

How to Talk to Your Kids About COVID-19

It is likely that your children have already heard something about COVID-19. Be willing to talk with them about it with honesty and openness. Think about how much they will be able to understand, because you know them best.

Be Open and Listen



Ask your child questions and allow them to talk freely, so you find out how much they already know.

Be Honest with Them and Provide Accurate Information

- Think about how much your child will understand and answer their questions truthfully.
- Talk to your children about how some stories about COVID-19 are based on inaccurate information.
- As a parent, it is OK not to have all the answers. It is fine to tell them, “We don’t know, but we’re working on it.”

Be Supportive

- Children might also be scared and confused. Make sure they know you are there for them and they can share how they are feeling with you.

Give Them Extra Time and Attention



Children need adults’ love and attention during difficult times like these.

Set aside a time to have one-on-one with each of your children, if you can.

If possible, give them time to play and relax.

Teach and Reinforce Everyday Preventative Measures



Explain that handwashing and social distancing can keep them healthy and stop the virus from spreading to others and be a good role model and they’re more likely to follow your foot steps

- Make handwashing a family activity

Watch for Signs of Stress in Your Child

Some common changes to watch for are if your child is showing:

- A lot of worry or sadness
- Unhealthy eating or sleeping habits
- Having difficulty paying attention and concentrating

Help Your Child Stay Active



Take walks and encourage your child to play outdoors while practicing social distancing.

Do indoor activities with your child (stretching, exercising, or dancing).

Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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