



NZDF COVID-19

TIPS FOR FAMILIES/WHĀNAU WITH AN OP PROTECT WORKER

NZDF is calling the work done to support the All of Government COVID-19 response 'Operation PROTECT'. Living in a household with Op PROTECT workers may be challenging. Normal routines, shared responsibilities and hours of work can be disrupted. As an Op PROTECT worker or a family member of an Op PROTECT member you may be feeling worried or anxious about the safety and wellbeing of members of your household.

What can I do during time on Op PROTECT to support my whānau?



- Talk to your whānau about how you feel about working. If you have children this may include stories of the fun/positive/important parts of the job
- Acknowledge that there may be a very small risk of contracting COVID-19 but talk to your whānau about the strategies that are in place to minimise this risk while on Op PROTECT
- Discuss how your job with Op PROTECT may impact your whānau and identify ways these can be minimised (sharing the load, changing routines, additional support etc.).
- Encourage your whānau to connect with other whānau who have members away, and to connect with support services early if problems arise.

Tips for the whole whānau:

- It's okay if you feel a little worried or anxious at the moment – we are all in this together
- Consider if there are other factors contributing to how you and your whānau are feeling that are within your control to change
- Limit your media exposure for yourself and children, in particular media that is focused on Op PROTECT or isolation facility workers. One way of doing this could be to choose a single trusted media platform and decide how often you will check it
- Children will pick up on your mood, consider including them in conversations about the work of NZDF Members on Op PROTECT.
- Stay consistent with parenting styles and routines where possible
- Your Op PROTECT worker may have to change work hours with short notice, don't make plans and promises to children about when they will be home
- If your Op PROTECT worker is choosing or is required to stay elsewhere to your family, discuss and decide on some strategies to stay connected.
- Make a plan with your whānau before on Op PROTECT duties about how and when you will communicate with them. Let them know that you may need to change the plan at short notice if your duties change.

