

# I am a healthcare worker working during COVID:

## How do I support and talk to my kids about everything?

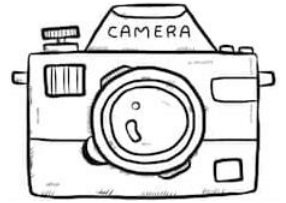
### Find Out What They Know & Give the Facts:

- Ask what they know about COVID.
- This gives you the space to clear up the misconceptions
- Keep things simple, concrete, and Factual information.
- Watch a video or read a book about it.  
(See references below)



### Teach Them How You Stay Safe at Work:

- Explain and practice proper handwashing.
- Take a picture of you in your PPE and explain to them how each piece works to keep you safe.



### Validate Their Feelings & Acknowledge Your Own:

- Acknowledge their feelings and its ok to have more than one feeling like scared, sadness, scared etc.
- Gage your child's reaction and know that they pick up on how you are feeling. Take the time to share your feelings
- Provide reassurance of how you are staying safe at work and home.



### The "New Normal" & Communication & Rituals:

- Let them know that you will do your best to explain all the new changes that happen daily.
- Encourage them to ask questions and communicate with you.
- Provide new rituals, daily sticky notes, daily PPE pics, texts, calls, or video chat.



Thank you for all of your hard work. If you have further questions or need more resources reach out to:  
dl\_Child\_Life

#### Resources:

<https://www.wondersandworries.org/covid-19-services-resources/>

[https://www.centerforloss.com/2020/03/children-about-coronavirus/https://cdn.sesamestreet.org/sites/default/files/media\\_folders/Images/PDF4V3.pdf?\\_ga=2.233173464.753065551.1585877286-122634472.1585877286](https://www.centerforloss.com/2020/03/children-about-coronavirus/https://cdn.sesamestreet.org/sites/default/files/media_folders/Images/PDF4V3.pdf?_ga=2.233173464.753065551.1585877286-122634472.1585877286)

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

#### Printable Books (Toddler/School Age)

[www.mindheart.co/descargables](http://www.mindheart.co/descargables) \*Español

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

Lego Video (School Age) <https://m.youtube.com/watch?v=5DI0GKpMNs4&feature=youtu.be>

Social Distancing Video (preschool/school age) <https://www.popsugar.com/family/time-to-come-in-bear-children-story-on-social-distancing-47339277>

Workbooks <https://www.mylockdowndiary.com/>

<https://www.wvub.org/2020/04/03/covid-19-time-capsule-for-kids/>



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