

Talking with Learners about COVID-19

Each Learner's worldview is formed by their experiences and interactions with the community, school, and home. Talking with your Learner about COVID-19 can help shape their perception of this virus and open up dialogue about potential questions or worries.

Look for the Positives

Let your Learner talk about their concerns, but help them reframe these worries into positive opportunities.

Try: Before you engage in conversation with your Learner, think about your own worries and how you might reframe your thoughts to be more positive.

Refrain from Speculation

Often we do not have answers to every question, this is okay! Stick to the facts, and share with your Learner that not everything is known yet.

Try: Do some research together to look for answers you do not have. Remember to look for credible websites!

Be Age Appropriate

Not all Learners are developmentally ready to know all the facts about COVID-19. Keep in mind your Learner's age and maturity level as you discuss some of the facts surrounding COVID-19.

Try: Ask your Learner what their questions are. Often they can direct the conversation.

Remain Calm

We know this time is turbulent and can be anxiety inducing for some. Your Learner will pick up on your verbal and nonverbal actions. Do your best to stay calm and reassure your Learner that the adults are working to keep them safe and healthy.

Try: Take time for self-care. Develop some new routines and self-care practices that you can share with your Learner.

