

Kids and the Coronavirus

The coronavirus COVID- 19 has changed our households. This can be a time of uncertainty for families. These tips are from the experts at the Child Mind Institute. For more information visit <https://childmind.org>.

Don't be afraid to discuss the coronavirus.

Not talking about something that can make kids worry more. Provide developmentally appropriate fact based information. As the coronavirus situation evolves, continue having conversations with your child.

Take cues from your child.

Encourage your child to ask questions and share their feelings. Be prepared to give answers. If you don't know the answer don't be afraid to research together.

Focus on what you are doing to stay safe.

Reassure your child by talking about the precautions your family are taking to stay safe. Explain how hand washing and social distancing are helping your family not spread germs.

Stick to a routine.

Most kids thrive off of schedules and predictability. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

