

Talking to Your Kids about the Coronavirus

The best way to protect your family is to stay informed:

i &HQWHUV IRU 'LVHVDH &RQWUROi &RQWURO
KWWSV_ZZZ_FGF_JRY_FORLFRQDYLUXV

i \$PHULFDQ 5HG &URVV
KWWSV_ZZZ_UHGFHVDHDERXWDERXW
HYHQWV_QHZV -7BURQDYLUXV

i /LPLW WKH VSUHDG RI JHUPV DQG
LQIHFWLRQ

&RQWUROi &RQWURO
VLFN

i 6WD\ KRPH ZKHQ \RX DUH VLFN
&RYHU \RXU PRXWK DQG QRVH ZK
LQJ RU VQHHJLQJ

i :DVK \RXU KDQGV RIWHQ ZLWK VR
ZDWHU IRU DW OHDVW VHFRRQV

Strategies to stay calm

,W LV QRUPDO WR EH FRQFHUQHG DERXW EDWFKLOJ DO LOIHE
WLRXV GLVHVDH DQG WKLV FDQ LQFUHDVH IHUOLQJVRRI VWUHHV
+HUH DUH VRPH ZD\ WR PDQDJH VWUHHV &RQWURO
DERXW WKH &RQWURO

i 6WD\ KRPH ZKHQ \RX DUH VLFN
&RURQDYLUXV RXWEUHDN E\ XVLQJ
PLVHQIRUPDWLRQ

FXUDWH VRXUWH IRU WKH DQG KRUPDWLRQ
DV &'& 5HG &URVV 6WDWH +HDOWK
FRQFHUQH

i 6WLFN WR \RXU XVXDO URXWLQH
3DUNVWKDYLURUV KDYH DQ HIIHF
FKLOGUHQ .HHS FRQYHUVDWLRQ

IRFXVHG RQ IDFWV (PSKDVJH HI
DUH EHLQJ WDNHQ WR FRQWDLQ

i 0RGHO KSHUPVWLQJ EHKDYLURUV
\RXU FKLOGUHQ VXFK DV KDQG Z
DQG FRYHULQJ WKHLU PRXWK ZK
LQJ

i 7DON DERXW ZKDW HDFK IDPLO\
FDQ GR WR KHOS RWKHUV RXWVL
PHGLDWH IDPLO\

i \$GGUHV DQ\ PLVXQGHUVWDQGLQ
PD\ KDYH WKDW FRXOG UHVXOW
LQJ SHRSOH ZLWK FRQQHFWRQV
ZKHUH WKH &RURQDYLUXV RXWEU

If your child is experiencing heightened levels of fear around the issue, such as nightmares or excessive worrying, seek additional help:

- X DISD Psychological and Social Services Department (972) 925-8050
- X Youth and Family Centers (972) 502-4190
- X Your child's school counselor