



Compass Health  
Network

# COVID-19 AND KIDS



*Parents...wondering what to tell your kids about COVID-19? Here are some resources to and helpful links to help you when talking to your kids about their anxieties and fears.*

## TELL THEM THE TRUTH

It is important to correct any misinformation that they may have heard. You may have to use age appropriate language that they can understand.

## REASSURE THEM

It is important to reassure them that everything is being done to protect them and keep them safe.

## TAKE CARE OF YOUR ANXIETY

It is important that they don't sense your fears, or discuss your fears when they are in an earshot from you.

## KEEP A ROUTINE

It is important to keep a routine. Kids tend to thrive better when they know what to expect. This will also help reassure them.

## BE A SUPER HERO

It is important for them to understand that we all in this together. We can be Super Heroes by practicing things like: social distancing, wash our hands, and coughing or sneezing to our elbow or get a tissue.

## Helpful Links and Resources

Videos  
[PBS](#)

What/How Language  
[CDC](#)

FAQ Samples  
[Bright Horizons](#)

click on the web links  
to visit the sites

If you notice your kids displaying signs of extreme anxiety and fears or having behavior concerns...

**Please call our  
hotline  
888-237-4567**