



Discussing COVID-19 with Children

Be Clear & Concise

Explain COVID-19 in simple terms. Children have the right to be informed, but feeding them information that might create stress is unnecessary. Relate the virus to something they already know, for example the common flu. Explain that it's not terribly different than seasonal flu, however it's a different strain and doctors are working hard to find a vaccine.

Emphasize their Safety

Inform them that adults are working hard to keep them safe and healthy. Their responsibility is to wash their hands & not touch their faces! Giving children simple, yet effective activities, empowers them.



Monitor Exposure to News Outlets

Keep children away from constant news updates, they don't have the ability to filter out the 'good' & the 'bad.' Minimize conversations where you express your own worry when they might overhear.



Routine

While some disruption may be inevitable, try to keep them focused on normal daily life by creating a schedule, with educational, and recreational activities, or even a nap!



Be a Role Model

Lead by example and encourage kids to take part in healthy practices. Emphasize washing hands while singing their ABC's, sneezing into their elbows, avoiding touching their face.

Practice Self-Care

You can't keep your family healthy unless you yourself are healthy. Engage in self-care routines to keep you energized and your immune response strong.

