**Theme of the Week:** Talking about Coronavirus

This week’s theme is shared between social workers, key workers and parents, as adults are trying to stay on top of supporting children.

|  |  |
| --- | --- |
| **Social workers/ key workers** | **Parents** |
| ***How to Have Conversations with Your Children About Coronavirus?*** | |
| * Find out what your child already knows, by asking them what they may have heard about this new virus that has been going around. This allows you to find out how much they already know and gives you a chance to correct any misinformation they have picked up. * Go at your child’s pace. If your child wants to ask lots of questions, then answer them truthfully, whilst also reminding them that you are there to support them through this, and to keep them as safe as you can. If your child doesn’t ask any questions, then that’s okay too, just let them come to you. * Give your child the opportunity to talk about their fears and worries. Let them know that you are there for them, and that they can always come to you to talk about what scares them. You could also let them know that children don’t seem to get as sick as adults from this virus. * Teach your child things that they can do to help that are within their control, such as washing their hands thoroughly to prevent the spread of the virus. You can also talk to them about how a good night’s sleep and healthy eating can help them to stay strong and well. * Your child may be frightened about the changes to their normal routine. Try to reassure them that these changes are there to help keep everyone safe. Try to maintain some parts of their normal routine by having meals when they normally would, and maybe packing a lunch box for them to eat at the dining room table. * It is important for both you and your child to keep in touch with family and friends. This can reassure your child that their loved ones are safe and well and provides some normality during this difficult time. | |
| Practicing wellbeing:   * **Positive Emotion:** ask the child something they are grateful for * **Engagement:** think of something the child is good at and help them to show this to you. * **Relationships:** Take the time to have 1:1 bonding moment with your child. * **Meaning:** Think with your child about the meaning of helping other people. Think about nurses and doctors and how they help. * **Accomplishments**: Take a moment to compliment the child on something they have done well | |