

## 01 **DON'T BE AFRAID TO DISCUSS IT**

Most children have already heard about the virus or seen people wearing face masks. Not talking about something can actually make kids worry more. The conversation you have is an opportunity to share facts and set the emotional tone.

## 03 **TAKE YOUR CUES FROM YOUR CHILD**

Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them plenty of opportunity to ask questions. Your goal is to avoid encouraging frightening fantasies.



## 05 **BE REASSURING**

Hearing about the virus on the news may be enough to make kids worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus is (the flu is much more common) and that kids seem to have milder symptoms.



## 07 **STICK TO ROUTINE**

Staying rooted in predictable routines will be very helpful right now. Structured mealtimes and bedtimes are essential to keep kids happy and healthy.



## 02 **BE AGE APPROPRIATE**

Don't volunteer too much info, as this may be overwhelming. Instead, do your best to answer your child's questions honestly and clearly. It's okay if you can't answer everything. Being available to your child is what matters.



## 04 **DEAL WITH YOUR OWN ANXIETY**

When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the virus. If you notice that you're feeling anxious, take some time to calm down before trying to have a conversation/answer your child's questions.



## 06 **FOCUS ON WHAT YOU'RE DOING TO STAY SAFE.**

Emphasize the safety precautions that you are taking. Kids feel empowered when they know what to do to keep themselves safe. Remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds when they come inside, before they eat, after coughing/ sneezing or using the bathroom.

## 08 **KEEP TALKING**

Tell kids that you will continue to keep them updated as you learn more. Keep open lines of communication.

