

# TALKING TO YOUR SCHOOL-AGED CHILD ABOUT CORONAVIRUS

#PGCCOVID19



## MANAGE EXPECTATIONS

- It is not reasonable to expect this time to be the same as school. What matters most is that children have an opportunity to work on a few tasks each day because it helps to create a routine, which is comforting.
- Household chores and the overall state of the house may look and feel different. Everyone is home all of the time, and when we are stressed, it takes longer to complete tasks. Don't be too hard on yourself if some things are left undone or done differently.
- These are unusual times. Our expectations for how this will work might not be entirely realistic. It is important to give yourself and your family members grace.



Learn more: [health.mypgc.us/COVIDresources](https://health.mypgc.us/COVIDresources)