

#NUSD TIPS FOR CLOSURE

COVID-19

General Principles for Talking to Children:

✘ Remain calm and reassuring:

Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

✘ Make yourself available to listen and to talk:

Make time to talk. Be sure children know they can come to you when they have questions.

✘ Avoid language that might blame others and lead to stigma:

Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

✘ Pay attention to what children see or hear on television, radio, or online:

Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

✘ Provide information that is honest and accurate:

Give children information that is truthful and appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

To learn more about helping children cope, visit: www.bit.ly/HelpingChildrenCopeCDC