

7 TIPS FOR TALKING TO KIDS ABOUT COVID-19



1

Don't be afraid to talk about it.

Convey the facts and set an emotionally reassuring tone.

2

Be age-appropriate.

Older kids can generally handle more detail than younger kids. Focus on answering their questions. Do your best to answer honestly and clearly, and it's okay if you can't answer everything.

3

Follow their lead.

Encourage them to ask questions and share their perspective. Invite them to tell you anything they may have heard about COVID-19 and express how they feel.

4

Check yourself.

Feeling anxious? Take some time to calm down before trying to have a conversation or answer your child or student's questions.

5

Focus on actions you can take yourself.

Emphasize safety precautions everyone can take to help keep themselves and others healthy: getting vaccinated if you are eligible, good hand hygiene, cough and sneeze etiquette, social distancing and staying home if you aren't feeling well.

6

Stick to routine.

Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

7

Keep talking.

Let them know the lines of communication are going to be open and as you learn more, you will share the information with them.

Credit: Child Mind Institute

www.fraserhealth.ca/covid19