

Talking to Children About COVID-19

Children may feel frightened, overwhelmed, or traumatized by what they're seeing and hearing about the Coronavirus (#COVID19).

How can you reduce their fears and help them feel safe?

Check out these tips from the American Academy of Pediatrics ↗ and find more from the National Association of School Psychologists

→ [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

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Offer reassurance.
Let children know doctors and researchers are studying and learning as much as they can, as quickly as possible, to help keep people safe.

Watch for signs of anxiety.
Children may not be able to express their feelings, but they may show them (i.e. cranky, clingy, distracted, difficulty sleeping). Continue to reassure them and maintain normal routines.

Monitor media consumption.
Keep young children away from frightening images they may see on TV, social media, computers, etc. Talk to older children about what they're hearing on the news and correct any misinformation or rumors you may hear.

Give them control.
This is a great time to remind children of what they can do to help – wash hands often, cough and sneeze into their elbow, and get enough sleep.

Source: American Academy of Pediatrics

Filter information and talk about it in a way children can understand.

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