

HOW TO TALK TO YOUR GRANDKIDS ABOUT CORONAVIRUS SEPARATION

- 1 Be Honest** – Explain that the virus affects older people differently than children. The virus is more likely to spread when people are together in the same place. By not seeing them, it helps protect you from getting the virus and getting sick.
- 2 Let them know this is only temporary** – You will be able to spend time with each other again once the spread of the virus has slowed down or ceased.
- 3 Validate their feelings** – Reassure them that it is okay to miss you, and invite them to share their feelings. Express how you are feeling, too.
- 4 Talk regularly** – Express your love even if you're not in the same place. Talk frequently by phone or by video chat through WhatsApp, Skype, Facetime, Google Duo. Share one happy thing that you saw, ate or did today; give a compliment; or share a riddle or joke.
- 5 Organize a remote “play date.”** – Schedule time to connect remotely at the same time each day so they have something to look forward to. You can draw or do other art activities, read a story; sing a song or play a game.