

DID YOU KNOW?

Talking With Children About COVID-19

Remain Calm & Reassuring

Children react to both what you say and how you say it. They pick up cues from your conversations with them and with others.

Be Available to Listen & Talk

Make time to talk with children. Be sure they know they can come to you if they have questions.

Avoid Language That Places Blame & Leads to Stigma

Remember: Viruses can make anyone sick. Avoid assumptions about who might have COVID-19.

Pay Attention

Children see and hear a lot of information on TV, radio, and online. Consider reducing screen time focused on COVID-19.

Be Honest & Accurate

Provide information that is truthful and appropriate for age and developmental level. Explain that some stories on the internet and social media may not be true.

Reduce the Spread of Germs

Provide reminders to stay away from others who are coughing or sneezing. Remind them to cough/sneeze into their elbows. Create a habit of handwashing.



To access services call:
800.742.0787

*Most appointments by telephone or video conferencing.
24-hr crisis services available.*