



Supporting Your Child's Social-Emotional Needs During the School Closures

Talking to Children about COVID-19

- **Remain calm and reassuring.** Let kids express their fears and anxiety and help them reframe into an appropriate perspective. Talk to them about factual information to reduce anxiety and uncertainty.
- **Be available.** Kids need your extra time and attention right now. They need to know they are being heard and listened to. They need you to be present. Keep in touch with loved ones and friends through phone calls and video chat.
- **Avoid blaming words.** Watch your words and avoid language that blames any group of people for the virus or creates stigma and stereotyping.
- **Monitor screen time.** Watching constant updates and news about COVID-19 can be overwhelming and anxiety-inducing, especially for younger kids. Talk to your kids about information and rumors that may circulate on social media.
- **Maintain a normal routine when possible.** Nothing is normal right now. Try to create and maintain stability within your home for your kids where you can.
- **Be honest and give accurate information.** In the absence of factual information, children often imagine situations being worse than they are. Check www.cdc.gov for accurate facts. [Click here for a fact sheet to help answer questions children may have.](#)
- **Review and practice basic hygiene protocol.** They are watching you! Wash hands frequently for 20 seconds at a time. Sneeze or cough into a tissue or the crook of your elbows. Do not share food or drinks.
- **Practice self-care.** Go outside. Play. Get fresh air. Play music. Dance. Keep the environment positive. [Click here for activities to reduce anxiety.](#)

YouTube Videos

Coronavirus Explained for Younger Students



<https://youtu.be/ZD9KNhmOCV4>

Coronavirus Explained for Older Students



<https://youtu.be/kiVpWZBXLug>

Community Resource Phone Numbers

Sutter-Yuba Behavioral Health: Youth Services	(530) 822-7513
24 Hour Psychiatric Emergency Services	(530) 673-8255 or 1-888-923-3800
Youth Crisis Text Line	Text 'Listen' to 741741
CA Peer Run Chatline	1-855-845-7415
National Suicide Hotline	1-800-273-8255
In an Emergency	911

Adapted with permission from Yuba City Unified School District