



Colorado Office of the  
Child's Representative

March 12, 2020

Guidelines for OCR Contract Attorneys re: Video Visits/COVID-19 Information

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There are a lot of great resources on how to talk to kids and answer questions re: COVID-19 – please feel free to share your favorites! Here are a few tips we have found:

- Find out what the child/youth already knows (Are people in school talking about coronavirus? Have you heard grownups talking about a new sickness? Etc.)
- Offer comfort and honesty.
- Don't offer more detail than necessary, if they seem satisfied don't keep pressing the issue.
- Speak calmly and reassuringly, explain that most people who get sick feel like they have a cold or the flu.
- Avoid language that may place blame or stigma
- Give kids space to share their fears, share that kids do not seem to get as sick as adults.
- If they seem to have a lot of information, try to find out what sources (especially for older youth using social media) and point them to age-appropriate content (alert a caregiver if necessary so they can monitor)
- If visiting in person demonstrate good hygiene/habits
- Talk about what is happening to keep people healthy (to prepare them for changes with schools etc. and why that might happen, normalize and reduce anxiety as much as possible)
- Make sure an adult is checking in with them if they continue to have anxiety and worry.

Facts about COVID-19 from the CDC to share with children:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>.

NPR has also prepared a “zine” for kids that law offices in some states are making available for children:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Last updated 3/12/20. Please continue to share your ideas, and we will continue to update this document!