



St Joseph's College

Talking to Children
COVID-19

Stay Calm, Listen and Offer Reassurance



Be a role model

Children will react to, and follow, your reactions. They learn from your example.

Be aware of how you talk about COVID-19

Your discussion about COVID-19 can increase or decrease your child's fear. If true, remind your child that your family is healthy and you are going to do everything within your power to keep everyone safe and well. Carefully listen or have children draw or write their thoughts and feelings. Respond truthfully and reassuringly.

Explain social distancing

Children probably don't fully understand why parents/guardians aren't allowing them to be with friends. Tell your child your family is following Government guidelines, which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Show older children the 'flatten the curve' graphic to help them grasp the significance of social distancing. Explain that while we don't know how long it will take to flatten the curve, we do know that this is a critical time -we must follow the guidelines of health experts to do our part.

Demonstrate deep breathing

Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.

Focus on the positive

Celebrate having more time to spend as a family. Make it as much fun as possible. Work on creative projects together. Sing, laugh and, if possible, go outside to connect with nature and get much needed exercise. Allow older children to connect with their friends virtually.

Establish and maintain a daily routine

Keeping a regular schedule provides a sense of control, predictability, calm and wellbeing. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.

Identify projects that might help others

This could include: sending positive messages over social media or reading a favourite children's book on a social media platform for younger children to hear.

Offer lots of love and affection

