



HOW TO TALK TO KIDS ABOUT COVID-19



Remain Calm and Reassuring

- Children will react to and follow your verbal and nonverbal reactions.
- If you notice that you are feeling anxious, take some time to calm down before trying to answer your child's questions.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.

Make yourself Available

- Children may need extra attention from you and may want to talk about their concerns, fears and questions.
- It is important that they know they have someone who will listen to them and make time for them.
- Tell them you love them and give them plenty of affection.

Stick to a Routine

- This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would on vacation week or summer vacation.
- Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

Monitor Media

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

SHORE UP! Inc Early Head Start/ Head Start Health Services

Sources: National Association of School Psychologists <https://www.nasponline.org/resources-and-publications>,

Child Mind Institute <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>