

[National Association of School Psychologists](#) – How to talk with kids

[National Association of School Nurses - How to Talk with Kids](#)

[Comic Book about Coronavirus for Kids](#)

[What to do with kids indoor from Woodcliff Lake Dept of Recreation](#)

Here are 7 **general guidelines** to help you and the children for whom you care:

(from the Center for Autism and Early Childhood Mental Health at Montclair State University)

1. While there are reasons to be concerned, know that there are very few cases of the Coronavirus in our state and country at the present. Everyone is working hard to be sure very few people get the virus, and that all those who are ill, get the help they need.
2. It is important to keep in mind that comparatively few children have tested positive for the virus, and deaths in children are very rare. (<https://www.sciencealert.com/if-you-re-worried-about-children-catching-coronavirus-here-s-what-you-need-to-know>)
3. Let children know that for most people, the Corona virus is like a regular cold, and they get better quickly when they get the proper care. Young children are really safer. People who have other illnesses and older people have a greater risk of getting sicker with Coronavirus. Less than 1% of all cases in the world are in children below the age of 9.
4. Be there and be calm: Ask children what they know and what they have heard. Listen to the child's story, follow the child's lead, and be reassuring about the ways that you will take care of them. Use simple language and correct any misunderstood accounts.
5. Above all, know very young children respond more to your emotions, gestures and tone of voice - even more than your words - although your words are important.
6. Limit repeated exposure to images and reports about the Coronavirus. When children do see images or reports about the virus, Fred Rogers of *Mr. Rogers Neighborhood* suggests that we help them "look for all the people who are helping". Tell a child what they need to know, not all that you know. For example, say something like "Some people are sick and being cared for. You are safe and we are doing all the things to keep us healthy like washing our hands, and covering our mouths when we cough or sneeze."

7. Remember to take care of yourself: If the adults in a child's life are overwhelmed, overstressed and overtired, it will be more difficult to be safe, secure and stable for the child.