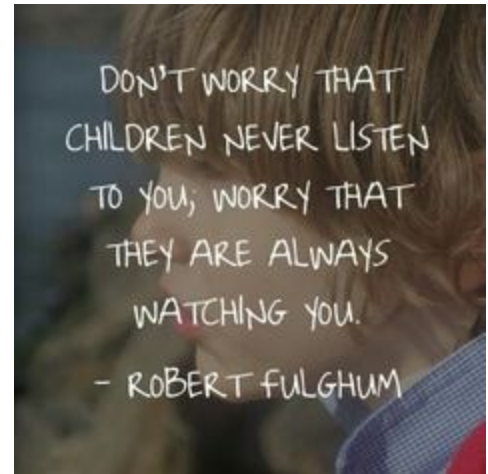


## Talking to Children about Covid-19 During this Heightened Time

- Let's remember that if we are fearful and panicking... this is magnified greatly in the eyes of children.
- Let's keep them away from any talk of "the latest news"... "the count of spread", "now in our city", and not talking about death/s, etc.
  - Not talking about death in any context. Death is not something children understand in a large sense.
- If things heighten... our job is to keep them physically and mentally safe from it if at all possible.
- Please be mindful of conversations you may be having when children are present. They hear and understand more than you know.
- Leave it to parents to decide what details are being shared with their child(ren) regarding the virus and how serious it is as things are very fluid.
- Let's keep the environment around them: clean and sanitary, safe, loving, and calm in the midst of this uncertainty.
- Let's make sure we are doing things to keep a fun and light environment for them each day. We know it's hard to make major lesson plans but having a routine and structure is helpful! Check on Pinterest, take them on a virtual tour of a national park, read a book, pretend play with them, etc. You know what to do, you're experts at this!!!!



**"Children look to adults during difficult times to see how they handle things, let's be that rock for them!"**

**Overview from CDC, maybe more for parents:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

**Here is an online storybook that parents might use.**

[https://www.flipsnack.com/KeshetChicago/coronavirus-social-story.html?fbclid=IwAR25pP3-t2EtPBautBv34\\_IfaoRHnfXzz9YRDqTi5Cjsx7\\_FaSfGldwUrEQ](https://www.flipsnack.com/KeshetChicago/coronavirus-social-story.html?fbclid=IwAR25pP3-t2EtPBautBv34_IfaoRHnfXzz9YRDqTi5Cjsx7_FaSfGldwUrEQ)



We **want** our kids looking like this



We **don't want** our kids looking like this

