

#HealthyatSchool

Talking to your kids about the

Coronavirus

Don't be afraid to talk about the coronavirus.

Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Be developmentally appropriate.

Try answering their questions instead of volunteering too much information as this might be overwhelming.

Let them talk about their worries.

Be open and invite them to discuss what they may have heard and how they feel.

Focus on what they can do to keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Stick to Routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Manage your own anxiety.

When you notice yourself feeling anxious, take time to calm down before trying to have a conversation or answering your child's questions.

