

Talking with Your Child about COVID-19

As the issues surrounding the coronavirus grow, children are impacted. Your child may worry about themselves or a relative getting sick; or worry about what his or her daily life may look like in the future. Parents and caregivers play a huge role in providing the structure and information that help to reduce children's stress surrounding the coronavirus. The CDC and others have created guidance to help adults have conversations with children about COVID-19. (CDC)

The websites listed below provide practical tips for talking with children about the issues surrounding the coronavirus. The following suggestions are discussed in detail.

Attempt to manage your family stress by:

- Keeping to normal routines and schedules as much as possible
- Maintaining consistent wake up and bedtime schedules
- Staying active and exercising while social distancing
- Maintaining healthy habits like hand washing and healthy eating
- Spending quality time together with fun home activities
- Taking extra time to talk and listen

Help manage children's concerns by:

- Remaining calm and reassuring when discusses their concerns
- Paying attention to what children hear on tv or online
- Consider limiting the amount of screen time/news focused on the virus
- Providing age appropriate facts.
- Validating your child's fears and emotions.

https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty?utm_source=facebook&utm_medium=social

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach>