



How to talk to your child about COVID-19

Be aware of your own anxieties (as children can pick up on these)

Communicate from a place of calm – choose a safe plan and time to chat

Ask what they know/have heard about COVID-19

Ask how they are feeling and validate their feelings

Invite questions

Reassure and let them know about what is being done to help/protect people

Give simple and honest information, but also keep it as positive as possible

Give them things they can do, e.g. hygiene practices like hand washing, coughing etiquette, etc.

Use this as an opportunity to learn together, e.g. you could watch a video or read a book on how our immune system works