

# Hey Families!

## Talking with your Child about COVID-19

Define the dea: Talk with your child about changes that are happening in your house and why.

### Why is it Important Now?

Children are intuitive when it comes to stressful environments. Teachers, peers and most importantly parents/guardians serve as role models – children look to these adults to perceive and digest information.

### Tips on how to do this at home

1. **Find out what your child already knows** — Ask age-appropriate questions. Pay attention to what news your child has access to.
2. **Follow your child's lead** — Some kids may want to spend time talking. If your child doesn't ask questions or seem interested, give short, concise pieces of information.
3. **Offer comfort** — Focus on helping your child feel safe. Children may worry about themselves, their family and friends.
4. **Help children feel in control** — Give your kids specific things they can do to feel in control such as cleaning doorknobs, washing their hands, and limiting physical contact with others.
5. **Keep the conversation going** — Keep checking in with your child. Things are going to change. Keep your kid in the loop by having regular check-ins and discussions.

### Specific Sensory Activities for our D/HH and B/VI Kids

Talk with your child about how germs spread. Dampen your hands with water and pretend to sneeze, first into your elbow and then out into the room. Talk about the sprinkles of water and ask them to relate this activity to the spread of germs.

Have your kid go outside. Choose one room in the house and spray air freshener. Have your child go on a scavenger hunt to figure out which room is "contaminated." Talk about how the scent can't be seen, heard or felt, but that it is still in the room and unavoidable to the nose. This is a great experience for children who are having a hard time coping with physical distancing.

### Resources

[PBS for Kids](#) | [Kids Health from Nemours](#) | [Child Mind Institute](#) | [Center for Disease Control \(CDC\)](#)  
[Self Advocacy Resource and Technical Assistance Center](#)



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the Deaf & the Blind**

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For more information, contact:

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