

TALKING TO KIDS ABOUT CORONAVIRUS

HELPFUL RESOURCES FOR PARENTS & KIDS

RESOURCES FOR PARENTS

Life Kit: Parenting—[Coronavirus and Parenting: What You Need to Know Now](#)

- This is a 15-minute podcast available on Spotify. While Spotify is a paid service, it is free for parents to access from a desktop.
- They cover everything from how to talk to children about coronavirus to weathering school closures, enforcing good hygiene and some screen time strategies when home with little ones.

[How to Talk to Your Kids About Coronavirus](#)

- This is an article published on PBS Kids for Parents. It focuses less on actually talking to kids about COVID-19 (though there is a small section on that) and more on how to teach kids proper hygiene to help protect themselves.
- Links to helpful video clips from PBS shows (Daniel Tiger, Sesame Street) on what to do when sick or trying to prevent illness.

[How to Talk to Kids About COVID-19](#)

- This article comes from the experts at Stanford Children's Health.
- Presents age-appropriate ways to talk to kids about COVID-19 while not stoking further anxiety.

RESOURCES FOR KIDS

[Brain POP: Coronavirus](#)

- This is a neat little video that does a great job of explaining to kids what the Coronavirus is, where it came from, etc. It also goes into what they can do to stay safe and why they shouldn't worry about the scary stuff they may be seeing and hearing. At only 4 minutes long, it doesn't drag on and the colorful animation is perfect for holding short attention spans.
- What's great about this source is that it is FREE and comes with a wide variety of educator resources (quiz, challenge, worksheets, etc.)



*Online Positive Parenting Training
for Parents of Toddlers to Teens*

QUESTIONS:

TEXT: 1- 919-584-9515

or

EMAIL: ClientCare@PositiveParentingSolutions.com

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HELPFUL RESOURCES FOR PARENTS & KIDS

MORE RESOURCES FOR KIDS

Coronavirus Explained!

- This 4-minute video from the CDC is super upbeat and highly informative. Instead of focusing solely on how to protect yourself from the virus, like the other videos, this one also explains what the virus is, shows what it looks like, and how it makes us sick.

Mindheart.kids: Covibook

- These cute infographics are great for children 7 and younger to help give them a better understanding of what COVID-19 is and how they can stay healthy.
- There is also a downloadable PDF for parents to access. This is an English translation, so there are a few typos.



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