

How should I talk to a child about coronavirus (COVID-19)?

Advice for adults

It's important not to shy away from talking about the coronavirus with your children. They may have already picked up snippets of information from social media or the news, and even though they haven't discussed it with you they may be wondering what it means for them and people they care about. Be calm, honest and informed when talking to them about news related to the coronavirus.

- Ask them what they already know about it
- Be calm, honest and informed about the facts
- Don't dismiss their fears and reassure them that you are there to listen
- Encourage them to use Childline's message boards to talk to other young people

Encourage children who are worried to visit the Childline website, where they can find lots of tools and ideas to help them cope with feeling worried.

www.childline.org.uk



[Click here](#) to visit Newsround for advice about what to do if you're worried. Watching this with your child could help start the conversation.

Advice for children

Coronavirus is a new virus that people have been catching across the world, including the UK. It's important to remember that almost everyone who has had the virus have fully recovered.

Some young people have told us they're worried about how to avoid it, or scared that it might spread. If you're feeling like that, there are simple things you can do to cope and stay safe:

- wash your hands regularly and try not to touch your face
- make sure you only read news sources you trust, like Newsround
- ask questions when you're not sure, you could ask an adult you trust or talk to Childline



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