



# COVID-19: Supporting a discussion with children and youth

\*note that in this resource COVID-19 and Coronavirus are used interchangeably and refers the respiratory disease that is caused by a novel coronavirus that was discovered in 2019.

## Resources to support parents/caregivers discussing COVID-19 with children/youth

### Websites

*Children's Mental Health Ontario:* [Talking to your anxious child about COVID-19](#)

- Includes recommendations to stay informed, keep a consistent routine for children/youth, being open and honest with the facts about the virus, and suggests preventative measures
- Includes links to additional resources

*Canadian Psychological Association:* [Mental health and coping during COVID-19](#)

- Provides general information about how people might cope with COVID-19
- Includes suggestions on how to support those who have pre-existing mental health conditions
- Provides advice for parents/caregivers to identify and support children who are stressed by COVID-19

*Centers for Disease Control and Prevention (US)*

- [Talking with children about corona virus](#)
- [Managing stress and anxiety during stressful situations](#)
- [Key facts about coronavirus disease](#)

[Kids health Coronavirus: What kids can do](#)

- Information and tips on how to respond to the virus, *written for a young audience*
- Provides information on how to prevent contracting or passing on germs to protect oneself and their family

*Child Mind Institute:* [Talking to kids about the coronavirus](#)

- Includes a short video by Dr. Jamie Howard (Director, Trauma and Resilience Service, Child Mind Institute) on how to have conversations with children about the coronavirus and its impact
- Emphasizes the importance of being open and available for children to ask questions



- Highlights the value of keeping a routine and consistency during times of change and schedule disruptions (e.g., school closures)
- References other sources including the [Centers for Disease Control and Prevention](#), resource on 'what to do when children are anxious'

#### [Psychology Today: How to talk to kids and teens about the coronavirus](#)

- Provides suggestions on how to discuss the COVID-19 virus and support children and youth during this time
- Breaks down suggestions by developmental age (e.g. preschool, elementary school, high school)

### **Print resources**

#### [A comic exploring the new coronavirus](#)

- Print and fold comic: [https://drive.google.com/file/d/1PYrKYfOBa4p-azl5z\\_46KJMbi1FSmL\\_Y/view](https://drive.google.com/file/d/1PYrKYfOBa4p-azl5z_46KJMbi1FSmL_Y/view)
- The website link includes a short 3-minute audio clip that explains (to children and youth) what the virus is and preventative measures we can take to stay healthy

#### [WHO infographic: Helping children cope with stress during the 2019 nCoV outbreak](#)

#### [Coronavirus Social Story](#)

- An infographic developed by an autism educator to help alleviate fears and anxiety children may be experiencing at this time

#### [Parent/caregiver guide to helping families cope with COVID-19](#)

- Includes information on COVID-19
- Provides suggestions on how to prepare families for the impact of the outbreak with links to resources that have accurate and up-to date information
- Summarizes information on preventative measures to stay healthy
- Provides coping strategies to support families and children with the stress of an outbreak
- Provides strategies on how to help and support children and is broken down by age group/developmental period

#### [Talking to children about COVID-19: American Academy of Child and Adolescent Psychiatry](#)

- 14 suggestions to help parents/providers have conversations about the COVID-19 outbreak with children/youth