



a message from

PROVIDENCE DAY SCHOOL

Dear Families,

As a follow up to Dr. Cowlshaw's email addressing the COVID-19 (coronavirus), we can't help but think of our children as they are experiencing and making sense of what's happening in the world. It is important to be mindful about the way we talk about the news as even the smallest comments can spark worries in our children.

Our goal is to help our children feel safe, connected, and aware.

Helpful tips for how to talk to kids about difficult subjects:

- Build in space for family conversation and connection
- Provide reassurance and listen to fears
- Remain calm
- Be honest and accurate
- Provide perspective and field questions
- Monitor news and social media viewing

Resources are provided below that may be useful in navigating conversations with your children:

[Talking with your children about COVID-19 \(coronavirus\): A Parent Resource](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[How to Talk To Kids About Difficult Subjects](#)

Please reach out with any questions or concerns. As always the division counselors are available to support you and our students.

Sincerely,

Margot Brinley
LS Counselor

Lisa Bernard
MS Counselor

Marissa Diaz
US Counselor

Claire Bell
US Counselor