



**ROUND ROCK**  
INDEPENDENT SCHOOL DISTRICT

# Tips on Talking with Elementary Aged Students

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## We are in uncertain times and how we talk to our children can help ease stress or anxiety.

- Fear can spread faster than a virus, so make sure you are not spreading fear. Focus on facts, not fear!
- Be open about what is happening, but only give details needed for the age group. For example if your child is six you can tell them there is a virus making some people sick, to help we are staying home.
- Discuss how our actions can either hurt or help others! This is a great way to tie into how our daily actions impact others in a variety of ways! It is a great social emotional learning lesson.
- Avoid too much news in front of kids. While we as the adults might want to know details, this can cause unnecessary stress and anxiety for little ones (and honestly adults too).
- Kids are used to a structure from the school day, even if structure is not your style, have some things predictable each day so kids know what to expect.
- Focus on what positives are coming out from extra time at home. If you focus on good things, so will your kids. If you focus on the negative, so will they!

*At many times throughout their lives, children will feel the world has turned topsy-turvy. It's not the ever-present smile that will help them feel secure. It's knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again."*

*-Mr. Rogers*

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## Resources

American Academy of Child & Adolescent Psychology - [Talking to Children](#)

Child Mind - [Talking to Kids about Coronavirus](#)

CDC - [Talking with kids about coronavirus](#)

Harvard Medical - [How to talk to children about the coronavirus](#)

Momentous Institute - [How To Talk To Children About Coronavirus](#)

National Association of School Psychologists - [Talking to Children About COVID-19](#)

National Geographic - [Talking to kids about coronavirus](#)

NPR [Just For Kids: A Comic Exploring The New Coronavirus](#)

PBS - [How to Talk to Your Kids About Coronavirus](#)

Washington Post [Parenting during coronavirus: What to know about play dates, education and more](#)

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