

TALKING TO CHILDREN ABOUT SOCIAL (SPATIAL) DISTANCING

Some Tips for Parents

Nic Mahler, PhD
Speech Pathologist

THIS INFORMATION IS ACCURATE AS AT 24TH MARCH, 2020





Useful resources on talking to children about COVID-19

- Unicef <https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>
- Child Mind Institute <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- The Conversation <http://theconversation.com/coronavirus-qandas-answers-to-7-questions-your-kids-may-have-about-the-pandemic-133576>
- PBS Foundation <https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>
- Federal Government and Department of Education websites
- Many others...



Social distancing in relation to COVID-19

Social distancing
is important
because
it slows down
the spread of the
virus.

Social distancing in relation to COVID-19

Distance between people

Don't touch surfaces

Wash hands well and lots

Safe coughing and sneezing

Social distancing in relation to COVID-19

Distance between people

- Don't want to share germs
 - Stay two arms away

Social distancing in relation to COVID-19

Don't touch surfaces

- Keep your hands to yourself

Social distancing in relation to COVID-19

Wash hands well and lots

- Build hand-washing into daily routines:
 1. Before eating and drinking
 2. After going to the toilet
 3. After coughing/sneezing
 4. When coming in from outside



Social distancing in relation to COVID-19

Good coughing and sneezing etiquette

➤ Safe coughing/sneezing

Reassure children in relation to COVID-19

- Keep everyone safe
- Make it fun!
- It is important to reassure children so they feel safe
- Plenty of hugs from mum and dad are allowed 😊