

ABC Conversations on: coronavirus

Welcome

A child's sense of safety and security in the world has a lot to do with how you personally react to those world events..

Here are a few child-led conversational tips on making sense of the current times that will help provide the reassurance needed and build their resilience.



Action

- Simple hygiene routines and reminders of hand washing can be made fun with singing and dancing
- Little new habits such as sneezing into the elbow can be used to helpfully explain how to keep little germs contained

Behaviour

- Be prepared to try and answer some questions from...
 - What does coronavirus look like?
 - If they catch a cold will they catch coronavirus?
 - If I take my mask off will I catch it?
- Find ways to relax and help your kids relax also
- Chat with your friends and family and allow your kids to chat with others too
- Write in a journal and include the journey of your child
- Listen to music in the background for stress relief
- Try light stretching exercise or connect with the outdoors

Conversation

- Find out what your child already knows
- Welcome their questions
- Be careful not to give too much detail
- Think ahead of what to say and share
- Keep it light and simple
- Set the emotional tone
- Keep in tune with your kids feelings