# Tips for talking with kids about Covid-19

- Assess what your kids already know, so that you can talk through any inaccurate information

- Give them appropriate and correct information about COVID-19

- Explain changes that are important to them - digital learning days, no sports practice, rescheduling playdates, changing vacation plans

- Answer your kids questions and talk through fears/emotions
  - Help kids understand it is normal to feel scared, nervous, confused
  - Talk through disappointments about life changes

- Reassure them they are safe now and ways the family is trying to stay safe by washing hands, not going in crowds, etc.

- Frame this as ways you and your kids can stay in control

- Steer clear of 24/7 news cycle
  - Kids can't process news information the same as adults and can increase fear and confusion

- Plan regular check-ins with your kids to continue talking about how they are feeling and answer questions as they arise.