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Tips for Talking to Children about Coronavirus

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Create a calm setting

Children pick up on the emotions of the adults around them. Adults need to manage their anxiety before attempting to address the concerns of children.

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Ask what they already know

They may have misinformation that needs to be corrected. Ask them about their concerns and fears. Children tend to worry about their own safety and those in their immediate world such as friends, family members, and even pets.

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Provide age-appropriate answers

Answer children's questions with honest, factual and age appropriate answers. Provide answers that are bias-free. Explain that COVID-19 is caused by a new virus and makes people feel sick with a cough and fever.

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Empower them with tools

Children feel powerless over this big virus that has people buying out toilet paper and Clorox wipes. Provide them with actual tools to use that will be empowering by teaching them to wash their hands using soap and water while singing a happy tune for twenty seconds, cough or sneeze into their elbows and more.

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Safety

Children turn to adults for a sense of safety and well-being. Assure children that it is not their job to worry about the virus and that you have a plan in place to care for them. Explain ways that you are keeping them safe by making sure they get enough sleep and providing them with nutritious meals. There are a lot of unknowns with COVID 19, so focus your conversation on what is known.