

7 TIPS YOU CAN TRUST

How to talk to kids about coronavirus

You're not alone. As the world's leading expert on childhood, we're providing parents, schools and communities with tools and tips you can trust about coronavirus (COVID-19) and kids. Together, we're doing whatever it takes to protect our children. Here's how to guide the conversation with a child in your life.

- 1** Get informed and share the facts.

- 2** Tailor your approach based on your child – think about whether more information makes them more or less anxious.

- 3** Approach the subject simply and calmly – kids take their cues from you.

- 4** Ask your child what they know, answer their questions and address any misinformation.

- 5** Validate their feelings, while reassuring them – “I understand this can be scary. We're taking steps to keep healthy, and we're well prepared.”

- 6** Remind them of what's in their power – washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.

- 7** Model good hygiene, and try to make it fun! Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds.

savethechildren.ca/coronavirus