

# 7 TIPS YOU CAN TRUST

## How to talk to kids about coronavirus

**You're not alone.** As the world's leading expert on childhood, we're providing parents, schools and communities with tools and tips you can trust about coronavirus (COVID-19) and kids. Together, we're doing whatever it takes to protect our children. Here's how to guide the conversation with a child in your life.

- 1** Get informed and share the facts.  

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- 2** Tailor your approach based on your child – think about whether more information makes them more or less anxious.  

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- 3** Approach the subject simply and calmly – kids take their cues from you.  

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- 4** Ask your child what they know, answer their questions and address any misinformation.  

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- 5** Validate their feelings, while reassuring them – “I understand this can be scary. We're taking steps to keep healthy, and we're well prepared.”  

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- 6** Remind them of what's in their power – washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.  

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- 7** Model good hygiene, and try to make it fun! Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds.

[savethechildren.org/coronavirus](https://savethechildren.org/coronavirus)