

## Supporting Children

# Talking to Children

ABOUT THE

## CORONAVIRUS OUTBREAK

### Dreaming and Goal-Setting

Encourage your children to [Dream A Little Dream](#) with our downloadable, illustrated activity sheet, to help them set goals for when current restrictions are lifted.



### Be Open, Honest

reassuring, informative and non-alarmist

Provide facts about what is happening and information about what could happen in a reassuring manner.

### Speak with

age-appropriate language

Find out what they know already. Follow their lead and use uncomplicated words like 'germs' and 'bugs'.

### Maintain schedules

or create new routines, even if self-isolating

Break tasks down into manageable chunks and have realistic expectations of children during this time.

### Storytime

[A Story to Explain Coronavirus to Children](#)

[Virtual Storytimes For Kids From Popular Authors and Venues](#)

### Other Links For Supporting Children

[Raising Children Australia Resources](#)

[UNICEF: How to Talk To Your Children About Coronavirus](#)

## Get Your Free Poster

[Download our poster](#) for tips and advice about talking to children about the coronavirus.

