

# Talking to kids about **COVID-19**



*Tips by Caroline Watts, EdD, Graduate School of Education*

**1**

**Manage your own  
fears & feelings first**



**2**

**Be direct & reassuring**



**3**

**Model good behavior,  
& find ways to fit in fun**



**4**

**Discuss & plan what  
quarantine looks like  
for your family**

