



Talking to Children and Young People about Coronavirus (COVID-19)



Try not to Panic

Children and Young People look to adults for reassurance in times like these. If you panic, it's likely they will too!

Listen

Make time for them to talk. Be present and try not to be distracted if you can help it

Be Careful how you Talk about the Virus

It's best to be honest to Children and Young People by speaking in an age appropriate way. Try to talk positively about other people. Give children a sense that everyone is in it together.



Acknowledge Feelings

Use phrases like "I know this can be a bit scary" and "it's OK to feel like that"

Limit Access to News and Social Media about the Virus

Children see and hear so much, it can be overwhelming for them. Set up time that you can do other things with them that mean they don't watch so much TV or spend time on the Internet.

Empower Them

Ask them what they could do to help keep themselves and keep others safe. Children and Young People will often come up with great ideas that often adults might not think about

Little Things Help!

Feel Safe, Be Safe



Some children and young people may be scared that their friends and loved ones might get sick. Children worry about the people they love and care about the most. Reassure them. Acknowledge their feelings of concern for people getting sick. But reassure them that there a lot of good smart people working hard to keep everyone healthy.