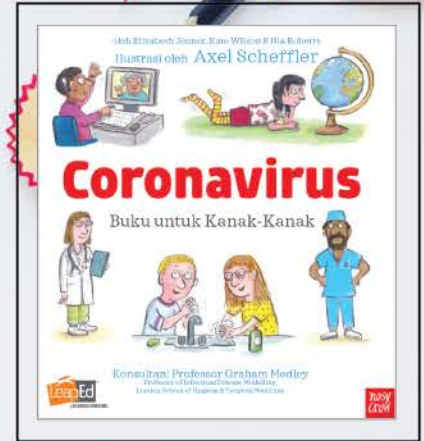




# LeapEd Bright Ideas

## Coronavirus: a book for children



### Talking to children about difficult issues

- ✓ Children may be very worried about our new normal. Parents can help manage this anxiety by talking with their child openly and honestly about what is worrying them.
- ✓ By talking together, children create a strong and positive bond with parents, and it gives the whole family an opportunity to face challenges and seek solutions together.
- ✓ How you start this conversation is going to depend on many things. How old the child is, or the topic you want to discuss. There is no right or wrong way to do this, but by talking openly with your child about issues that affect them will help them understand the situation more fully.
- ✓ A story book can be a great way to start a difficult conversation with a child. After you have read the story a couple of times, ask some gentle questions about your child's understanding of what it was about and what they think of the issues.



**Coronavirus: a book for children has been created for this purpose. Here are some top tips to begin the conversation:**

- |  |  |   |   |
|--|--|---|---|
| <b>1</b><br>Create a safe space.                 | <b>2</b><br>Explain that these topics are hard to discuss. | <b>3</b><br>Find out what they already know.  | <b>4</b><br>Address their curiosity.    |
| <b>5</b><br>Allow questions and answer honestly. | <b>6</b><br>Share your values.                             | <b>7</b><br>Let your child know how you feel. | <b>8</b><br>Discuss solutions together. |

Another good way to start a conversation is to ask them for some help. Explain to them that you have a friend who is worried and would like some advice. It is a good way to show them that you value their opinions whilst also finding out what they know about the topic.

Got an idea to contribute?

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*because every child deserves a great future*