

# How to Talk With Your Children About the COVID19 Pandemic

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**With so much uncertainty in the world today, it is understandable if children feel confused, worried, or anxious.**

The media can be full of useful and credible information, but it can also be full of confusing or conflicting information.

*How can you, as parents or guardians, talk with your children about the COVID19 pandemic to help settle their confusion or worry?*

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**Here are some important steps to take when talking to your children about COVID19:**

1. **Remain calm during this situation of COVID19:** This can be a little tricky to do, especially if you yourself are worried. Your children look up to you in times of uncertainty. Remind them that this is temporary and that everything is going to work out.
2. **Give them the facts from credible sources.** Answer only what they ask and avoid any negative or big terms. If you have a young child, check out this BrainPOP video. ([BrainPOP](#))
3. **Give your child power and responsibility:** Tell them how they can help stop the spread of COVID19. It is their responsibility to wash their hands routinely for at

least 20 seconds, cough or sneeze into their elbows, and clean their electronic devices often.

4. **Try to maintain a normal routine:** With schools moving to online avenues, your normal routine is probably thrown off a bit. Children can feel overwhelmed when there are big changes in their environment. Try your best to maintain a normal routine, or establish a new routine.
5. **Empathy, Empathy, Empathy:** Empathy is the ability to understand and be aware of someone's feelings. Children have a wide range of emotions; so let them express them! Show them empathy when they express their emotions. This can help your children feel understood and can help decrease their anxiety or worry.
6. Most importantly, **take care of yourself:** You, as parents or guardians, may also be feeling overwhelmed during this time of uncertainty. Take time for yourself to create a self-care routine. (View self-care tips [HERE](#).)

Check out [these additional tips](#) that SAMHSA (Substance Abuse and Mental Health Services Administration) has gathered on how you can talk with your children during an infectious disease outbreak like COVID19.

**Southwest Counseling Service** and **Sweetwater County Prevention** wants to remind you of the following resources.

**Together WE can make it through this!**

- **Southwest Counseling Service on-call services** are available and operating 24 hours-7 days a week: [\(307\) 352-6677](tel:3073526677)
- **24/7 National Suicide Prevention Lifeline**– National Suicide Prevention Lifeline: [\(800\) 273-8255](tel:8002738255) or visit [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) Text WYO to 741-741
- **National Disaster Crisis Line**– [\(800\) 985-5990](tel:8009855990)

References: <https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>



