

Talking with your children about coronavirus

Many parents and carers are wondering how to talk to their children about Coronavirus in an age-appropriate and reassuring way.

Here is some advice from the Government of Jersey, developed with the help of educational psychologists and Child Adolescent Mental Health Services (CAMHS) from the Department for Children, Young People, Education and Skills:

- ✓ help children feel informed and get fact-based information
- ✓ be age-appropriate with the information, very young children need brief and simple information
- ✓ encourage children to ask questions, not talking about it can actually make children worry more
- ✓ do your best to answer questions honestly and clearly
- ✓ remind children with facts that very few people in Jersey have coronavirus and in other places the vast majority of people with the virus recover fully
- ✓ focus on how to stay safe
- ✓ remind children that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two 'Happy Birthday' songs)
- ✓ stick to a routine at home
- ✓ give children extra attention and time to talk if and when they want to

Other useful resources:

[Tips on talking to children about Coronavirus on gov.je](#)

[Talking to kids about the coronavirus on the Child Mind Institute website](#)

[COVIBOOK by Mind Heart for children under the age of 7](#)

[Guidance from the NSPCC on talking to a child who is worried about coronavirus](#)

[Helpful information to answer questions from children from the national children's mental health charity Place2Be](#)