



CALM YOUR CHILD'S CORONAVIRUS FEARS



TALKING TO CHILDREN ABOUT CORONAVIRUS

Public health emergencies are not easy for anyone to comprehend or accept—especially children. Creating an open environment, where children feel free to ask questions, will help them to cope during stressful times.

Children's
Mental
Health
Matters.org

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To learn more about the
coronavirus, visit:
www.cdc.gov
www.health.maryland.gov

To learn more about children's
mental health, visit:

www.childrensmentalhealthmatters.org

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HOW TO TALK TO YOUR CHILD

Create an open and supportive environment where children know they can ask questions.

Don't force children to talk unless they are ready.

Answer questions honestly.

Use words a child can understand.

Acknowledge the child's thoughts, feelings, and reactions. Let them know their questions and concerns are important.

Be reassuring, but don't make unrealistic promises. It's fine to let children know that they are safe in their house but you can't promise that there will be no cases of coronavirus in your community.

Let children know that there are lots of people to help.

Take a break from television and other media.

Get some exercise or go for a walk.

Children learn from watching their parents and teachers and listening to their conversations. Stay calm and be thoughtful about what you say.

These tips were adapted from the American Academy of Child and Adolescent Psychiatry, visit: www.aacap.org.

