Talking with Children about Coronavirus

HELP CHILDREN UNDERSTAND by providing basic information so they can make sense of the changes they see around them.

CONSIDER A CHILD'S AGE when deciding the amount, type and complexity of information to provide.

BE CALM and CLEAR and children will remain calm and clear in their understanding of COVID-19.

CREATE A SHARED UNDERSTANDING about what your family can do to be safe e.g., “coronavirus is a germ that spreads between people so we wash our hands often and don’t stand close to others.”

Access the full fact sheet, “Discussing Coronavirus with Your Children” Center for the Study of Traumatic Stress | www.cstsonline.org