

Tips For Talking To Children

Remain calm.

Remember, children react to what you say and how you say it. They pick up cues from the conversations you have with them and with others.

Reassure children that they are safe.

Share with them how you deal with your own stress so that they can learn how to cope from you.

Let them know it is okay if they feel upset.

Make yourself available to listen and to talk. Let children know they can come to you when they have questions.

Avoid language that might blame others and lead to stigma.



Pay attention to what children see or hear on television, radio, or online.

Provide factual information that is appropriate for their age and developmental level.

Talk to them about how some COVID-19 stories online may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.

Teach children everyday actions to reduce the spread of germs.

Remind them to wash their hands often, cough or sneeze into a tissue or their elbow, throw that tissue into the trash and stay away from people who are coughing, sneezing or sick.

When school opens, discuss any new actions the school may take to help protect children and staff.