

# FAMILY TIPSHEET: Explaining COVID-19 and Coronavirus to children

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Based on when you are viewing this tipsheet, the information may not be the most up to date. Please refer to the date this tipsheet was last updated, at the end of the document.

## Resources that can help you start a conversation

These resources can help families start a conversation with their children about Coronavirus and/or COVID-19.

### Plain language - super simple

- [Coronavirus: Everything You Need to Know](#) is a plain language guide about the Coronavirus and what to look for if you are worried you may have it. You can also find it on their [Instagram](#). (Surrey Place)
- [COVID-19 Information By and For People with Disabilities](#) in [English](#) and in [Spanish](#) (Green Mountain Self-Advocates)

### Talking to your child

- [Talking to Children about COVID-19](#) can help caregivers talk to children about COVID-19. (Sesame Street)
- [How to talk about Coronavirus with kids](#) gives tips on approaching various conversations, depending on how comfortable the child feels. (Understood.org)
- [Supporting Individuals with Autism through Uncertain Times](#) has printable stories, tools, strategies and activities. This tool can be used for children with other support needs as well. (Frank Porter Graham Child Development Institute)
- [How to Talk to Your Kids About Coronavirus](#) also provides a list of activities on healthy habits like handwashing. (PBS Kids)
- [Support for Helpers During Coronavirus](#) contains tips on how to care for children and caregivers (Fred Rogers Centre)



## Comics and graphic art

- [Just for Kids: A Comic Exploring the New Coronavirus](#). The [booklet version](#) can also be printed. Here are [directions](#) on how to fold it. It is also available in [Chinese](#). (Malaka Gharib, National Public Radio editor)
- [Coronavirus: Free Printable Comic for Kids](#). (Elise Gravel, author and illustrator)

## Social stories

Social stories can help children understand specific situations. They are made up of simple descriptions and pictures of a situation that might be happening in everyday life. You can use these to help explain Coronavirus or COVID-19 to your family and what to do in these situations.

- [What is the Coronavirus?](#) (Amanda McGuinness, a parent and advocate)
- [My Coronavirus Story](#) uses Picture Communication Symbols (PCS). (Easter Seals)
- [My Story about Pandemics and the Coronavirus](#). (Carol Gray, former teacher and Autism consultant)

## Online activities for children

These are online interactive resources for children who want to learn more about Coronavirus and COVID-19 on their own.

- This [Coronavirus](#) webpage helps children understand and express their feelings and thoughts through videos, quizzes, and activities. (BrainPOP)
- [The Coronavirus Quiz](#) uses true or false questions to help you avoid any misinformation that might be online. (Digital Public Square, a nonprofit associated with University of Toronto)

There are also activities to do in the meantime that are not about COVID-19 or Coronavirus. You can find this in other [Holland Bloorview tipsheets](#).

This tipsheet belongs to a set of specialized resources for the COVID-19 and Coronavirus outbreak period. If you are looking for other family resources that have to do with childhood disability, please visit [www.hollandbloorview.ca/resourcecentre](http://www.hollandbloorview.ca/resourcecentre).

**Created by the Family Support Specialists at Holland Bloorview Kids Rehabilitation Hospital on March 20 2020.**

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