

# Advice for School Staff and Families when Talking to Children about Coronavirus

There is currently a lot of uncertainty and worry around the coronavirus outbreak and children and young people will be affected by the huge changes that are going on around them - regardless of their age or any additional needs. It is important that adults explain what is happening to children and young people in an age appropriate way, so they understand what is happening. Some useful links as a starting point for this are:

Talking to children about Coronavirus (British Psychological Society):

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

Talking to Children (Childmind):

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

How to talk to your child about coronavirus (UNICEF):

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Tips and guidance on supporting preschool children (Zero to Three):

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Talking to children (National Association of School Psychologists):

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Anxiety and world news: This is a great website for parents/carers containing the latest psychological news and research:

<https://www.heysigmund.com/anxiety-in-children-after-world-trauma/>

Acknowledgments to West Sussex EPS

**Making a positive difference** every day to people's lives