

ADVICE FOR REASSURING CHILDREN ABOUT THE CORONAVIRUS (COVID-19)



DON'T BE AFRAID TO DISCUSS THE CORONAVIRUS. MOST CHILDREN WILL HAVE ALREADY HEARD ABOUT THE VIRUS OR SEEN PEOPLE WEARING FACE MASKS, - NOT TALKING ABOUT SOMETHING CAN ACTUALLY MAKE CHILDREN WORRY MORE



DEAL WITH YOUR OWN ANXIETY. IF YOU NOTICE THAT YOU ARE FEELING ANXIOUS, TAKE SOME TIME TO CALM DOWN BEFORE TRYING TO HAVE A CONVERSATION OR ANSWER YOUR CHILD'S QUESTIONS

BE DEVELOPMENTALLY APPROPRIATE. DON'T VOLUNTEER TOO MUCH INFORMATION AND IT'S OKAY IF YOU CAN'T ANSWER EVERYTHING; BEING AVAILABLE TO YOUR CHILD IS WHAT MATTERS.



EXPLAIN THAT NOT EVERYTHING THEY READ ABOUT THE VIRUS, ON THE INTERNET, IS NECESSARILY TRUE

MAKE SURE THEY ARE AWARE OF THE IMPORTANCE OF WASHING HANDS, BLOWING THEIR NOSE INTO A TISSUE AND AVOID TOUCHING EYES WHERE POSSIBLE



STICK TO ROUTINE.- STRUCTURED DAYS WITH REGULAR MEALTIMES AND BEDTIMES ARE AN ESSENTIAL PART OF KEEPING CHILDREN HAPPY AND HEALTHY

PROMOTE YOURSELF AS A TRUSTED ADULT THEY CAN TALK TO IF NEEDED & CONTINUE TO PROMOTE YOURSELF OVER THE COMING DAYS, WEEKS & MONTHS AHEAD

