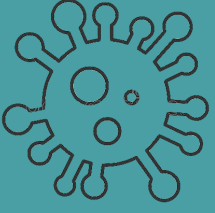


# HOW TO TALK TO KIDS ABOUT COVID-19



## DEFINE COVID-19

- What the disease is
- How the virus spreads
- Why people have to quarantine and practice social distancing measures

## BE HONEST

- Honestly explain the situation
- Hiding information from children in an attempt to protect them can end up being more detrimental and confusing

## BE DIRECT

- Use straightforward and clear language
- Clearly explain and describe the situation so that children understand why their lives have changed so drastically

## DON'T PLACE BLAME

- Be careful to not blame certain groups of people for COVID-19
- Make clear to children that they are not to blame

## ACKNOWLEDGE CHALLENGES

- Reassure children that the new struggles they are facing are valid and normal
- Acknowledge that everyone is struggling
- Provide coping mechanisms and ways children can face these challenges

## LISTEN AND RESPOND THOUGHTFULLY

- Give children the time and space to feel comfortable explaining their own emotions
- Share your own emotions in response, as children often feel a sense of comfort knowing others have similar emotions

## THINGS TO KEEP IN MIND

### CHILD'S AGE AND STAGE OF DEVELOPMENT

### WHAT INFORMATION THE CHILD HAS ALREADY BEEN EXPOSED TO (NEWS, SOCIAL MEDIA, ETC.)

## COPING MECHANISMS FOR KIDS



Follow a routine



Socialize virtually

Talk about emotions

Find new hobbies

Try to remain optimistic about the future



Limit news access



## WANT MORE HELP?

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/kids-covid-19/art-20482508>

<https://newsnetwork.mayoclinic.org/discussion/helping-kids-cope-with-the-covid-19-pandemic/>

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>