

Here are some quick tips to remember when discussing COVID-19 with your children:

Remain calm and reassuring:

- Children follow your lead on how to react
- What you say and do about COVID-19 can either increase or decrease your child's anxiety
- If it's true, emphasize to your children that they and your family are fine
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective

Monitor television viewing and social media:

- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Limit television viewing or access to information on the internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Constantly watching updates on the status of COVID-19 can increase anxiety –avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in younger children

Be honest and accurate:

- In the absence of factual information, children often imagine situations are far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19
- Children can be told this disease is thought to be spread between people who are in close contact with one another –when an infected person coughs or sneezes
- It is also thought to be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- For additional factual information ask your doctor or check the [kygovid19.ky.gov](https://www.ky.gov/covid19) website