

FAMILY RESOURCE

HOW TO TALK TO YOUR CHILD ABOUT COVID-19



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This is a challenging time for children as they try to navigate the changes in their lives brought on by the COVID-19 pandemic. Below are some resources that parents may find helpful including a resource designed for parents of children with autism to help their child adjust to changes and new routines.

Articles

If you are interested in reading an article about how to talk to your child or adolescent about COVID-19, click on one of the articles below:

[Coronavirus \(COVID-19\): How to Talk to Your Child Dr. Jennifer Shroff Pendley with KidsHealth-Nemours \(en español\)](#)

[Sesame Street: Caring for Eachother COVID Resources](#)

[Sesame Street and Autism: Coping with COVID-19: A “For-Now” Normal](#)

VIDEOS

For Parents: You can also watch a series of brief videos on helping children adjust to COVID-19 developed by the Child Mind Institute. A good place to start is with a [video](#) that discusses how to talk to children about information regarding COVID-19 in a way that is appropriate for their age.

For Children: Sesame Street is providing useful videos for young children including a video about [practicing social distancing](#) and another video about doing a [virtual dance party](#) with friends.

[PBS](#) also has helpful videos about COVID for young children Pre K-3rd grade

For elementary school-age children, the [BrainPop video](#) that describes COVID-19 can be helpful.

Tags:

COVID-19, Parent Resource, Health & Wellness, Social-Emotional Learning

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