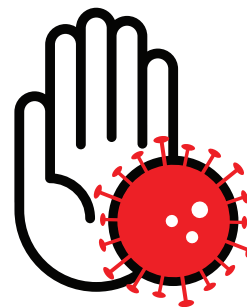




NOVEL
CORONAVIRUS

TIPS IN THE CONTEXT OF CORONAVIRUS



Pennsylvania Attorney General Josh Shapiro



DON'T AVOID DISCUSSING CORONAVIRUS.

Most children are aware of the virus to some degree so parents should NOT avoid talking about it. Avoiding the topic can actually increase your child's anxiety. When you discuss the coronavirus, make sure that you correct misinformation and share facts in a way that your child can understand.

BE DEVELOPMENTALLY APPROPRIATE.

Sharing too much information about coronavirus can be overwhelming for many children. Instead, try your best to answer your child's questions truthfully and clearly. You can still communicate about coronavirus in a constructive manner even if you don't have an answer to everything.

FOLLOW THEIR LEAD.

Allow your child to share anything they may have heard about the coronavirus, and how they feel.



Let them know it is ok if they feel upset. Provide opportunities to ask questions. Being available and opening channels for dialogue with your child is most important.

ADDRESS YOUR OWN ANXIETY AND MAKE YOUR MENTAL HEALTH A PRIORITY.

If you begin to feel anxious or stressed, take deep breaths and regain composure before trying to have a conversation about coronavirus with your child. Your child can notice your distress, which may negatively impact them during an already stressful time.



ASSURE THEM.

Your child may be very scared that they'll catch coronavirus.



It's helpful to reassure your child that they are in a safe environment and children who become sick actually seem to have milder symptoms.

COMMUNICATE WHAT YOU'RE DOING TO KEEP YOU AND YOUR FAMILY SAFE.

Emphasizing the safety precautions that you are taking can help reassure your child. Remind your child that you will continue to relay the latest information as you learn more.



MAINTAIN ROUTINE.

If your child is now spending all day at home, it is essential to structure days with regular mealtimes, exercise and bedtimes. It is also important to schedule time in your child's day for learning activities, relaxing and fun activities.

Creating a consistent, balanced routine is an essential part of keeping kids happy and healthy.



LIMIT THEIR EXPOSURE TO NEWS COVERAGE OF THE EVENT.

Children may misinterpret what they hear on the news or see on social media. This can create feelings of anxiety and fear in your child.



BE A ROLE MODEL.

By sticking to a routine, you will encourage your child to do the same. In addition, share with your child how you deal with your own stress so that they can learn how to cope from you. By demonstrating healthy behaviors, you will encourage your child to follow suit.



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