

5 Tips for Talking to Kids and Teens about Covid-19

Glenn Weiner, Ph.D.

Licensed Clinical Psychologist

Be honest, yet give only as much information as necessary. This is not a one-time conversation. Answer every question.

Limit NEWS exposure (this goes for adults as well).

Validate & Normalize Anxiety: It makes sense for you to feel anxious(worried) right now as this is a new and confusing experience. Talk about what people do to manage their worries.

Empower them: “You can do things to keep the risk of your getting this very low and keep it from spreading. You and I can do some kind things to help other people while this is going on. Point to the helpers (Mr. Rogers)

Share a view that includes normal life going on: “This is a new experience for all of us, so I don’t know for sure, but the way that I am thinking about it now is:

e.g. To prevent the spread the government is keeping large numbers of people from being together at one time. So anywhere there are a lot of people together like school, concerts, sports events, etc. will be cancelled for a while, perhaps a couple of months, but we don’t know. A lot of people are going to get sick like having the flu and may be sick for 1-2 weeks. It is less common for children and teenagers to get this. It is adults and it is older adults and already sick adults that are at the greatest risk. At some point, things will return to normal. You will be back in school, it will be safe for large groups of people to gather again and you will look back on this experience. We will still be _____-(going swimming this summer; playing baseball; camping, etc.). when the weather warms up.

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