

Parents/Guardians,

LDOE understands that the longer the coronavirus continues to affect every aspect of our lives, the more it may affect our children and family members. Below are some helpful tips to support your family, during this time.

### **Invite your child to have a conversation:**

#### **Children worry more when they are left in the dark.**

Take cues from your child. Don't prompt questions, instead invite them to share what they've heard about the coronavirus and how they feel. Acknowledge their fears but focus on the facts. Give them the opportunity to ask questions.

Your goal is to clarify the facts, set the emotional tone, and reassure their safety. Share honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.

#### **Focus on what you are doing to stay safe**

#### **Everyone, including children, feel more empowered when they know what to do to keep themselves safe.**

Reassure your child by emphasizing the safety precautions that you are taking. Empower your child to take care of themselves by washing their hands with soap and water for 20 seconds (singing the "Happy Birthday" song twice) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.

#### **Share your own coping skills**

Share relevant and age appropriate examples of your personal coping skills, such as taking walks, watching funny shows, listening to happy music and praying. Remind everyone in your family, including your child, to limit their media consumption. Media hype, inaccurate information, fake news, and rumors can cause anxiety and fear.

#### **Continue an ongoing conversation**

Encourage your child to ask questions even after the initial discussion. Tell them that you will tell them more information as you learn more.

*Adapted from: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>*