

COVID19 TALKING WITH CHILDREN



MAKE YOURSELF AVAILABLE TO LISTEN & TALK

Be sure children know they can come to you if they have questions.

BE HONEST & ACCURATE

Give information that is truthful and age-appropriate.

BE REASSURING

Remember that children will react to what you say and how you say it.

PAY ATTENTION TO SCREEN TIME

Pay attention to what children are watching on television and online. Too much information on one topic can lead to anxiety.

TEACH KIDS ABOUT GERMS

Get children into a handwashing habit. Remind them to cough and sneeze into a tissue or their elbow.

