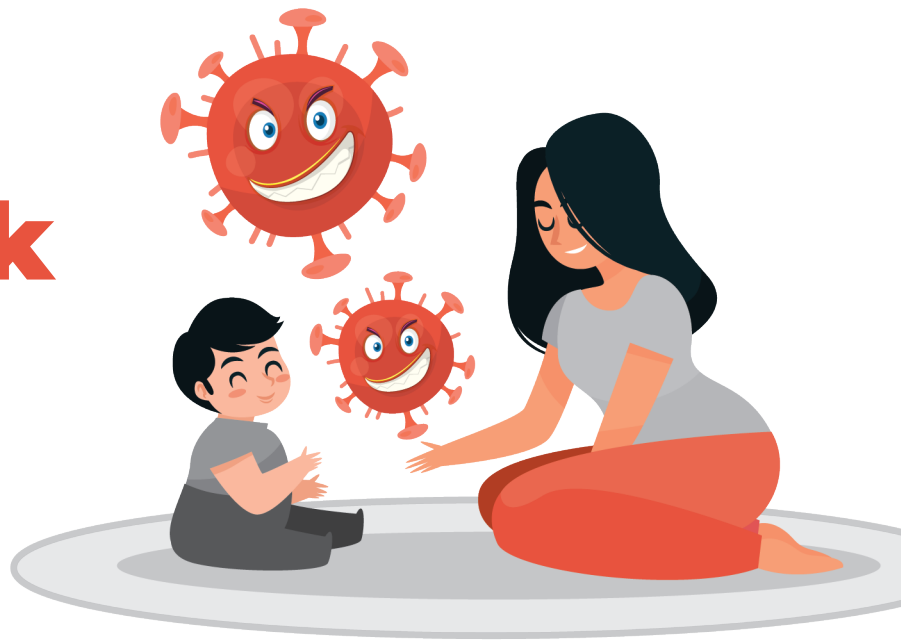


How to talk to a child about COVID-19



Don't avoid the conversation

Your child is hearing about coronavirus and is witnessing your anxiety, whether in the media, at home or online. Reassure your child by keeping him informed. Give him age-appropriate facts to keep them safe.



Choose your timings:

Don't talk about coronavirus when you are panicking. Calm down before having the conversation.



Answer questions to the best of our knowledge.

Stick to the facts. Children just need to know that you are there for them if they have any questions and if you don't have answers, you will get the facts for them.



Tune in:

Be attentive to clues that your child might have something on their mind that they would like to discuss with you.



Start with: "What do you know about the Coronavirus?"

This question will keep you from volunteering too much information, and will allow you to assess what information (true or false) they may have heard to-date. This question will also guide you in keeping your answers appropriate to their age and personal development.



Give short and simple answers.

Reassure your kids that you are there to keep them safe and to take care of them in case they do get sick.

Turn off the TV and any other source of information in order to protect your child and relieve your stress and panic.