



NİRENGİ

HOW TO SPEAK WITH CHILDREN ABOUT CORONAVIRUS?

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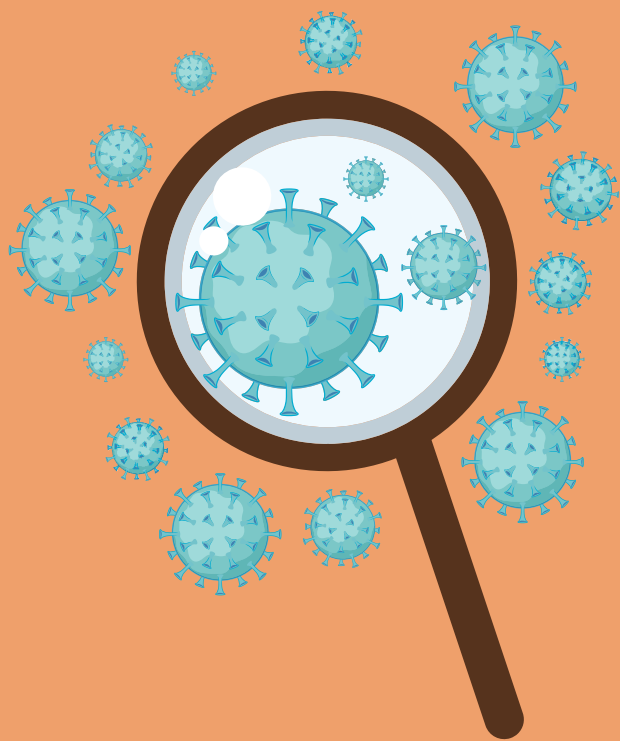
First, find out what your child knows about the Coronavirus.

Would you like to share what you heard about it?

Did you hear something about Coronavirus at school or maybe on TV?



When you need to explain the situation to your child who is curious or has misinformation, you can explain that;



Coronavirus is a virus that appears as if crowned when viewed with a microscope, so it is small, like microbes we can't see.

Just like flu, they cause fever, cough and hard breathing. Some get sick and recover easily, but a few people find it harder to recover. Children usually get over it very easily.

Keep up with your child's speed.

If s/he doesn't want to talk, don't force her/him to talk about it.

The content and details of your speech should reflect your child's stage of development.

Avoid giving details that are not reflective of their age and that they are not interested in.



Be sure to speak calmly and reassuringly.

Remember, anxiety is contagious!

The child will feel this concern if s/he feels that her/his parents are anxious.

Raise the issue in a safe environment, at home if possible, and let them ask questions and raise concerns if there are any.



Do not try to hide the Coronavirus agenda from your child.

Things not spoken cause more anxiety on children. When they ask you something you don't know, be honest and research together.

Try to prevent your child from being exposed to repeated TV, radio and similar broadcasts which talk about Coronavirus frequently.



Help your child feel in control over the situation.

For example; how can we help prevent
the virus from spreading?

- ✿ We can protect ourselves from
the virus by washing our hands
frequently,
- ✿ sleeping well,
- ✿ taking care of our nutrition,
- ✿ not sneezing into our hands, but
into our elbows,
- ✿ not touching our unwashed hands
to our face too much.



Instead of reminding your child often in an alarming way, turn these actions into a fun game.



In order for your child to wash their hands for 20 seconds, you can have them sing **"happy birthday"** **twice** whilst doing so. This way, you turn the hand washing process into a fun ritual for 20 seconds.

Try to continue with your routines.

Continuing some of your regular meals, family activities, and sleeping patterns will assist with your child's feelings of safety and security.





Emphasize the presence of people who working to keep your child safe and healthy.

Hospitals, doctors know what to do and scientists are researching to find a vaccine.

Explain that staying at home and not going to school is a precaution to keep everyone safe.

