

**Tips for Talking to Your Kids About COVID-19**

- 1) It's important to remember, research shows that if **parents stay calm** in times of crisis, children will typically get through it with limited lasting psychological impact.
- 2) **Let your kids talk about COVID-19**, ask questions and voice their concerns. Answer questions but provide reassurance that everyone is doing their best to keep people safe.
- 3) **Keep conversations age appropriate.** Elementary children only need simple information along with reassurance that parents are working to keep them safe and are there to care for them if they get sick. Teens are more able to have a discussion about the situation with their parents, but they need reassurance too!
  - 4) Help your child engage in **coping strategies**. Teach them deep breathing, encourage them to engage in projects that might help others (i.e., writing letters to isolated neighbors), and give lots hugs and snuggles.
  - 5) **Be aware of how you talk about COVID-19.**  
Children take their cues from parents – if you're not calm, they won't be either.
- 6) **Monitor news and social media consumption.** Children may be too young to identify misinformation or may be overwhelmed by what they are reading and seeing.
- 7) **Correct misinformation** that your child may have.
- 8) **Keep safety information short and simple** (i.e., handwashing and social distancing instructions).
- 9) Information provided to your children should be given in **small chunks**.
- 10) **Provide reassurance** – let them know that adults are working hard to keep people safe.
- 11) **Take the time to notice the positives** too. Point out the good that's going on, like getting to spend time together, people doing good deeds for others, etc.

