

TALKING TO CHILDREN ABOUT COVID-19



TIPS FOR PARENTS AND CARERS WORKING WITH CHILDREN

A HALLEY MOVEMENT INITIATIVE

1

STICK TO OUR NORMAL ROUTINE

Normal routine creates a sense of predictability for children to be safe and feel safe.

2

LEARN FROM OUR CHILDREN

Learn from them what they know about the coronavirus and how they feel by allowing them to ask questions. Keep your explanations appropriate to avoid information overload & stigmatisation

3

EDUCATE OUR CHILDREN

Explain them that the virus is shared through coughing and touching infected surfaces, that it is important to avoid people who are coughing and sneezing

4

PREPARE YOUR FAMILY

Reassure them by telling them that there are professional people who are working on finding ways to prevent the spread and help heal the corona virus and demonstrate correct hand washing techniques

FOR MORE INFORMATION

[HELPLINEMAURITIUS.ORG](https://helpline.mauritius.org)