What You and Your Kids Need to Know about Novel Coronavirus (COVID-19)

At Our Lady of the Lake Children’s Health, we want you and your family to have the latest information about COVID-19. So we’ve put together six tips and tactics to help you talk to your kids and help keep them safe and avoid unnecessary stress and anxiety.

**OPEN COMMUNICATION**

Establish open communication with your children. Have ongoing, calm conversations with your children. Encourage them to ask you questions, especially if they hear unsettling information or myths.

Empower your children. Handwashing, covering their mouth with a forearm and not drinking or eating after others are ways your child can feel in control of not spreading germs.

**FACTS VS. MYTHS**

Stay focused on what is known. Don’t worry aloud or indulge what-if scenarios or myths. Remember and remind them often about the facts.

Use the teach-back method. Ask your child to “teach” you their handwashing process.

**POSITIVE BEHAVIOR**

Model positive behavior for your children. Children learn more from what parents do than what they say.

Stay informed. Talk with your child’s doctor, and visit ololrmc.com for the latest accurate information and updates.