



Emotional Support for Students

All the news about COVID-19 (Coronavirus) can be concerning for students, parents, and guardians. Here are some tips to help address your child's social and emotional needs:

- Don't be fearful to answer questions or talk about the Coronavirus. Not talking about known issues may make children more fearful. Make this an opportunity to give the facts and set the emotional tone.
- Be developmentally appropriate. Do not give too much information.
- Listen to your child and allow him/her to ask questions. Help dispel fearful speculations.
- Comfort and reassure your child (they are less susceptible to this virus).
- Empower your child by knowing what to do: washing her/his hands well, cleaning surfaces, covering coughs...
- Stay with your schedule and routines
- Promise your child you will keep his/her current with updates.
- Limit exposure to television and social media regarding the Coronavirus.

Additional Resources:

Child Mind Institute has a great article: *Talking to Kids About the Coronavirus*

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) (National Association of School Psychologists)

[Talking to Children About Coronavirus](#) (American Academy of Child and Adolescent Psychiatry)