



How to talk to your kids about COVID-19

Source: Child Mind Institute

- **Welcome their questions**
 - Encourage them to ask questions and, whatever the question, try to take their concerns seriously.
- **Don't avoid questions you can't answer**
 - Be comfortable saying "I don't know."
- **Be developmentally appropriate**
 - Try to answer your child's questions honestly and clearly. It's okay if you can't answer everything!
- **Take your cues from your child**
 - Invite your child to tell you what they heard about the virus, and how they feel.
- **Deal with your own anxiety**
 - If you've just learned news that's upsetting, or that you worry will upset your child, take some time to calm down before talking to your child about it.
- **Focus on what you're doing to stay safe**
 - Kids feel empowered when they know what to do to keep themselves safe.
- **Keep talking!**
 - Tell kids that you will continue to keep them updated as you learn more.