

# 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.



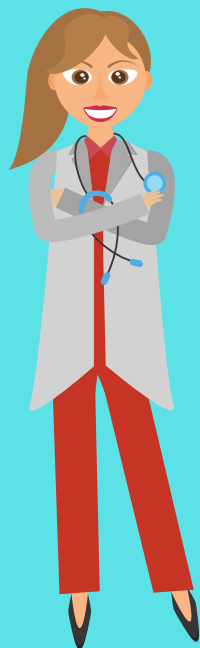
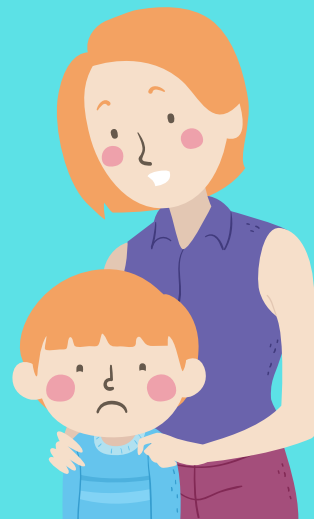
## 6. Acknowledge the changes and possible sense of loss.



- 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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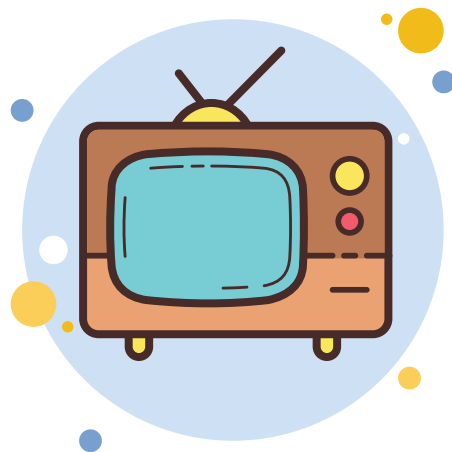
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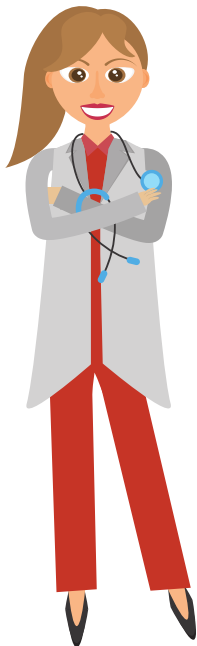
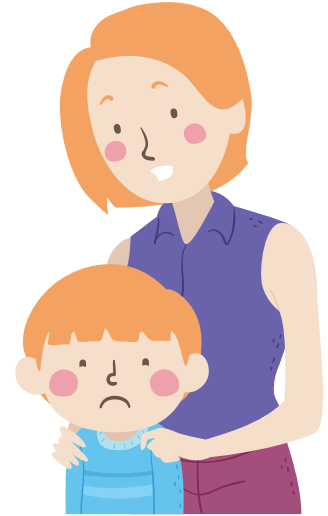
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