

# #vatsgyaan

## Talking to children about Corona and all...



To explain about Corona, parents need to learn how to do it with different age groups.

**Up to 6 years-** tell them in a story form about how we get a cold or fever and have to stay at home, similarly right now many people are getting a cold and fever and it is called corona and so we have to keep ourselves safe by staying at home. If we stay home and wash our hands, it will not come to us.

**From 6 years upwards-** it is important to ask them what they know about corona virus, because it is important to know what they know so that we can correct any misconceptions or ideas if they have any. Playing a Q and A also helps. Like ask questions- What is quarantine? Why are we asked to be in quarantine? Etc.  
11 things for parents to keep in mind -

- 1 Don't threaten them using the virus. Like, eat this or you will become weak and catch the virus. This will scare them and we don't want to scare them right now, we want to educate them.
- 2 Talk to them everyday if they have any anxieties or questions about the virus.
- 3 Ensure that they do not hear you laughing or telling jokes about the virus, as this will send them mixed messages about whether to take it seriously or not
- 4 Be alert when you cough or sneeze; ensure you follow the same rules, children learn best by imitation.
- 5 Don't act flippant about the situation. Don't blame the government or a country or anyone; it is important that children learn that this is not happening because of anyone.
- 6 Children must see you having resilience, so its ok to show you are scared or bored or upset. But also show them that inspite of feeling scared, bored or upset you are still keeping on doing all the things to be safe.
- 7 Children are watching news, hearing you talk and they have fears that they are unable to talk to you about. Make them draw about the virus and then talk to them about their drawing and you may be able to understand what is going on in their mind.
- 8 Reassure them that the virus cannot come home; it stays out if we follow all the rules, all the time. And if we were to catch the virus, the government has well trained doctors who can take care of us.
- 9 Be realistic, especially when children ask you questions like, "How long will we have to stay home?- reply, as long as it is unsafe outside.
- 10 Set a daily routine as routine calms the brain, but also be sensitive to moodiness. Staying at home, cooped up is going to take a strain on their emotions, so ensure that if their emotions are going haywire, yours should be stable!
- 11 If your child is starting online school, do talk to them and prepare them for it. Especially the early and primary years children, they should not feel confused about this sudden change from a physical school to an online school.

Stay at home. Stay safe. Stay clean. Stay hydrated.

Dr. Swati Papat Vats  
President

Early Childhood Association/Association for Primary Education and Research