

How to talk with your child about COVID-19.

1. As much as possible, remain calm and reassuring.



- Children refer to their caregivers for guidance about how to respond to stress. Being mindful of your own reactions can help your child stay calm.

2. Take time to talk with your child, and figure out what their understanding is.

- Start by asking your child what they already know. Asking open-ended questions will help you learn what they know or don't know.
- Provide honest and simple information. Offer definitions for words like COVID-19, social distancing, quarantine, isolation and pandemic.
- Be prepared to repeat information over the course of time as your child continues to process this situation.
- It's okay if you don't know all the answers, you may be able to look up answers to some of their questions together.



3. Pay attention to what children are hearing, seeing, or viewing from the media about COVID-19.

- Limiting children's exposure to media information can help reduce anxiety and worry.



4. Talk about things that you can do as a family to stay healthy.



- Remind your child how to wash their hands effectively, and why it's important.
- Remind them to cough or sneeze into their elbow or a tissue, and then throw the tissue away.
- Encourage age-appropriate self care for all members of your family.
- Demonstrate good self-care to help your child know everyone is working together to stay healthy.

5. Maintain routines at home, and create new ones to help support a sense of normalcy.

- Establishing or maintaining routines helps children to plan and predict what will be happening, and helps children to feel a stronger sense of control.
- Create new routines and activity lists to help your family stay active during changes to daily life.
 - Having a written or visual checklist can be helpful when establishing new routines.
 - Don't forget to play, read, and engage in fun activities together every day.



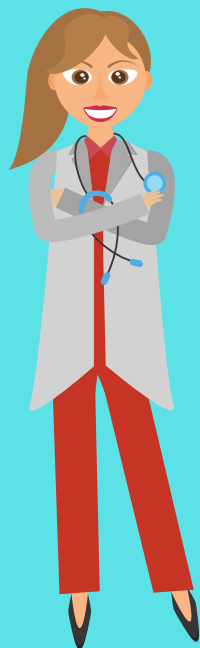
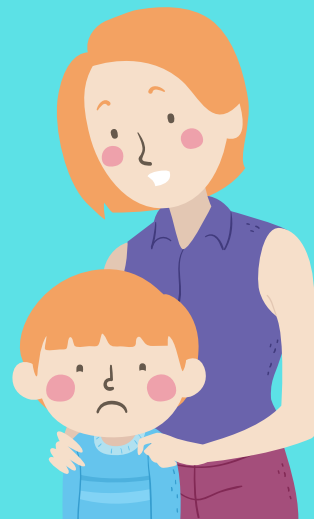
6. Acknowledge the changes and possible sense of loss.



- Acknowledge your child's feelings about changes to routines or planned activities.
- Help your child understand why changes are being made, and help explain that it's to keep everyone as healthy as possible.

7. Watch for signs of increased anxiety or worry.

- For children with existing anxiety or worry, be prepared that it may be worse for a time.
- If you are concerned about new or ongoing behavior issues or worries your child has, contact their primary care provider for guidance.



8. Reassure them about what medical professionals are doing to help those that are sick.

- If your child or someone in your family becomes sick, reassure them that you are talking with doctors and following their directions about how to get better.

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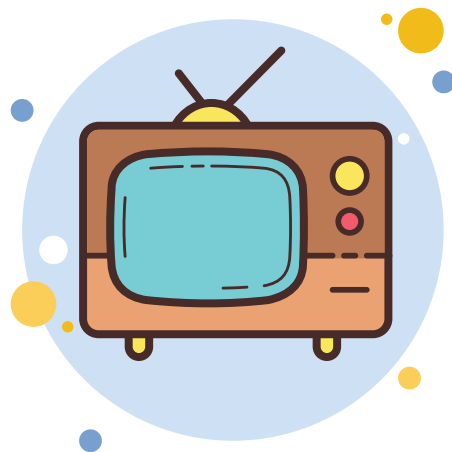
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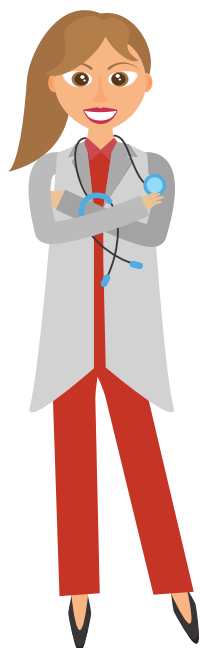
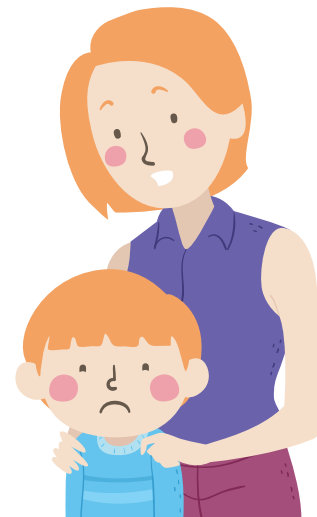
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