

Talking to Children about COVID-19

Children are hearing about COVID-19 and it is important for them to receive accurate, age-appropriate information. This also needs to be balanced with limiting media viewing; too much exposure can increase fears. Resources are available for parents and caregivers to talk to children about COVID-19.

- Centers for Disease Control and Prevention (CDC): [COVID-19: Talking to Children](#)
- National Association of School Psychologists (NASP) and National Association of School Nurses: [Talking to Children about COVID-19: A Parent Resource](#)
- Child Mind Institute: [Talking to Kids about the Coronavirus](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA): [Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- BrainPOP: [Teach Children about the Coronavirus](#)
- Common Sense Media: [Explaining the News to Our Kids](#)