

Talking to your child about COVID-19

Many adults are feeling overwhelmed by the constant and everchanging news on the coronavirus. This excessive news coverage should be very frightening for children of all ages. Here are some parent suggestions by the American Academy of Pediatrics:

- **Simple reassurance.** Tell your children that doctors and scientists are doing all they can to keep all of us safe.
- **Give them control.** Remind your children that by washing their hands, covering coughs and sneezes, getting enough sleep are simple things that children can do to keep themselves safe.
- **Watch for signs of anxiety.** If your child is too young to express their feelings, look for signs of anxiety such as being tearful, clinging , irritable or trouble sleeping. Reassure your children and try to keep their routine as normal as possible.
- **Monitor their media.** Don't watch COVID-19 news coverage in front of young children. Talk with your middle-school and high school students about COVID-19 regarding what they have heard, what is true, what are myths and correct them. How does your child feel about the pandemic? Openly discuss their feelings and reassure them.
- **Be a good role model.** Although this virus started in China, it's important not discriminate against Asian citizens. Have empathy and show your child caring for all ill people. Remain calm and demonstrate this to your child.

For additional information

<https://www.healthychildren.org/english/health-issues/conditions/chest-lungs/pages/2019-novel-coronavirus.aspx>