

General guidelines when speaking with your child about COVID-19

General guidelines: (your child may be able to process COVID-19 information differently from the age groups listed below, please use your own discretion and parental instincts)

Limit conversations that children cannot control or help with, such as wage losses. Instead, talk about how you are helping to keep them safe. You can discuss good hygiene and even make games out of washing routines.

Pre-K to Grade 3: need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as “adults are working hard to keep you safe.”

Grades 4-6: will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and community leaders to prevent germs from spreading.

Grades 7-11 Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.