

# HOW DO I TALK TO MY KIDS ABOUT THE CORONAVIRUS ?



In recent months, there have been reports of the outbreak of CoronaVirus in the U.S. and around the world. What can you do to reassure your child/adolescent and help them cope with their potential anxiety?

Your child looks to you for guidance on how to react in times of stress. If you appear stressed out, they may model that behavior. The following are some tips on how to talk to your child/adolescent, as well as how to manage your own anxiety.

In talking to your child, first get your facts on the virus from reliable sources:

- **Center for Disease Control:** [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- **NYC Department of Health:** [www.nyc.gov/health/coronavirus](http://www.nyc.gov/health/coronavirus)
- **World Health Organization (WHO):**  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

- Limit television viewing and internet access on this topic. Overexposure to media coverage can feed anxiety and worry.
- **Be available and fully present** when talking to your child. Speak in a calm, gentle voice using words they can understand. For younger children, listen to them about what is worrying them and what they already know about this issue. Adolescents can probably engage more in an honest discussion.
- Reassure your child/teen with the information you have from reliable sources and with the knowledge that doctors around the world are working hard to find solutions to the outbreak.
- Continue to have structured routines like mealtimes and playing games together.
- Be mindful that by using safety precautions, you are taking control over what may appear to be a powerless situation. These include hand washing with soap and water for 20 seconds after using the bathroom, after blowing your nose, or coming from outside.

If you or your family need support, please contact **the New York City Employee Assistance Program (NYC EAP)** by phone at (212) 306 - 7660 Mon to Fri 8am to 7pm, or by email at [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)

**YOU ARE NOT ALONE. HELP IS AVAILABLE**



**CALL: 212.306.7660;**

**EMAIL: [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)**