

Talking to Your Child about COVID-19

Preschool

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:

Preschoolers may be more tuned in to what is happening. They may have questions about germs, doctors, and even death.

- ✓ Safety is a primary concern for this age group. Reassure them that adults are in charge and working to keep people safe, healthy, and secure.
- ✓ Preschoolers are also concerned about the health of parents, relatives, and friends. Reassure them that everyone is doing what they can to stay healthy and take care of others. Remind them that they can stay healthy by washing hands and make hand-washing fun with songs.
- ✓ Preschoolers are not always able to distinguish fantasy and reality. Limit media exposure.
- ✓ Look for non-verbal signs that your preschooler may be anxious. This might include being scared to go to preschool, extra weepy, clingy, or irritable.
- ✓ Bedtimes are very important. Stories, books, and tuck-ins are crucial.
- ✓ Try to maintain your children's normal routines and rituals when possible. If school, daycare or events are canceled, try to create and stick to other routines when you can.
- ✓ Give them lots of hugs and physical reassurance and limit media coverage.
- ✓ Take the lead from your preschooler. Don't insist on talking about it a lot unless they show signs of distress or ask questions.