

**Advice for Parents**  
Speaking with children about COVID-19



**Honesty is the best policy**

Be open when discussing the pandemic with children. Speak calmly and avoid information overload.



**Stick to the facts**

In simple language, explain that most people only get a mild form of the illness.



**Keeping safe**

Remind children that practicing good hygiene is the best way to stay safe.



**We're on it!**

Reassure children that we have many experts from around the world working on the situation



**Social distancing...**

Practice social distancing. Model appropriate ways to greet and farewell family and friends. It's important to remember however...



**...distance socialising!**

Physical distancing does not mean social isolation. Keeping up with friends and family is important for mental health and wellbeing. Emails, phone calls, video calls - get creative!

