

# How to talk to kids about Coronavirus (COVID-19)

## **Make time to talk:**

Kids may be worried about the major transitions happening around them. Be sure to make time for them and speak to them in a way they will understand. Focus on topics within their control, like the importance of handwashing, and staying away from large crowds. Explain the rationale of being out of school; even though children may be less affected by the virus, we want to keep all members of our families and communities safe.



## **Stick with routines:**

Our students are used to their daily routines, and sticking with routines at home will help kids feel more in control of their environment. Sometimes it is even helpful to work together at home to come up with a visible chart or schedule for kids to physically see or hold onto. *Note: Check out yesterday's sample schedule (Under [wtsd.org](http://wtsd.org)'s COVID-19 tab, titled "Maintaining a routine during school closures").*

## **The news can be scary:**

Limit news exposure and be mindful of conversations that kids are able to hear. It is best for children to access information about COVID-19 directly from parents/guardians in case there are questions or concerns that follow. Be sure to acknowledge their worries and allow time to express them.



## **Practice coping skills and remind kids of what is within their control:**

Breathing exercises (deep breaths/count to 10), mindfulness activities (like yoga/meditation videos), outside play, or journaling are all ways in which kids can choose to calm their minds and express nervous energy. Limit excessive reassurance and encourage kids to practice coping skills on their own that work for them or repeat reminders such as: "My breathing is in my control," or, "My family is making sure I am safe."

**Most of all, enjoy your time together as a family, and do your best to make learning FUN!**