



TALKING WITH YOUR KIDS ABOUT THE CORONAVIRUS

Please know that your pastors are praying for your family during this time of uncertainty, cancellations, and pandemic. Your steady leadership in your home will help your children during this difficult time, easing their fears and training them to trust God during hardship. We advise holding a family meeting to talk about our current situation, and we offer the following tips for such a meeting.

1. Explain the situation in an age-appropriate manner.

We want to protect our children from anxiety. Opening up the lines of communication and being forthright about the situation relieves anxiety and gives children an opportunity to talk about it. You don't have to explain every detail or statistic, but let them know what's going on in a manner appropriate for their age.

2. Reassure them from God's Word.

Remind them that God is sovereign and in control of all things. He holds the whole world in his hands. The coronavirus did not take God by surprise and he is working through it even now. Remind them that God is a good Father. Read a passage of Scripture, such as Psalm 46, and use God's Word to strengthen your family.

3. Let them know what action you have taken and are taking to protect them.

Tell your children specific things you have done to provide for and protect them during this time. Let them know that you are actively looking out for their well-being.

4. Give them an opportunity to ask questions or express emotions.

Take the opportunity to listen to your children and address anything that comes up from God's Word. Sympathize with what they have lost (school, sports, etc.), but emphasize what they are gaining (health, time with family, etc.)

5. Pray.

Lead your children to lean on God through prayer during difficult days. Pray often and pray specifically.

6. Sing a hymn

Close out your family meeting by singing one of the great hymns of the faith. Comfort your souls with the songs of the faithful. *It Is Well* or *A Mighty Fortress is Our God* are great hymns for moments like this.

7. Play a board game, read a good story, wrestle in the floor, do something fun, or learn a new skill together.

Enjoy one another as you have extra time together. Have some fun. Laugh. Learn something new and turn a profit on the time you've been given.