

# TALKING TO CHILDREN ABOUT SOCIAL (SPATIAL) DISTANCING

## Some Tips for Parents

Nic Mahler, PhD  
Speech Pathologist

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# 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 😊