

## Tips for Talking to Your Kids about Coronavirus/COVID-19

As the world around us reacts to the unknowns of the Coronavirus/COVID-19 outbreak, our children are hearing, responding and feeling the impact of this unique world event. Here are some tips for you to help answer questions and reassure curious and anxious young minds.

### Use clear language and make comparisons that your child is familiar with

For example: "The coronavirus is a kind of germ that can make people sick. Sort of like a cold, or flu"

### Tell your child how you are going to help protect them and why these precautions are important

Example: "We are going to wash our hands a lot more, stay away from big crowds and use hand sanitizer when we are not at home to make sure we are keeping our bodies safe. We want to keep our bodies safe and also make sure we don't accidentally get anyone else sick."

### Make washing hands, staying at home, and other precautions fun.

While these precautions need to be taken seriously, they can still be fun and engaging instead of scary and stressful. Get creative and ask your kiddo how they want to make things more fun too!

### Children want to feel they have a role and a purpose in the middle of unknown circumstances

Find a way to help, volunteer, or donate in your local community. This can help your child feel more in control of the situation and help them with their fear of the unknown.

### Children react to change the way the adults in their lives act

Make sure you're practicing self-care and taking care of your own emotions. Kids will be taking their cues from you and how you react to this crisis.

### Validate how they are feeling to the unknowns of this situation

This is a new situation, so it is okay if you don't have all the answers.

### Make sure you let your kids talk about hard feelings like fear, anger, and sadness

We all are feeling these things so role model handling those emotions through good coping, like taking deep breaths, crying, or writing down or talking about your emotions.

### Schedules help kids feel normal and in control

Make a daily schedule and post it for your kids. It doesn't have to be too detailed, but you can include things like learning, reading, make believe play, exercise, naps, chores, and so on.

### Turn off the news and social media

Nonstop information can be hard to for kids to process.

### Walk away when you need some alone time

It's okay to feel overwhelmed!

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