**TALKING WITH YOUR CHILDREN ABOUT COVID-19**

Children may find the current disruption to daily life quite disturbing, especially if it affects those who are close to them. Whilst it may be tempting to shield them from potentially upsetting information, they will be in a better emotional state if simple, appropriate information is shared with them.

* Use simple, clear language, appropriate to their level of understanding
* Don’t give too much detail, but answer any questions they have as honestly as you can
* Be honest about the uncertainty which exists about future events
* Emphasise the support and love which is there for them
* Keep them constructively occupied, rather than allowing them too much time to dwell on the situation.

There are some good resources publicly available, to help in explaining to children. Try the following:

* Pepper experiment: use this to help explain about using soap/detergent to wash your hands.
<https://metro.co.uk/2020/03/12/need-wash-hands-soap-12387314/>
* Book about the virus:
<https://www.mindheart.co/descargables>
* Teaching materials about the virus:
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
* Social story about the virus, from ELSA materials:
<https://www.elsa-support.co.uk/coronavirus-story-for-children/>
* Short CBBC video:
<https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjjpx6YqoetuZ1tP16y7wMjUR6uwgWyhRmf0aFTrAs>
* Social story about pandemics for older children, by Carol Gray:
<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
* Guidance from Hong Kong, with links to resources for secondary aged students:
<https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fdocs.google.com%2fdocument%2fd%2f18KBl5MYzK09muSoAGpwz1n%2dE4s6t5LJfAnmwdTsSaSs%2fedit%3fusp%3dsharing&umid=94db34ca-77a0-40f9-b554-cb784abd254f&auth=438558d5329f5814a0a31cfd8e89073841978136-889513de5f4434c8e7c83b1137da124180909bad>