

# Talking with Children about COVID-19

Current changes in our society as a result of the pandemic can be overwhelming for children. Caregivers and healthcare professionals need to work together to validate how they feel and provide accurate, age appropriate information as needed. Below are a few tips on how to approach these conversations.

1

**Acknowledge that children may be scared or worried and validate that they have done nothing wrong.**

2

**Find out what they already know about the situation and address any possible misconceptions they have.**

4

**Admit that you don't have all of the answers. Remind kids that everyone is doing what they can to keep people safe and healthy.**

3

**Explain what you know in an age-appropriate manner, address their concerns, and answer questions honestly. Here are a few important discussion topics and suggestions on how to start them:**

- **Coronavirus/COVID-19:** “You know what it’s like to have the cold or flu? Well, this is like that. Most people who have it just stay home and get better. Our doctors and nurses are working to care for those who are really sick.”
- **Social distancing/School closures:** “Staying out of school and away from big groups is how we do our part to limit the spread of germs.”
- **Hand hygiene:** “Washing our hands frequently and coughing or sneezing into our elbows helps reduce germs and keep viruses away.”

5

**Ask children to “teach back” what they have learned and share any additional questions. If you can tell from their response that they are still confused or overwhelmed, try prompting them to explain what they are worried about.**

