



How to Talk to YOUR KIDS ABOUT THE CORONAVIRUS

In recent days, we have been bombarded constantly with news and talk of the Coronavirus Outbreak and our children can't help but pick up on it. There is talk at school, in the newspapers, on tv, among adults, on the playground, and on social media. It's everywhere! It is almost impossible to get away from or even shield your child from it. It's important to talk to your kids about the Coronavirus. Talking with your child, listening to their questions and feelings, praying together and helping them feel informed is much more reassuring than whatever they are hearing from their friends or seeing on the news.

"Anything that's human is mentionable, and anything that's mentionable can be more manageable.
When we can talk about our feelings, they become less overwhelming,
less upsetting and less scary." – Mister Rogers

WHEN TALKING TO YOUR CHILD, SOME THINGS TO KEEP IN MIND...



Don't be afraid to discuss the virus.

Not talking about it can actually make children worry more.

Assess what your child knows.

Ask your child, "What have you heard about the virus?" Their answer will direct your conversation and prevent you from oversharing or giving too much information that could be too overwhelming. Do your best to answer their questions honestly and openly.

Share age-appropriate facts and correct any misinformation.

Children have very vivid imaginations! Think about what your child absolutely needs to know to understand the virus and what they should do about it. Refer to trusted news sources and the CDC.

Keep your own anxiety in check.

Children will look to you to see how afraid they should be.

Be reassuring.

Remind them that God is always in control; He loves and cares for them! Remind them that there are also lots of amazing grown-ups like scientists and doctors working to keep people healthy and safe.

Practice good hygiene!

The same hygiene routines that slow the spread of the Coronavirus are the same healthy habits that we practice to keep us well all year long.

- **Wash your hands.**

Use soap, rub your hands together while singing the “ABC Song” or Happy Birthday” twice. Rinse hands and dry completely. Do this before every meal or snack, after being out in public, after using the restroom, or sneezing or coughing into hand or blowing your nose.

- **Catch a Cough**

Children tend to cough or sneeze right in their hands and then go on to touch everything in sight. Make it a habit to catch a cough or a sneeze in your elbow instead of your hand.

Stick to routine as much as possible.

Children crave routine and predictability. With school closings, structured days, regular mealtimes, naps and bedtimes are important to keep in place.

Keep talking!

Make sure that your child knows that the lines of communication are always open and that they can ask you anything.

Pray together.

Talk to God about anxiety, worries and fears. He wants us to talk to Him about anything and everything! He is always there to help us.

SCRIPTURE TO SHARE WITH YOUR CHILD



Psalms 55:22

“Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.”

Isaiah 41:13-14

“For I am the Lord, your God, who takes hold of your right hand and says to you, ‘Do not fear; I will help you. Do not be afraid . . . for I myself will help you,’ declares the Lord, your Redeemer, the Holy One of Israel.”

Psalms 56:3

“When I am afraid, I put my trust in you.”

Joshua 1:9

“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”

Psalms 46:1

“God is our refuge and strength, an ever-present help in trouble.”

Psalms 27:1

“The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?”

OUR GOD IS BIGGER!