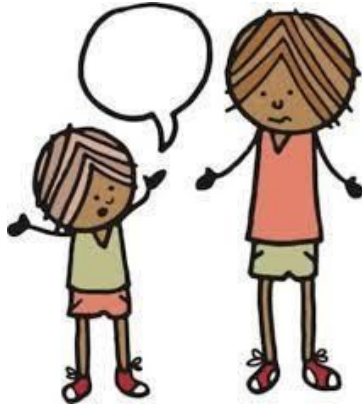


## Talking with Children about COVID-19



- **Help children feel reassured and protected.** Support your children by having conversations that are sensitive to their age and what they can understand.
  - **Children may be telling us through their behavior how they are feeling.** They may feel more irritable, frustrated, scared, and unhappy right now. It is totally normal for us to feel more stressed by all of this. It can be helpful to allow yourself to pause, take a breath, and ask yourself what your child might need at this moment.
  - **Invite children to ask questions, knowing that there is still so much that is unclear.** Your calm and receptive attention can go a long way in helping children adjust to the uncertainty.
- 
- **Dealing with fears:** Children might experience more fears and worries right now and might have trouble with transitions (like separating from you, going to bed at night, and adjusting to new routines). Try not to get discouraged if your usual ways of soothing and comforting your children don't seem to be working. Think about what your children might need right now. It could be that extra cuddle time, attention, and being physically close to you will help.
  - **Be extra gentle and forgiving with your children by modeling kindness and care.** Forgive yourself too!
  - **Here's a video with a read aloud story for young children:**
    - Time to Come in Bear: A Children's Story About Social Distancing:  
[https://www.youtube.com/watch?v=DA\\_SsZFYw0w](https://www.youtube.com/watch?v=DA_SsZFYw0w)
  - **These e-books can help explain COVID-19 to your children:**
    - For children under age 7, downloadable as a PDF in many languages:  
#COVIBOOK <https://www.mindheart.co/descargables>
    - For children age 6 and older, downloadable in English and Spanish:  
<https://akidsbookabout.com/products/a-kids-book-about-covid-19>

