

# CORONAVIRUS (COVID-19): HOW TO TALK TO YOUR CHILD



Ask questions geared to your child's age level. For older kids, you might ask, "Are your friends talking about the coronavirus? What are they saying?" For younger children, you could say, "Have you heard grownups talking about a new sickness that's going around?" This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information.



Focus on helping your child feel safe, but be truthful. Don't offer more detail than your child is interested in. For example, if kids ask about school closings, address their questions. But if the topic doesn't come up, there's no need to raise it unless it happens.



Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and washing their hands well and often 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!



Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

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## There are many things you can do to support your child

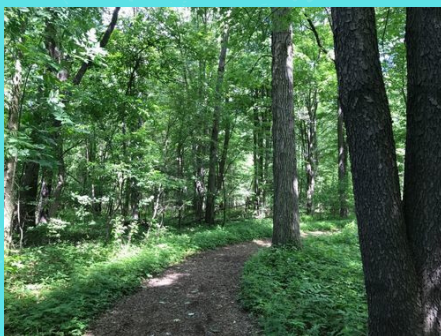
Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.

Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



### Land Based :

Activities include medicine walks (which can be done this time of year [Cedar, Tamarack bark, Labrador Tea]), fishing, tracking, harvesting, open fire cooking, shelter building, solo survival, daily reflection, ceremonies, elder talks, traditional land-based practices, storytelling, sharing circles, and drumming and dancing.

**IF YOU ARE IN DISTRESS PLEASE CALL KIDS HELP PHONE  
1-800-668-6868  
OR HOPE FOR WELLNESS TALK LINE  
1-855-242-3310**