

Talking to Kids About COVID - 19

COVID-19 has become the source of many thoughts, feelings and conversations all over the world. Like adults, children are also observing and processing how the pandemic has affected their world too. However, their ability to understand and make sense of the information looks very different. This topic is real, and it's important to include our children into the conversation that is supportive, thoughtful and age- appropriate.

Acknowledging children's concerns and being open to discussing them is the best approach in easing worries and fears!

Knowledge is power

Talking with young children about COVID-19 can be a challenge. Concerns stemming from the fear of adding more anxiety to not knowing what information to share. What's important to know is that knowledge is a powerful tool for clarity and coping.

Being **transparent and truthful with information that is developmentally appropriate** empowers children – giving them some predictability in what lies ahead and comfort in knowing that loved ones are there to keep them safe.

Be calm and reassuring

Children are observant and can feel the emotions and energy from the adults around them. Be sure to monitor your own stress before responding to your child. When adults remain present and calm, it's easier to support children in meeting their needs.

Follow your child's lead

Start the conversation by figuring out what your child already knows about COVID-19.

This can be a helpful guide as to how much information to share and helps you adjust the language so that it best meets the needs of your child.

You know your child best! Let their questions lead the conversation.

Teach healthy hygiene

Use this conversation as a learning opportunity to teach children about healthy hygiene. Proper handwashing and avoiding touching your face are important preventative measures to stop the spread of germs and helps to keep children healthy all year round.

Learning About Germs

Glitter Germs Activity

What you need:

- 2 Bowls (small and large)
- Hand/body lotion
- Glitter (the “germs”)



What you do:

1. Mix lotion and glitter in the bowl
2. Have your child put some of the “germs” their hands and rub them together
3. Shake hands with each other or let them touch different surfaces to learn about how germs can be spread

Learn more: thesimpleparent.com/glitter-germs-activity-for-kids

Pepper and Soap Experiment

What you need:

- Plate or saucer with a raised edge
- Water
- Ground Black Pepper (the “germs”)
- Dishwashing Liquid



What you do:

1. Pout water onto the plate. You should use enough water to cover the whole bottom of the plate
2. Sprinkle the ground pepper onto the water. Explain that these specks of peppers represent germs.
3. Now squirt a dot of dishwashing liquid onto one of your fingers. Rub it all around until completely covered.
4. Finally, put your soap-covered finger into the middle of the peppered water... and then see what happens!

Learn more: fantasticfunandlearning.com/make-germs-scatter-science-demonstration