

To: Our Aldo Families

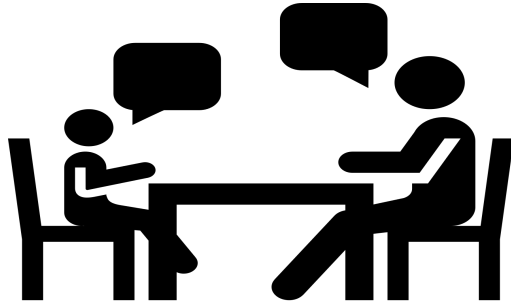
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Talking to Kids About the Coronavirus



Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*.

Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions.

Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions.

Deal with your own anxiety. If you notice that *you are feeling anxious*, take some time to calm down before trying to have a conversation or answer your child's questions.



Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. The **CDC recommends** thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds.

Stick to routine. Structured days with regular mealtimes, daily exercise, and bedtimes are an essential part of keeping kids happy and healthy.

Find new ways to socialize. With an end to playdates and sleepovers, families may need to get creative to provide their children with social opportunities. Students can eat lunch "together" via Hangouts and play games on parent-approved platforms.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR32-s8mijUk09X9-upitaifou9sRuvQahA7XbITEVnoLUx-GkVQOBfIarw> Click for the full article