

Talking to Children about COVID-19

Tips from Dr. Deborah Simon

“The most important thing to remember is that your children will mirror their reaction after your reaction. If you are calm, they will more likely be calm. The more anxious you are, the more anxious your children will feel. Below are some tips to help with these conversations, and remember that your pediatrician is here to help.” – *Dr. Deborah Simon, Acton Medical Pediatrics*



- Keep communication open. Encourage children to ask any questions on their mind.
- Be honest and positive.
- It's ok to explain to your kids that people are getting sick from a virus. Assure them that doctors are working hard to help those that get sick.
- It's ok to tell your child that it is serious, and that there many very smart people, including scientists and doctors, working hard to keep people from getting sick.
- The most important information for kids to know is how to take care of themselves and others. For example, teach elbow bumping, and handwashing before they eat and frequently throughout the day. Another fun idea is to pick a favorite song and sing along with them as they wash their hands for the entire length of the song.
- Pick their favorite song and sing together while washing hands the entire length of the song.
- For teenagers: If your teenager is not taking COVID-19 seriously, help them understand that their actions could have dangerous repercussions on other people, including family members and good friends.

Perhaps use an example of a loved one that could get significantly ill from the virus if exposed to someone with COVID-19, even if they don't have symptoms.

- Remind or educate teenagers, that they can carry COVID-19 and not show symptoms. That's how the virus is spreading so rapidly.

Testing everyone, even those without symptoms, and quarantining those that test positive would be ideal. However, this approach isn't currently available, so it's safest to assume that we all have COVID-19.



Positive Internet Uses & Social Distancing

Acton Medical Pediatrics

Virtual Field Trips at the World's Best Museums such as:

The Louvre - www.louvre.fr/en/visites-en-ligne

The British Museum - www.britishmuseum.org/learn

Guggenheim - www.guggenheim.org/plan-your-visit/guggenheim-from-home

National Museum of Natural History - www.naturalhistory.si.edu/visit/virtual-tour

The Spy Museum in Washington DC - www.spymuseum.org/education-programs/educators/virtual-field-trips/

Weekly Online Singalong – Grammy Nominated Children's Singer

Red Grammer is a children's singer known nationwide for enriching lives through music. His songs, like "Power to Change the World" and "Bebop Your Best," are inspiring and fun to enjoy together! Red's positive music is one of Dr. Jasmin Darling's favorite things to enjoy with her son. It's a tradition that's been passed down in her family for years.



I have many fond childhood memories of listening to Red Grammer's music with my sisters. We even had the opportunity to attend several local concerts when he visited Northwest, OH. His tunes are catchy, sometimes silly, and often full of positive messages for the world.

My toddler son is now old enough to appreciate Red's music and we have fun listening to songs like 'Down By the Sea,' complete with hand motions. I'm so excited that we now have the opportunity to join live concerts with Red from the comfort of our homes every Thursday as we practice social distancing to keep everyone safe.

– *Dr. Jasmin Darling, Acton Medical Pediatrician (pictured left at age seven with Red Grammer)*

[Click here](#) to join Red's live sing-along each week.

A Few More Online Suggestions

Your Teen Media, yourteenmag.org

Organization that provides free advice to parents raising teens.

Audible, stories.audible.com

These stories are free and have been hand-picked by audible editors to entertain and engage ages zero to 18. Little listeners, elementary, tween, teen, literary classics, and folk and fairytales, are all covered!

[LUNCH DOODLES with Mo Willems!](#)

Offered by the Kennedy Center Education program daily at 1:00 PM EST or watch previous videos.

[Draw Everyday - Jarrett J. Krosoczka](#)

New York Times-bestselling author/illustrator draws daily, 2:00 PM EST.

[Tony DiTerlizzi: Live Drawing](#)

Bestselling kid's author and illustrator draws live daily at 1:00 PM EST

[Oliver Jeffers: Author Book Reading](#)

Visual artist/author, hosts Stay at Home Storytime daily at 2:00 PM EST.



Take Time Offline Together



AT HOME TIPS from Dr. J., M.D.

Acton Medical Pediatrics – 978.635.8914



Adolescents and young adults at home?
Dedicate time for a daily journal

Create your own board game



Make a schedule and call or FaceTime with relatives,
especially the elderly who are likely feeling isolated

Try to get exercise outside as a family every day



COVID-19 Updates and Support - <https://www.actonmedical.com/announcements/>

Another great idea is to find a Sit Spot outside and take advantage of being able to get outside as the weather gets nicer. I recommend the Nature Mentoring web site as a good resource to learn more about Sit Spots.

– **Dr. Jakimczyk, Acton Medical Pediatrician**

