

6 Tips on How to Talk About COVID-19 with Children

Let's Support One Another

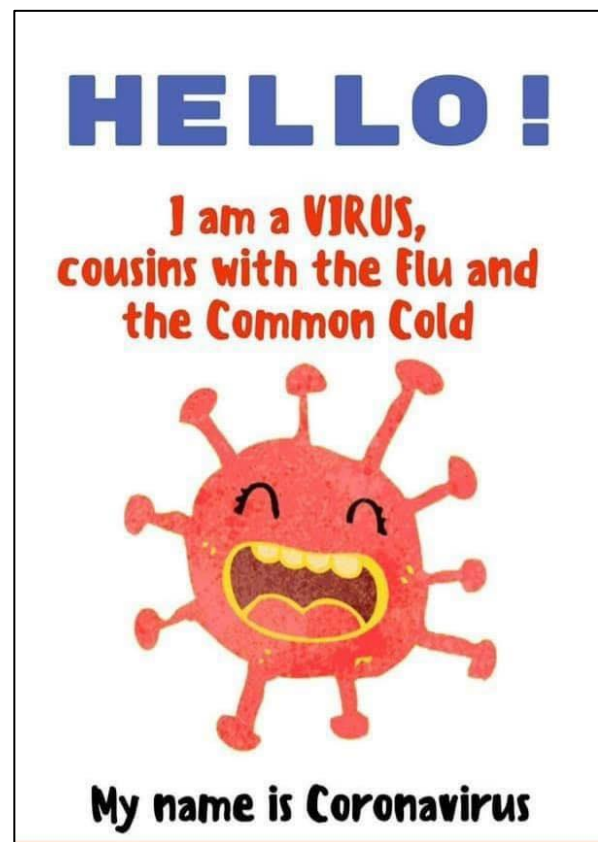
It's understandable to be anxious during this COVID-19 pandemic. How could we not be? However, how we as parents, caregivers, or caretakers manage our own anxiety about all this will have an impact on our children and families. Keeping your own anxieties and fears in check will help you and your family navigate this new situation.

If you are a parent, caregiver or caretaker and feeling hesitant or uncertain about what to share, how much to share, and ways to navigate COVID-19 when so much is still unpredictable, you're not alone.

Here are some quick helpful tips and tricks to get you through this with your little ones.

1. Make them feel safe:

Allowing your children to feel all their feelings without having say on how they should feel is a good start. We want to reassure our children that this is temporary and that they and their family will be just fine.



(mindheart.kids, 2020)

I love to travel...



**and to jump
from hand to
hand to say Hi**

**HIGH
FIVE**



(mindheart.kids, 2020)

3. Let them know what to except:

The scary part about this one is.... We as parents don't even know what to expect. However, we do know some things like we need to practice daily social distancing, proper hygiene and tentative return dates to school and extracurricular activities.



2. Give Simple Facts:

Your children only need simple and honest answers. Try to avoid “protecting” your child by not talking about the Coronavirus while they are around. It’s not helpful! Share age appropriate information such as “it’s a type of germ” and “it can make you sick like the flu”. Children don’t like feeling left out. Keep them informed!

When I come to visit, I bring...



Difficulty breathing



Fever



Cough

(mindheart.kids, 2020)

4. Keep the child’s developmental stage in mind:

Be honest with yourself and do your child a favor by keeping in mind their developmental stage. Every child is different, and you may face new challenges as your child is trying to adapt to his/her new norm. Be Patient and Understanding.

5. Try to keep a “Normal Routine”:

Keeping a “normal routine” is just not ideal for all families at this time. But you can keep your children on the same nap, outdoor play, and meal routines. Just as you need time to adapt to this new norm allow your children to do the same. This will be tough but remember it’s temporary and use your supports.



(mumslounge.com.au, 2015)

MANAGING CORONA VIRUS (COVID-19) ANXIETY

Blessing Manifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

(Nami Massachusetts, 2020)

6. Parent Self-Care

Be sure to take care of yourself. Try to limit how much news you watch. Take a walk, afternoon nap, bake, catch up on your favorite show or book. Be sure to identify ways to keep yourself grounded especially when dealing with challenging behaviors.

References:

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