

# Talking to Your Child About COVID-19 (Coronavirus)

Anne Arundel County Public Schools is committed to supporting our students and families during this time of social distancing. Just as we are committed to providing academic opportunities for our students, we are committed to providing resources to support our families in coping with the many changes that COVID-19 has brought. Concern over the virus can create natural feelings of anxiety in family members. This tip sheet shares information from the National Association of School Psychologists to help you communicate with your children and loved ones.

## Lead by Example

- Remain calm and reassuring.
- Monitor exposure to television and social media.
- Maintain a normal routine to the extent possible.
- Be honest and accurate.
- Know the symptoms of COVID-19.
- Review and model basic hygiene and healthy lifestyle practices.

## Be Open to Conversation

Children may need extra attention and reassurance during this time of uncertainty. It's important for them to know they have someone they can talk to.

- Let your child's questions guide the information you provide.
- Provide facts without promoting panic.
- Be patient and allow your child time to process information and emotions.
- Remind children that adults are working to address this concern.

## How much should I tell my child?

### *Early Elementary School*

- Balance facts with appropriate reassurances that their homes are safe.
- Remind children that adults are there to help keep them healthy and to take care of them if they do get sick.
- Give simple examples of the steps people take every day to stop germs and stay healthy, such as hand washing.

### *Upper Elementary & Early Middle School*

- Be prepared to answer questions about the impact of COVID-19 on their community.
- Help your child separate reality from rumor and fantasy.
- Discuss how school and community leaders are working to prevent the virus from spreading.

### *Upper Middle & High School*

- Provide honest, accurate, and factual information about the current situation.
- Share credible sources about COVID-19.

## Stay Informed

Visit the [Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) website for reliable resources and information about this new virus:  
[www.cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)