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# TIC TIPS

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## TALKING TO CHILDREN ABOUT THE CORONAVIRUS

“Kids worry when they are kept in the dark” –Rachel Ehmke

Information from the Child Mind Institute, as well as a very helpful video featuring Dr. Jamie Howard, PhD and Director of Trauma and Resilience Service, will help parents and caregivers explain the coronavirus to kids.

- **“Don’t be afraid to discuss the coronavirus.”** Dr. Howard suggests using this as a time to give children facts about the coronavirus.
- **“Be developmentally appropriate.”** Dr. Howard suggests not sharing too much information all at once, because that is overwhelming.

Answer them honestly and clearly, and remember that it is ok if you do not have all the answers!

- **“Take cues from your child.”** Dr. Howard recommends asking your child what they have been hearing, and then you can tell them if that is true, or not so true. Don’t ask your child too many questions because that can encourage frightening fantasies.
- **“Deal with your own anxiety.”** Dr. Howard reminds us that before discussing coronavirus with children we need to be calm.
- **“Be reassuring.”** Dr. Howard suggests letting kids know that they are not likely to get it.
- **“Focus on what you are doing to stay safe.”** Dr. Howard reminds us that kid’s feel empowered when they know what to do to keep themselves safe.
- **“Stick to a routine.”** Dr. Howard tells us that uncertainty makes us anxious, and that routine helps us have some predictability.
- **“Keep talking.”** Dr. Howard asks that you keep the lines of communication open, and tell your kids you will let them know about any new information you learn.

To watch the video with the above tips and read more about how to help your child through this chaotic time please visit [www.childmind.org](http://www.childmind.org)

