

Managing Communication With Children Re: Coronavirus

Advice for talking through the current pandemic with SEND children, including those with ADHD and ASC.

Attached is also a social story for ASC pupils to help de-personalise the situation and promote social awareness around social distancing as this could become a great source of anxiety and further isolation for these groups of pupils.

When talking to children, please remember to:

- Start by asking your child question about their concerns, then following with facts
- Limit exposure to the news
- Not over-share (unless children ask you directly, minimise discussion of the topic in the family home)
- Remind your child of the purpose of self-isolation
- Manage your own anxieties - so you can support children with theirs

Both websites below give a **series of tips** about communicating with children that include:

- Modelling calmness
- Maintaining as many normal routines as possible
- Listening actively to the child's concerns
- Acknowledging those concerns (rather than dismissing them)
- Limiting excessive reassurance
- Practising relaxation strategies

They are good sources of **practical advice** and is **essential** for any adult wanting to discuss the pandemic with their child in a way that helps them manage their anxieties successfully.

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

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

 [Story-about-Coronavirus.pdf](#)