

How to talk to kids about Covid19

Age 4 or below: Toddlers are too young to grasp the nature of the health threat, experts say, so don't try to explain. Instead, project calm and teach them to properly wash their hands, saying we all do so to stay healthy. If they ask about emptying grocery shelves, tell them others are concerned about having enough but that you have all you need.

Ages 5-10: Grade-school kids are more ready for explanation, so help them get perspective. They need to know this is a passing crisis, not doomsday, and you shouldn't make dark jokes and trust they'll hear the sarcasm. If they're fearful, ask what they've heard so you can address those fears.

Ages 11-15: Some tweens will be deeply worried; others will resist having to stay in when feeling healthy. Tell them this: "I know you want to hang out with your friends. But we're part of a community, and we have to protect others in our community."