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5 Ways to Discuss Coronavirus with Kids

A Parent and Educator's Guide

Set a Calm Example



Although the Coronavirus may cause anxiety, you can model a cool, calm demeanor.

- A normal tone of voice and calm body language will soothe fears.
- Kids are always listening and observing. You can protect them by having positive conversations and limiting media exposure.

Allow your child to lead the conversation with *their* questions.

- Identify their fears and address their concerns.
- Affirm their fears, but remind them there are positive things they can do to protect themselves.

Listen to Their Fears



Prepare the Plan. Practice the Plan.



Create a school or family plan based on recommended health precautions.

- Enlist their help and ideas when creating the plan. Encourage them to be creative and playful with their ideas (songs, games, stories, etc.).
- Praise them for practicing the plan.

Refer to [CDC Resources](#)

When we empower kids, we help them ease their fears. For example:

- "There are things in life that can hurt, but there are things in life that can help: medicine, doctors, and you!"
- "We don't have to get sick if we're careful with our germs. We can be heroes by being careful with our germs and keeping them away from others!"

Empower Them



Encourage Them



In times of uncertainty, kids need stability and encouragement. You can say:

- "Not everyone will get sick, and the more we practice our plan, the more people we can keep well!"
- "We may not be able to do everything we want for a little while, like going to the movies or playing with our friends – but it won't be like this forever."

As specialists in talking to young children about traumatic subjects, our team has prepared the above guide to help kids **be safe and feel safe**. This resource is based on information drawn from the [National Association of School Psychologists](#) and [Harvard Health Publishing](#).

