

Tips on Talking to your Child about COVID-19

Parents, as public conversations about coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. During this time of so much uncertainty and unclearness about the spreading of coronavirus, we want to help you put your child's mind at ease. To help minimize anxiety or fear, here are some things to take into consideration...

Remind them that God is in control.

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

Romans 8:28

We don't know what God is going to do in all of this, but we know He will accomplish his purposes. He will call people to Himself through the pandemic and He will move in people's hearts so they become more like Jesus.

We have eternal hope in Jesus.

“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”

John 3:16

As parents, there is so much outside of our control, but there is one thing that is certain: God promises us eternal life if we choose to accept Him into our hearts as our personal Lord and Savior.

Remain calm and reassuring.

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

2 Timothy 1:7

Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Make yourself available to listen and to talk.

“And we are confident that he hears us whenever we ask for anything that pleases him.”

1 John 5:14

Encourage children to talk. Encourage them to talk about their fears, to ask questions, and to share their feelings.

Pray with your children.

“Don't worry about anything; instead, pray about everything”

Philippians 4:6

We have a God who can do the impossible, so pray big prayers with your children. Pray that God will heal the sick and bring the lost to a relationship with Him.