



March 19, 2020

Dear Parents / Guardians,

Sir Wilfrid Laurier School Board understands that these are challenging times for you and your entire family. It is completely normal that we all feel anxious during these uncertain times, and we are here to support you and our students.

The Pedagogical Services Department has organized a few links that may help you understand how your child may feel, and provide the right words to help any anxious situation.

[What should you tell your kids about coronavirus?](#)

- *CTV News*

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

- *National Association of School Psychologist*

[Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

- *Centers for Disease Control and Prevention*

[Coronavirus \(COVID-19\): How to Talk to Your Child](#)

- *Kids Help from Nemours*

[Talking to your children about the Coronavirus –](#)

- *The Child Mind Institute*

[Covid-19 & Your Kids](#)

- *CTV News*

[Coronavirus](#)

- *Video: Brain POP*



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