



# I am a healthcare worker working during COVID.

## How do I support and talk to my kids about everything?



### Find out what they know and give the facts:

- Ask what they know about COVID. This gives you the space to clear up the misconceptions.
- Keep things simple, concrete, and factual.
- Watch a video or read a book about it. (See references below)



### Teach them how you stay safe at work:

- Explain and practice proper handwashing.
- Take a picture of you in your PPE and explain to them how each piece works to keep you safe.



### Validate their feelings and acknowledge your own:

- Acknowledge their feelings. It's okay to have more than one feeling like scared, sadness, anxious, etc.
- Gage your child's reaction and know that they pick up on how you are feeling. Take the time to share your feelings
- Provide reassurance of how you are staying safe at work and home.



### The "new normal" and communication and rituals:

- Let them know that you will do your best to explain all the new changes that happen daily.
- Encourage them to ask questions and communicate with you.
- Provide new rituals, daily sticky notes, daily PPE pics, texts, calls, or video chat.

**Thank you for all of your hard work. If you have further questions or need more resources reach out to the Children's Hospital New Orleans Child Life Team at 504.896.9350**

#### Resources

<https://www.wondersandworries.org/covid-19-services-resources/>  
<https://www.centerforloss.com/2020/03/children-about-cornavirus/>  
<https://www.sesamestreet.org/caring>  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> \*Español

#### Printable books (toddler/school age)

[www.mindheart.co/descargables](http://www.mindheart.co/descargables) \*Español  
<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

#### Lego video (school age)

<https://m.youtube.com/watch?v=5DIOGKpMNs4&feature=youtu.be>

#### Social distancing video (preschool/school age)

<https://www.popsugar.com/family/time-to-come-in-bear-children-story-on-social-distancing-47339277>

#### Workbooks

<https://www.mylockdowndiary.com/>  
<https://www.wvub.org/2020/04/03/covid-19-time-capsule-for-kids/>



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