College of Educational & Developmental Psychologists

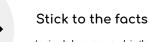
Advice for Parents Speaking with children about COVID-19



Honesty is the best policy



Be open when discussing the pandemic with children. Speak calmly and avoid information overload.



In simple language, explain that most people only get a mild form of the illness.





Keeping safe

Remind children that practicing good hygiene is the best way to stay safe.

We're on it!

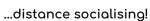
Reassure children that we have many experts from around the world working on the situation





Social distancing...

Practice social distancing. Model appropriate ways to greet and farewell family and friends. It's important to remember however...



Physical distancing does not mean social isolation. Keeping up with friends and family is important for mental health and wellbeing. Emails, phone calls, video calls - get creative!



