

COVID- 19

TALKING WITH YOUR KIDS



REMAIN CALM

Remain calm in your conversations with your children and others. Remember that children often react to both what you say and how you say it.



AVOID CERTAIN LANGUAGE

Understand that viruses can impact anyone, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.



PAY ATTENTION TO MEDIA

Reduce the amount of screen time that is focused on COVID-19. Too much information on one subject can lead to anxiety and stress.



PROVIDE ACCURATE INFORMATION

Give children information that is accurate, but suitable for the age and developmental level of your child.



TALK AND LISTEN

Make time to talk and listen to your children. Be sure children know they can come to you when they have questions.



REDUCE THE SPREAD OF GERMS

Teach children everyday actions to reduce the spread of germs, such as washing their hands for at least 20 seconds.