How to talk to and support your children/teens/young adults regarding COVID-19

Note: This is not an exhaustive list and if you do a search you are sure to find plenty more, and they may even alter as this continues. Some of these are useful in terms of parenting advice, teaching, supporting; while others offer child friendly interfaces such as cartoon/books. For example, the University of Arizona has created a wonderful toolkit. These are not listed by any order of importance or

**Children**

https://education.uky.edu/advice-for-parents-talking-to-kids-about-covid-19/


https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus


**Pre-teens/Teens/Young Adults**


https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html

https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192


For youth with an existing anxiety issue:

https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about