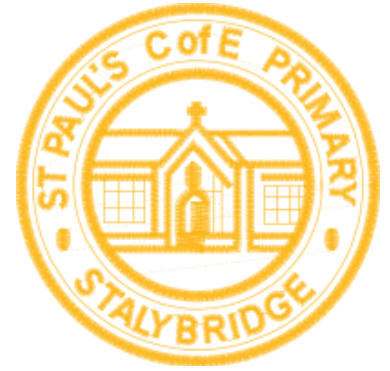


# Talking to children about the Coronavirus



YoungMinds.org.uk is a fantastic website that supports parents and young people in relation to their mental health and well-being. They have some fantastic resources and a helpline for parents who need support, contact details can be found on their website. Below are ten tips that aid a positive and progressive conversation with your child or children in relation to COVID 19.

## Ten tips from YoungMinds

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
2. Talk to your child about what is going on. you could start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit our [starting a conversation with your child guide](#).

8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>