Talking to your Kids about COVID-19 when you Work in Healthcare

Talking with kids about COVID-19 can be hard if your work requires you to be exposed to people who have the virus. See below for tips for how to discuss both facts and emotions:

1. Be honest.
   - Answer questions about COVID-19 truthfully
   - Let your kids know that it is okay and healthy to worry a little (it helps keeps us safe!), but that we don’t want to let worry take over and become unhelpful

2. Prioritize the need for your kids to feel safe and secure.
   - As much as possible, maintain a routine at home
   - Try to give your children your full attention when spending time with them. Try not to get distracted by other tasks
   - Play with your kids, as consistency, fun, and attention are especially needed now

3. Talk about emotions.
   - Be open to your kids talking about and expressing their emotions
   - Respect their emotions by listening to their experience
   - Help them find healthy ways to cope (e.g., distraction or connecting with others)

4. Monitor and manage your own fears and anxieties.
   - It is okay for kids to see us experience sadness or anxiety, as it normalizes emotions
   - If you feel too overwhelmed to speak to your kids, ask for help from family, a trusted friend, or professional

Sources: Joule, a subsidiary of the Canadian Medical Association (link), Anxiety Canada (link)