

# The Parent's Corner

*✍️ We're in Your Corner ✍️*

## How to talk about the Coronavirus (COVID-19) with your child

News about the coronavirus (COVID-19) is everywhere. So how can we, as adults who may be feeling some anxiety ourselves about the current situation, help keep our children's fears at bay? In this month's edition of *The Parent's Corner*, we will focus on this topic so that you can reassure your kids and establish some control over how the barrage of news and precautionary measures will affect your family.

Immunity—it's a word that can be understood from an emotional angle as well as from a health perspective. It's worth remembering that **our children are not immune to the fear** that is currently barging into their worlds. *It's our responsibility, as parents, to communicate to our kids that our job is to keep them safe.*

Anxiety peaks in times of uncertainty, so it's natural to feel some anxiety about bringing up this issue with your child, *and* it's natural for you *and* your child to feel anxious about COVID-19. It's likely that at this point, your child has heard about the virus—the facts, the fiction, and even the dramatic. If we approach this like other topics we have covered in *The Parent's Corner*, we can see ourselves as our kid's teachers—their mentors, their guides. Being in those roles allows us to see the COVID-19 conversation as **an opportunity to objectively convey the facts and set the emotional tone**. Because there are still numerous unknowns about the virus right now, it's A-okay if you can't answer everything your child's brain can come up with to ask of you! **Make yourself available, reassure, and empower**. Let's get that rational brain revved up and tackle this together! Here are some ways to do that:

1. **Communicate.** Start by asking your kids what they've already heard and respond accordingly with reassurance and facts. Keep lines of communication open, and allow your child's racing mind to expel itself. Talking things through can be validating and have a stabilizing effect.
2. **Keep it developmentally appropriate.** Give age-appropriate information. Convey safety. Discuss the immune system, good health habits, and what happens when you get sick in general. If you don't know the answer, get back to them once you have the facts.
3. **Re-teach hygiene.** *You are your child's hygiene warrior!* Re-teach kids about the importance of hygiene in general—hand washing, not touching our faces in public settings, and coughing/sneezing into our elbows. These are good habits always, not just during sick season!
4. **Model.** Your reaction matters. Kids are always taking cues from us on how to manage life, and they have HUGE ears. Before you talk with your child, have a talk with yourself. It's our job as parents to manage our own emotions so we don't all end up in panic mode.
5. **Keep things predictable.** In times of uncertainty, keeping things as regular and routine as possible can help ease the tension and panic for the whole family. Sure, we want to be aware and cautious, but we also want to make sure that we keep a sense of normalcy throughout all of this as well.

Let's stay healthy as best we can—physically as well as mentally! We're in your corner!

*~If you continue to have concerns, contact your school counselor to make a plan for a success—  
they're full of ideas, and are always in your corner!~*

**Some helpful links:**

[just-for-kids-a-comic-exploring-the-new-coronavirus](#)

[Julia Cook's "The Yucky Bug"](#)

[Brain Pop Corona Virus Video for kids](#)