

## **How to talk to and support your children/teens/young adults regarding COVID-19**

**Note:** This is not an exhaustive list and if you do a search you are sure to find plenty more, and they may even alter as this continues. Some of these are useful in terms of parenting advice, teaching, supporting; while others offer child friendly interfaces such as cartoon/books. For example, the University of Arizona has created a wonderful toolkit. **These are not listed by any order of importance or**

### **Children**

<https://education.uky.edu/advice-for-parents-talking-to-kids-about-covid-19/>

<https://publichealth.arizona.edu/news/2020/covid-19-communication-toolkit-parents-and-teachers>

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

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

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

### **Pre-teens/Teens/Young Adults**

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

For youth with an existing anxiety issue:

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>