



## Teaching Children and Families Regarding COVID-19

*Note: This document is NOT a substitute for nursing judgment and does not dictate an exclusive course of action. State and district laws and policies should be followed.*

Youth hear the news and others talking about “COVID-19”. It is important they receive accurate information, appropriate for their developmental level. Information also needs to be presented so as to not increase levels of stress or anxiety. Below are some videos and talking sheets that can be used to explain what COVID-19 is, how to prevent it, and why communities are closing schools and restaurants.

### Materials for Children Regarding COVID-19

- What is COVID and how to prevent it (video)
  - <https://www.youtube.com/watch?v=vSsKQPqS7A&feature=youtu.be>
- How to prevent COVID (video)
  - <https://www.childrensmn.org/coronavirus-covid-19/>
- Video and other materials on COVID
  - <http://neatoday.org/2020/01/06/schools-and-coronavirus/>
  - <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Lesson Plan Related to COVID19
  - <https://sharemylesson.com/collections/coronavirus>

### CDC videos on COVID-19:

- <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

Not only is it important to share accurate information, but the way we share information is important. NASN and the National Association of School Psychologists created the document, Talking with Children About COVID-19: A Parent Resource, available on our resource page [www.nasn.org/covid19](http://www.nasn.org/covid19) in several languages. Below are additional tips and videos for how to talk with youth about COVID-19.

- Video from State of Kentucky:  
<https://www.youtube.com/watch?v=Qdd3FAINQf8&feature=youtu.be/>
- Video from Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>



- Video from Canada Broadcasting Corporation (CBC):  
<https://www.youtube.com/watch?v=RyL5wOodCyl>
- Video from Global News: <https://www.youtube.com/watch?v=2uA--hPr1aA>
- Website from Kids Health from Nemours:  
<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- Website from Public Broadcasting System (PBS):  
<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>
- Website from Centers for Disease Control and Prevention (CDC):  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children-faq.html>
- Website from Mayo Clinic: <https://newsnetwork.mayoclinic.org/discussion/helping-kids-cope-with-the-covid-19-pandemic/>
- Website blog from Michigan Health: <https://healthblog.uofmhealth.org/wellness-prevention/how-to-talk-to-your-kids-about-covid-19>