

Weekly Tip

Talking about COVID with kids



Coronavirus has the whole world talking and it can be overwhelming to many, including your kids.

Use these tips to help your kids feel safe and loved in these uncertain times.

Before you chat:

- The most important thing to do is educate yourself – see links to the most relevant and verified information [here](#).

For younger children:

- They will respond to your stress, so stay calm and positive with your messages. Keep it simple and brief.
- Acknowledge that some people are getting sick with a germ that might make them cough and sneeze. "You don't need to worry; we are doing lots of things to make sure we are well."
- Focus on the things you can all do – like washing hands often.

With older children:

- Sit down and talk to them in a calm and reassuring way to ensure they are getting accurate information.
- Translate essential information into terms they understand ahead of time, rather than needing to address misinformation and rumours coming from classmates or online sources.
- Keep checking in with your kids to see if they need reassurance, or if they have any new questions.

The Fathering Project is one of Australia's leading fathering not-for-profit initiatives that seeks to improve child development outcomes by inspiring and equipping fathers and father-figures to be more engaged and effective. You are receiving this information as a valued supporter of The Fathering Project.