

HOW TO

SUPPORT CHILDREN THROUGH CORONAVIRUS

Create opportunities that empower children to ask questions. Respond with answers that are simple. Be cautious of your reactions and answer truthfully. Children often wonder if they can catch the virus and feel worried about that.

Honest & Simple Conversations

Focus on what is known about the virus, rather than the unknown. Do your best to not speculate or repeat statements that are not fact.

Focus on What we Know



Encourage children to engage in activities that they have mastered, like hand washing. Incorporate healthy coping strategies into conversations and routines.

Empower Them



Have your child walk you through the correct steps. Wet your hands, lather for 20 seconds, rinse, then dry. Make hand washing fun and help them learn by watching videos, read books and sing songs while you do it!

Hand Hygiene



Children need support in understanding the virus and its impact on our lives. As adults and caregivers, you can help children cope!



Make them Feel Safe

Children look to calm, trusted caregivers for safety. You can reassure children they are safe, and that they did not do anything to cause this.



Model Positive Behaviour

You can model through your own actions. Engage in hand washing and practice physical distancing.



Create Consistency

Children thrive on routine. Do your best to create a daily routine that includes a variety of activities like reading, art, building, resting and learning.



Reflect and Express

Feeling scared and worried is normal. You can help by creating opportunities to express themselves through play art, and movement.