

Seeing COVID-19 Through the Eyes of a Child



LEARN HOW BEST TO SPEAK TO YOUR CHILDREN ABOUT COVID-19.

Kamilah Jackson, M.D., M.P.H., a medical director at AmeriHealth Caritas, offers the following suggestions when talking to your children about the COVID-19 pandemic:

1 Ask your child what they know about the current situation.

Understanding what they are hearing and learning provides a good place to then address any questions they may have.

2 Remain calm as you speak with your children, as they will model their own behavior after yours.

3 Review the facts. Don't over explain.

"They will let you know if there is something they don't understand," said Dr. Jackson.

4 Establish a routine and stick to it.

"Get them into a new routine so they will feel more comfortable," explained Dr. Jackson.

5 Take their "mental temperature" each day.

"They will feel better knowing that they will have time each day to ask questions or raise concerns," said Dr. Jackson.

