

# How To Talk To Your Kids About:

## THE CORONA VIRUS, SOCIAL DISTANCING, SCHOOL CLOSINGS.

As local schools close for several weeks and anxiety is increasing in our community, knowing how to handle worries with our kids (and ourselves) can help ease everyone's mind and heart! Here are some ways to talk about the Coronavirus, school closings, social distancing, and worries with your kids:

### **1. Focus on facts!**

Elementary age kids think like scientists, so give them the actual facts! Skip the opinion articles (and memes!) and check out the local facts at [ky.covid19.ky.gov](http://ky.covid19.ky.gov)

### **2. Validate fears!**

Don't dismiss your kiddos fears, talk about them and reassure your kiddo that you'll figure it out together.

### **3. Talk about how to protect others!**

The point of social distancing, school closures, online church, etc. is that we can all be protectors of our community, especially those people who are already sick with something else and are at a higher risk. We can help them by staying home!

### **4. Understand viruses and carriers!**

Viruses need a person (a carrier) to spread, so when we all stay home, it can't reach new carriers. This keeps it from spreading fast!

### **5. Pray about it together!**

Not only can you practice going to God with hard things, but it'll probably help you all keep a better perspective on what matters most! We are here for you!

Reach out to [gcoc.leah@gmail.com](mailto:gcoc.leah@gmail.com) if you need anything.