

6 COVID-19 PARENTING

Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

Be open and listen.

Allow your child to talk freely. Ask them open questions and find out how much they already know.

Be honest.

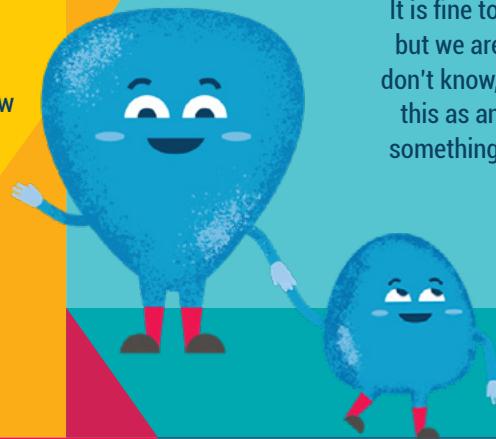
Always answer their questions truthfully. Think about how old your child is and how much they can understand.

Be supportive.

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

It is OK not to know the answers.

It is fine to say "We don't know, but we are working on it; or we don't know, 'but we think'." Use this as an opportunity to learn something new with your child!



Heroes not bullies.

Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.

Look for stories of people who are working to stop the outbreak and are caring for sick people.

There are a lot of stories going around

Some may not be true. Use trustworthy sites:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
and

<https://www.unicef.org/coronavirus/covid-19>
from WHO and UNICEF.

End on a good note.

Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

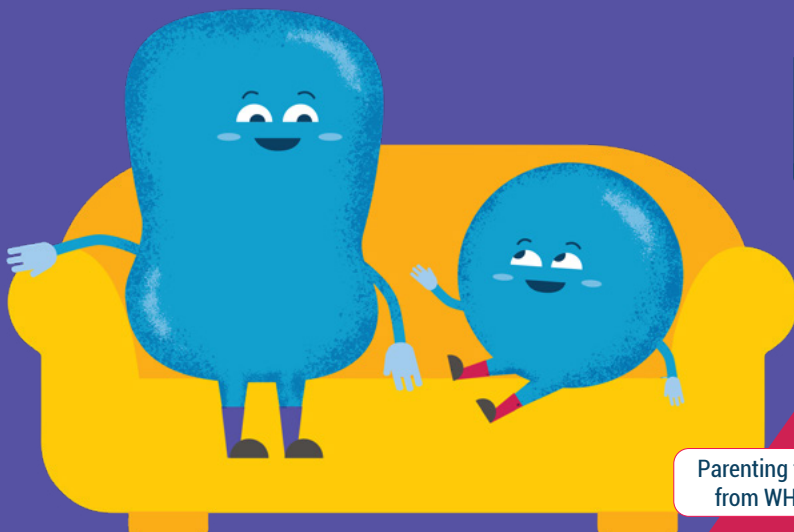
For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



World Health
Organization



for every child



WVO
WORLD WITHOUT ORPHANS



End Violence
Against Children



PARENTING FOR
LIFELONG HEALTH



CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by WHO for CDC of any particular product, service, or enterprise.



CHILDHOOD
WORLD CHILDHOOD FOUNDATION
POWERED BY THE UNITED NATIONS



ACCELERATE
IMPACT
TOGETHER



INTERNET OF
GOOD THINGS



UNIVERSITY OF
OXFORD



USAID
FROM THE AMERICAN PEOPLE



UNODC
United Nations Office on Drugs and Crime

The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme Trust, the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPPAR, the Wellcome Trust, Grand Challenges Canada and WellSpring Advisors.