

# TALKING TO YOUR KIDS ABOUT CORONAVIRUS-19

Children will naturally pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.



**Speak to them about coronavirus in a calm way & ask them what they already know about the virus, so you can clarify any misunderstandings they may have.**



**Limit how much they see of the news and social media. This can overwhelm kids and kept them stressed.**



**Give kids a sense of control by teaching them what to do:**  
- regular hand washing  
- not sharing food and drinks  
- keeping hands to ourselves



**Give them accurate information. Let them know that cases are less severe and less likely in kids.**

**Don't overwhelm them with too much information (i.e. death rates).**



**Have regular contact with people they may be worried about (i.e. grandparents) to reassure them that they are ok.**



**Reassure them that they are ok.**  
**Keep things as routine and normal as possible.**

Some of our young people are more vulnerable to illness because of health conditions. If your child is ill please keep them home until they are well. If you are worried about your child, please seek advice from your GP or medical professional.

**For more information:**

World Health Organisation: <https://bit.ly/3cQUwCw>

Australian Government Department of Health: <https://bit.ly/3800wHe>