

TALKING WITH CHILDREN ABOUT COVID-19



Our Gonzales ISD school counselors are part of the Nixon-Smiley Area Critical Incident Response Cluster and received this wonderful information from Sara Mann, our leader who is a Certified Trauma Practitioner-Education, School Trauma Specialist and works with UTSA and Paloma Place. These are things to keep in mind regarding our children and selves as we navigate our way through this pandemic.

- Be especially mindful of the emotional impact the disruption to routine and exposure to the news media may have on children.
- This is an uncertain time even for adults. That makes it an especially critical time for adults to consider the impact on children who may have limited understanding of the actions, words, and events happening around them.
- Children fear many things but illness, going to the doctor or hospital, or the death of a caregiver or loved one are at the top of the list for children's fears.
- Multiple agencies have created talking points for parents and educators to assist children with fears and anxiousness during this challenging time. I hope you can use these to assist the children and families you serve!"

- *Talking to Children About COVID-19* Published by National Assoc. of School Psychologist and National Assoc. of School Nurses

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- *Talking With Children About Coronavirus Disease in 2019* Published by the Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

- *COVID-19, School Closure, and Trauma* Published by STARR Commonwealth

<https://starr.org/covid-19-school-cancellation-and-trauma/>

*Image copied from NY TIMES-Lucy Jones.

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html>