

#StopTheSpread

Don't be afraid  
to talk about  
the coronavirus.

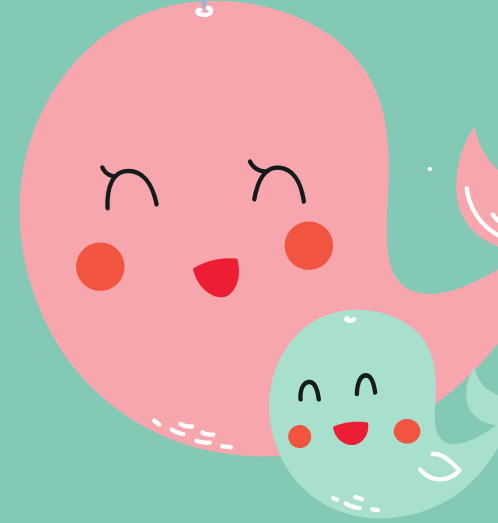
Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Sources:

[www.who.int](http://www.who.int)

[www.cdc.gov](http://www.cdc.gov)





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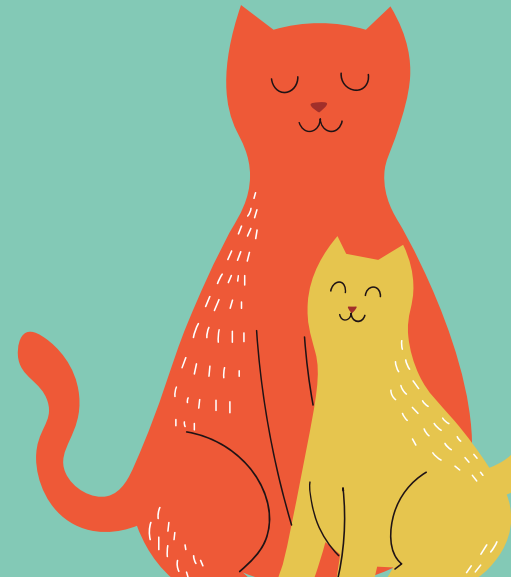
Talking to your kids about the

# Coronavirus

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[www.cdc.gov](http://www.cdc.gov)



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Be developmentally  
appropriate.

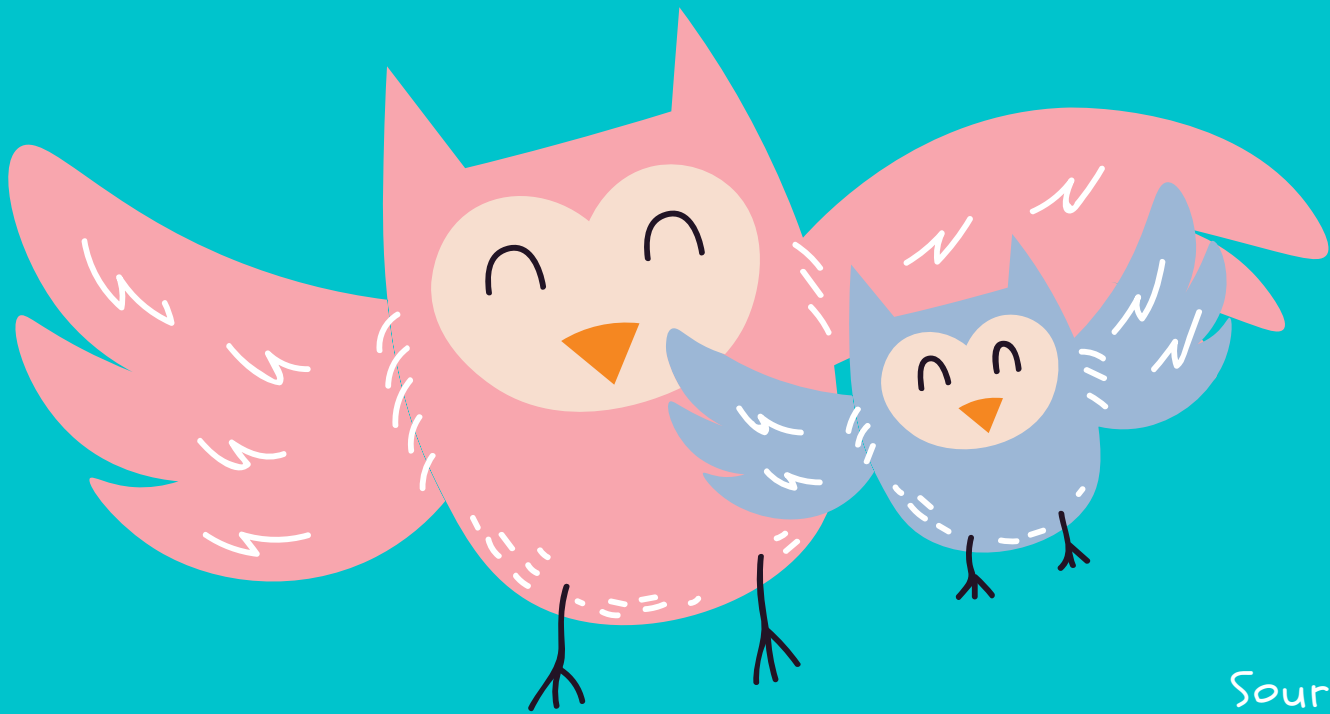
Try answering their  
questions instead of  
volunteering too much  
information as this  
might be overwhelming.

Sources:  
[www.who.int](http://www.who.int)  
[www.cdc.gov](http://www.cdc.gov)



Let them talk  
about their  
worries.

Be open and invite them to  
discuss what they may have  
heard and how they feel.



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Focus on what  
they can do to  
keep safe.

Help your kids feel empowered  
by teaching them what they can  
do to keep safe. Show them  
how to wash their hands or  
how to sneeze properly.

Sources:  
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Stick to  
routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Sources:

[www.who.int](http://www.who.int)

[www.cdc.gov](http://www.cdc.gov)



Manage your  
own anxiety.

When you notice yourself  
feeling anxious, take time to  
calm down before trying to  
have a conversation or  
answering your child's  
questions.



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Sources:  
[www.who.int](http://www.who.int)  
[www.cdc.gov](http://www.cdc.gov)

Local support:  
<https://www.ghll.org.uk/>  
<https://ticplus.org.uk/>  
<https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

