

#StopTheSpread

Don't be afraid
to talk about
the coronavirus.

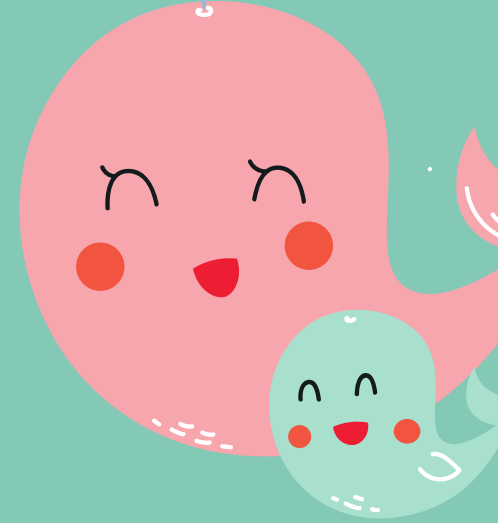
Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Sources:

www.who.int

www.cdc.gov





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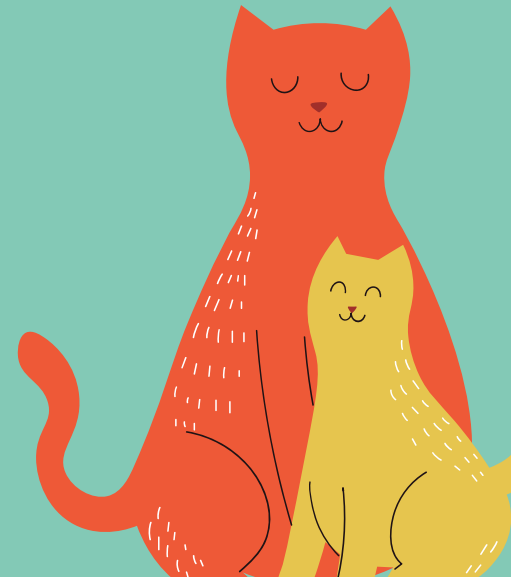
Talking to your kids about the

Coronavirus

Sources:

www.who.int

www.cdc.gov



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Be developmentally
appropriate.

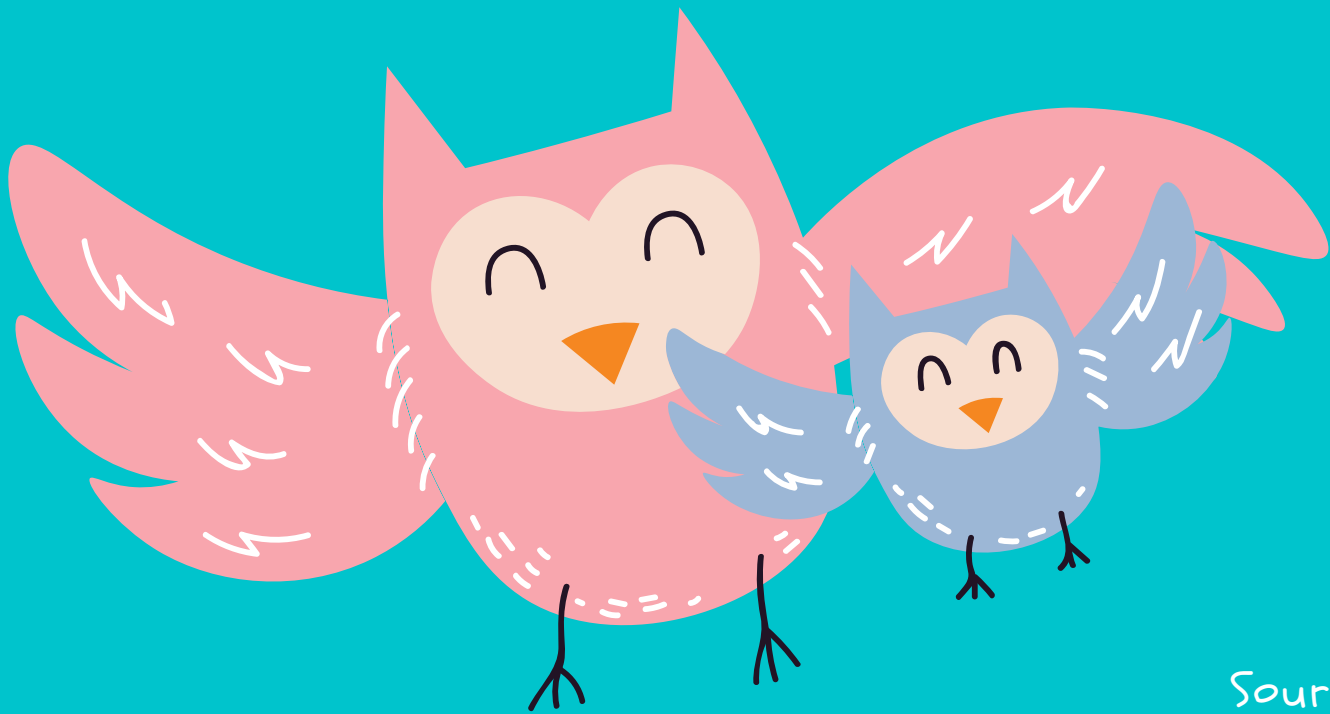
Try answering their
questions instead of
volunteering too much
information as this
might be overwhelming.

Sources:
www.who.int
www.cdc.gov



Let them talk
about their
worries.

Be open and invite them to
discuss what they may have
heard and how they feel.



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Sources:
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www.cdc.gov



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Focus on what
they can do to
keep safe.

Help your kids feel empowered
by teaching them what they can
do to keep safe. Show them
how to wash their hands or
how to sneeze properly.

Sources:
www.who.int
www.cdc.gov

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Stick to
routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Sources:

www.who.int

www.cdc.gov



Manage your
own anxiety.

When you notice yourself
feeling anxious, take time to
calm down before trying to
have a conversation or
answering your child's
questions.



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Sources:
www.who.int
www.cdc.gov

Local support:
<https://www.ghll.org.uk/>
<https://ticplus.org.uk/>
<https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

