

# 7 Simple Tips on How to Talk to Kids About the Coronavirus

**You're not alone.** As the world's leading expert on childhood, we're providing parents, schools and communities with tools and tips you can trust about [coronavirus](#) (COVID-19) and kids. Together, we're doing whatever it takes to protect our children. Here's how to guide the conversation with a child in your life.

1. Get informed and share the facts.
2. Tailor your approach based on your child – think about whether more information makes them more or less anxious.
3. Approach the subject simply and calmly – kids take their cues from you.
4. Ask your child what they know, answer their questions and address any misinformation
5. Validate their feelings, while reassuring them – “I understand this can be scary. We're taking steps to keep healthy, and we're well prepared.”
6. Remind them of what's in their power – washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.
7. Model good hygiene, and try to make it fun! Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds.