Talking to Children about COVID-19

Children are hearing about COVID-19 and it is important for them to receive accurate, age-appropriate information. This also needs to be balanced with limiting media viewing; too much exposure can increase fears. Resources are available for parents and caregivers to talk to children about COVID-19.

- Child Mind Institute: [Talking to Kids about the Coronavirus](https://www.childmind.org/coronavirus)
- BrainPOP: [Teach Children about the Coronavirus](https://www.brainpop.com/health/coronavirus/)
- Common Sense Media: [Explaining the News to Our Kids](https://www.commonsensemedia.org/blog/explaining-the-news-to-our-kids)