

# NEURODEVELOPMENTAL CENTER

## HOW TO TALK TO CHILDREN ABOUT COVID-19

### WHAT IS COVID-19?

- 1 Use language that matches their age and development.
- 2 Ask them open ended to questions to determine what they know (e.g., "How are you feeling?", "What have you heard?").
- 3 Stick to the facts:
  - Coronavirus (COVID-19) is a virus that makes people sick.
  - It spreads very fast from person to person.
  - Many people (i.e., doctors, nurses, and custodians) are working to keep us healthy.
  - Social distancing works to stop the spread of the virus. It is how we keep ourselves and other people safe.



### HOW LONG WILL IT LAST?

Although we do not know when the virus will be gone, we are working as a big team to keep people safe and healthy. Help children understand their role on the team.

### WHAT ABOUT SCHOOL?

Everyone is staying home to help stop the germs from traveling. We can still learn and stay in touch with our friends and family by calling, emailing, or video chat.

### FOCUS ON THE POSITIVE

Encourage children to write letters to helpers or draw pictures for them. As a family, talk about the things you are grateful for. Make sure children know that you enjoy the time you are able to spend together.



### LIMIT MEDIA EXPOSURE

The news can be very scary right now. Parents should limit media exposure for children as much as possible. If they have seen a news broadcast or read something on the internet, talk to them afterward so that you have the chance to clear up false information and offer support.

### TALK ABOUT FEELINGS

Tell children that their feelings are normal - no matter what they are. Everyone reacts differently to uncertain situations. They may feel sad, stressed, scared, mad, or confused. Let them ask questions, correct any misinformation, and reassure them that they are safe.



### HOW WE CAN BE GERM BUSTERS



Wash your hands with soap and warm water for 20 seconds. This helps wash germs away.



Avoid touching your face, especially your eyes, nose, and mouth. This stops the spread of germs.



Cover coughs & sneezes with your elbow. This stops the germs from traveling.