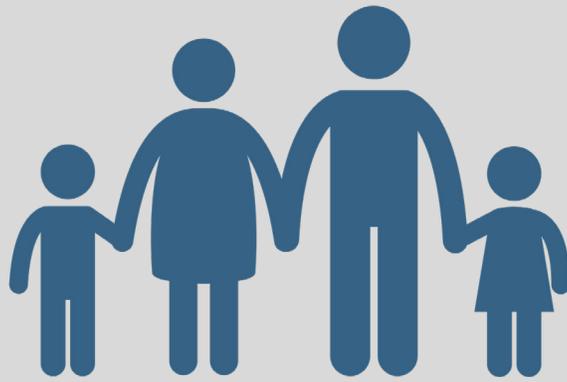


7 TIPS FOR TALKING TO KIDS ABOUT COVID-19



1

Don't be afraid to talk about it.

Convey the facts and set an emotionally reassuring tone.

2

Be age-appropriate.

Older kids can generally handle more detail than younger kids. Focus on answering their questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything.

3

Follow their lead.

Encourage them to ask questions and share their perspective. Invite them to tell you anything they may have heard about COVID-19, and to express how they feel.

4

Check yourself.

Feeling anxious? Take some time to calm down before trying to have a conversation or answer questions.

5

Focus on actions you can take.

Emphasize safety precautions everyone can take to help keep themselves and others healthy: good hand hygiene, cough/sneeze etiquette, physical distancing, and staying home if you aren't feeling well.

6

Stick to routine.

Structured days with regular mealtimes and bedtimes are key to keeping kids happy and healthy, especially during challenging times.

7

Keep talking.

Let them know the lines of communication are going to be open, and that as you learn more, you'll share the information with them.

Northern Health COVID-19 Online Clinic: 1-844-645-7811

BC Govt. COVID-19 Helpline: 1-888-COVID19 or 1-888-268-4319

www.northernhealth.ca/health-topics/coronavirus-information-covid-19



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