Nemours

VIDEO: How to Talk to Kids About Coronavirus (COVID-19)

Your kids are hearing about coronavirus (COVID-19). You want to make sure they get reliable information — and you want them to hear it from you. In this video, pediatric psychologist Meghan Walls, PsyD, discusses how to talk about it.

Key Points in VIdeo:

- Meghan's intro (:00 - :15)
- Perceived threat (:15 - :42)
- Talk about it (:42 - :53)
- Give honest/fact-based information that is age-appropriate (:53 - 1:40)
- Help child feel in control (1:40 - 1:53)
- Talk through what kids can do, wash hands, etc. (1:53 - 2:29)
- have on-going conversations (not one-and-done) (2:29 - 3:15)
- If your child is really having a hard time/anxiety about this (3:15 - 3:36)
- Recap/summary (3:36 - 3:50)

For more on this topic please visit Nemours KidsHealth.org

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Additional assets available online: **Video** (1)

https://nemours.mediaroom.com/How-to-Talk-to-Kids-About-Coronavirus-COVID-19