kass Unger*

....HERE ARE A COUPLE OF TIPS THAT MIGHT HELP ALL OF US IN THIS UNSETTLING TIME.

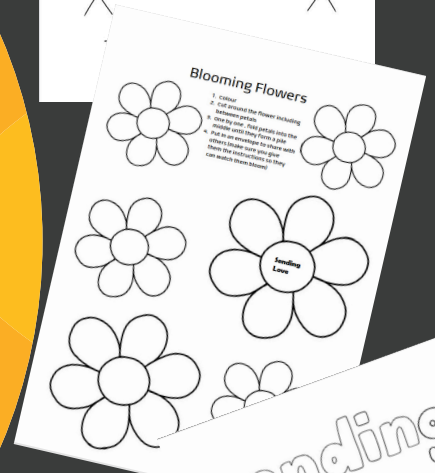
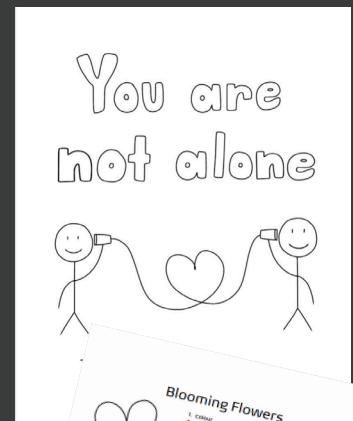
- Maintain some routine. Structure is good.
- Get dressed.
- Go outside.
- Move.
- Challenge your brain.
- Stay hydrated and eat well.
- Stay connected with actual people, not social media.
- Develop some self-care activities that speak to you.
- Create a way to have personal retreat space.
- Spend extra time playing with children-not being, but playing. They might not know how to communicate how they feel. Play helps them.
- Give everyone the benefit of the doubt. Being cooped up and stressed can bring out the worst in everyone.
- Focus on safety and attachment and limit COVID conversations, especially around children.
- Help others and notice the good in the world.

**Kass Unger**  
[kunger@cofchrist.com.au](mailto:kunger@cofchrist.com.au)



# KIDS<sup>♥</sup> ministry

Check us out at:  
<https://www.cofchrist.com.au/kids-ministry>



# KIDS<sup>♥</sup> book club

**COME JOIN US AT 4PM (SYDNEY TIME) ON WEDNESDAY'S FOR A BOOK, CHAT AND CRAFT.**

**Before we meet check out the resources you will need below (be creative if you are missing anything) and on Wednesday click the zoom link to join us. Little ones might need some help.**

Find out more at  
<https://www.cofchrist.com.au/kids-book-club>

