



#StopTheSpread

Talking to your kids about the

Coronavirus

Sources:

www.who.int

www.cdc.gov

Don't be afraid
to talk about
the coronavirus.

Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Be
developmentally
appropriate.

Try answering their questions instead of volunteering too much information as this might be overwhelming.

Let them talk
about their
worries.

Be open and invite them to discuss what they may have heard and how they feel.

Focus on what
they can do to
keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Stick to
Routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Manage your
own anxiety.

When you notice yourself feeling anxious, take time to calm down before trying to have a conversation or answering your child's questions.

