



HOW TO TALK TO KIDS ABOUT COVID-19

Here are a few suggestions!



GIVE THEM UNDIVIDED ATTENTION WHEN THEY ASK QUESTIONS

Children will likely have questions. Without being too technical, answer the questions. Don't be afraid to tell them you don't know, but will do your best to find out.

EXPLAIN HOW EATING HEALTHY CAN HELP

Have children help prepare meals using fresh fruits and vegetables. Explain how strong bodies can be important in fighting COVID-19.



TALK ABOUT WASHING YOUR HANDS AND COUGHING AND SNEEZING INTO YOUR ARM

A fun way to explain the importance of washing your hands; Sprinkle cinnamon on their hands and rub their hands together. Then, have them wash it off with water and smell their hands. Does it still smell like cinnamon? Then have them try it with soap. Explain the difference.

EXPLAIN WHAT QUARANTINE MEANS

'Quarantine' can be a scary word. Explain what it means and tell them they are not 'in trouble' and that it's not 'their fault'.



REMIND THEM THAT THEY'RE BRAVE AND LOVED.