

Talking to Your Child about COVID-19

Early Childhood

The World Health Organization officially declared coronavirus a pandemic. Health experts predict that the virus and its impact on our communities are just beginning.



You play an important role in helping children and teens better understand what's happening and help them manage their own related worries or anxiety.

Here are some tips that can help:

Even though babies and toddlers may not know what is going on, they may pick up a parent's worry and anxiety with their "sixth sense."

- ✓ Try to stay calm around babies and toddlers.
- ✓ Maintain normal routines as much as possible. Routines are reassuring for babies.
- ✓ Shield babies and toddlers from media coverage as much as possible.
- ✓ Look for non-verbal signs that your toddler may be anxious. This might include being scared to go outside or to daycare, extra weepy, clingy, or irritable. Provide extra reassurance and time together.
- ✓ Take the lead from your toddler. Don't talk about it unless they show signs of distress or ask questions.