

How to talk to children / youth about the Coronavirus?

Remain calm

Children will react to both what you say and how you say it. Make yourself available to listen and to talk. Let them know that adults at home and school are taking care of their health and safety.

Maintain a normal routine

The best thing families can do is maintain a regular routine and practice safe hygiene. It is also important to stay connected to friends and family even if that means via FaceTime, Skype or other virtual technology.

Pay attention to what children see or hear on television, radio or online

Consider reducing the amount of screen time focused on the coronavirus. Too much information on one topic can lead to fear, worry, and anxiety.

