

HOW TO TALK TO CHILDREN ABOUT THE CORONAVIRUS

CHILD LIFE ON CALL



1

OPEN COMMUNICATION

Create an opportunity for open communication. There is a lot of information surrounding the virus coming from several sources. Empower your children to ask questions when they hear information that feels unsettling and investigate together whether or not it is true.



2

FOCUS ON WHAT WE KNOW

Instead of focusing on what we don't know, focus on what we do know:

- The virus acts like a cold or flu virus
- This virus is spread from human to human
- Hand washing is the number one way to stop the spread of this virus



3

EMPOWER YOUR KIDS

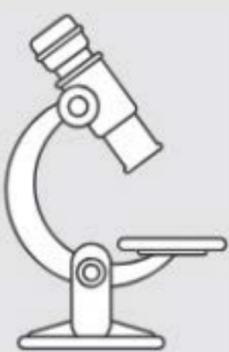
Talk to your kids like they are experts at handwashing - which they should be. Create a sense of empowerment and control over the spread of germs. "You already know how to stop the spread of germs through handwashing, covering your mouth when you sneeze or cough, and not drinking/eating after people. You already know how to stop the spread of germs!"



4

DISCUSS PROPER HAND HYGIENE

Speaking of handwashing - Ask your child to walk you through their hand washing process. Soap and water is best. for at least 20 seconds. with lots of bubbles between fingers



5

WE'RE STILL LEARNING

As you sit down to talk with your children. It's ok to admit that you don't have all the answers. Some of the world's smartest scientists and clinicians are still learning about this virus. and it would be remiss if we represented to our children that we had all the answers.



6

MODEL POSITIVE BEHAVIOR

Like other aspects of parenting, model behavior that you want your child to follow. Wash your hands after sneezing, after using the bathroom, and before meals. Consider taking a break from TV/Radio if the information is using fear-tactics and inaccurate information that is causing more harm to you or your child.