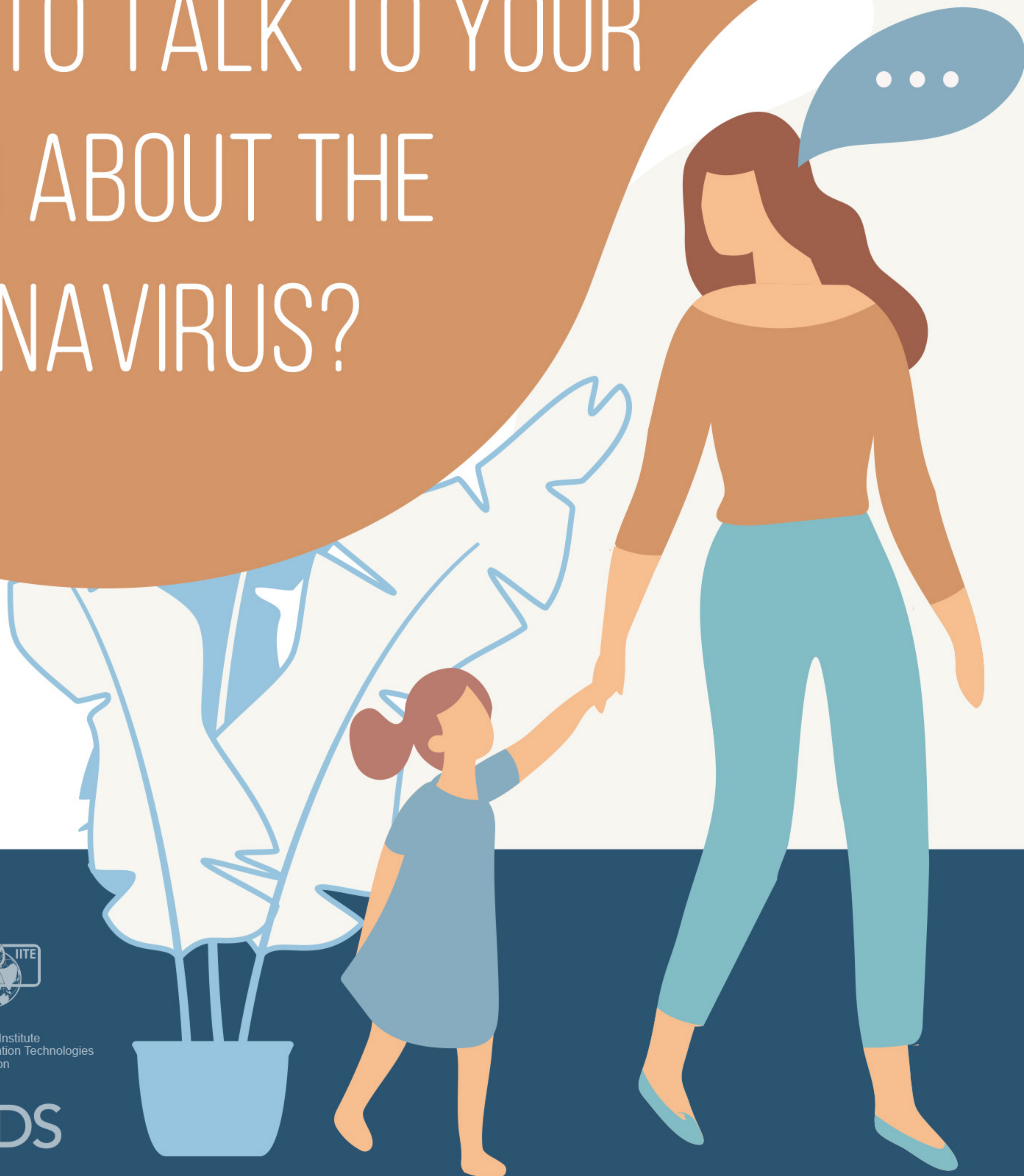


HOW TO TALK TO YOUR CHILD ABOUT THE CORONAVIRUS?



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HOW TO TALK TO YOUR CHILD ABOUT THE CORONAVIRUS?

Step 1. Prepare answers to possible questions

- Determine in advance what and how much your child needs to learn, in order to understand the basic facts and take effective precautions
- Figure out the topic for yourself first, double-check the facts and write simple, easy to understand explanations
- Double-check all information using official and verified sources (World Health Organization, national institutes of health)



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Step 2. Listen

- Let your child talk first about what they have heard from teachers or peers, what worries and scares them
- Keep calm and speak in an even, encouraging tone



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Step 3. Adapt the information

- Be sure to answer all questions but adapt your answers to the child's age
- Avoid assumptions, conspiracy theories and unnecessary details which can confuse or frighten your child



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Step 4. Lead by example

- Avoid focusing heavily on the topic: incessant discussion of news about the virus creates an atmosphere of anxiety
- Follow hygiene rules together: wash hands properly, keep things clean and take other necessary precautions



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