Children may have questions and be anxious about what coronavirus means to them and how it might affect them. Here are some thoughts on how to talk with children:

- Check your own feelings before you begin a conversation
- Remember to listen to what your children are asking; assess what they know and what they want to know more about
- Remind children that hand washing is the best way to stay healthy, washing hands for at least 20 seconds with soap; remind children of all the ways they are safe (the people, systems, protocols that keep them safe every day)
- Spend time together in normal routines. Our children thrive on consistent routines and are egocentric in a lovely way! They want to know how their immediate lives are going to be affected. Being together and continuing regular schedules helps reinforce that they are okay and that you are here for them
- Limit exposure to media. Young children especially, may feel the event is happening over and over again when the news stories are repeated
- "Look for the helpers!" as Mr. Rogers reminded us. In times of worry, stress, and scary events, there are always people who come out to help. (https://www.youtube.com/watch?v=-LGHtc_D328)

In addition, here are some resources that may be helpful:

Just For Kids: A Comic Exploring The New Coronavirus (NPR)

How to Talk to Kids About Coronavirus (NY Times)

Talking to Kids About the Coronavirus (Child Mind Institute)

How to Talk to Kids About Difficult News (American Psychological Association)