

8 Tips for Talking to your Child about COVID19



1 Be Available to Talk

Kids have big questions, and it's okay to answer them. Follow your child's lead with the words they know and use. Keep the focus on what you are doing to prepare and prevention strategies that are within your control like proper handwashing and avoiding large crowds.



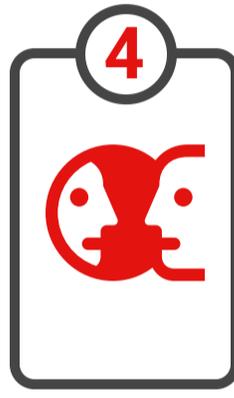
2 Repeat and Summarize

Children want to feel heard and validated. Repeat and summarize what you hear. For example, "I hear you are worried that your family will get sick." "I'm sorry you miss your friends and teachers at school."



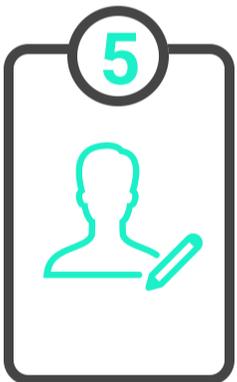
3 Ask what they need

Some children need to a sense of control in their responses and support. For example, "What would you like from Dad right now? Do you want to talk about this or can I give you a big bear hug?"



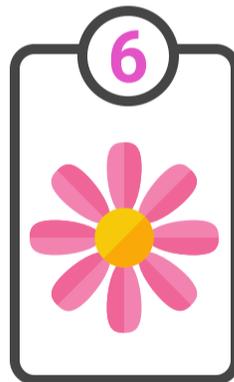
4 Be Aware of Your Own Worries

As this continues to evolves, take time to check in with your feelings and worries. Children can pick up on our emotions and this is a great opportunity to model uncertainty and the uncomfortable feelings that come with it.



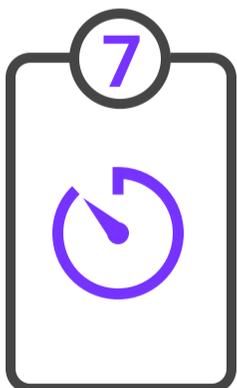
5 Nickname the Worry

Depending on the age, it maybe helpful to name the worry. It can distance the fear and add to the conversation at home. For example, "Is Cori bothering you today?" "What did Cori tell you?" "What do we say to Cori when he is making us scared?"



6 Create a Worry Flower

This can be a fun and powerful activity to do at home! With so many worries and thoughts going through your child's head, it is helpful to put it on paper. Each petal of the flower and color can represent a concern/thought.



7 Use a Timer

Some worries, thoughts, feelings, may be very hard to let go. A timer is your friend in this! Set a timer and let your child feel all the feels during this time. Once the timer goes off, move to a new location and think of something else.



8 Grounding Strategies

There are a number of different types of grounding techniques to bring your child back to the current environment. By using the 5 senses and positive affirmations, you can help settle the unpleasant thoughts..