

keeping **your children** informed about the coronavirus

There is no doubt that our children are hearing about the COVID-19 virus. With access to technology and social media there is a real risk of them being misguided and misinformed - increasing their anxiety levels.

**It is our duty to make sure that they receive accurate, age appropriate and reliable information. Here are some guidelines to keeping your children informed, managing their anxiety and keeping them safe.**

Our children will feel safer if they can express their feelings in a safe and supportive environment. Our children are looking to us to see how we react. One of our jobs as parents is to role model resiliency, and during this time of the COVID-19 pandemic we must do our best to be calm and caring.

**1 Offer comfort and honesty**

Don't offer more detail than your child is interested in. For example, if kids ask about stores closing, address their questions. If the topic doesn't come up, there's no need to raise it. Listen to their concerns, don't dismiss their feelings.

**2 Help kids feel in control**

Teach kids that getting lots of sleep can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often!

**3 Keep the conversation going**

Use talking about the coronavirus as a way to help kids learn about their bodies, like how the immune system fights disease. Eat as healthy as you can. Make balanced meals that you can prepare together.

**4 Limit social media and watching the news.**

**Social media**

Watching the news together can provide an opportunity for conversation and help to keep things in perspective. Protecting your children from fake news is the most valuable gift you can give them. **Share the good and positive news!**

**Give your child specific things to do to feel in control.**

**Focus on helping your child feel safe, but be truthful.**

Why?

When?

Lucky

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