

COVID-19 testing: How to prepare and comfort your child

All children are different and will react differently to a COVID-19 test. Please follow these tips to help make the experience as comfortable as possible for your child.

Preparing your child

- Everyone working in the testing centre wears funny looking clothing called PPE (personal protective equipment).
- Let your child know these are like superhero outfits and protect health-care workers from getting and spreading germs to everyone.
- Masks, visors, gowns and gloves shield us from germs – remember everyone is smiling underneath.

Talking to your child

- Your nurse will use a long and skinny cotton swab to rub the inside of your child's nose for five seconds.
- Tell them to think of their nose as a deep cave and that the cotton swab can find the teeny-tiny germs hidden inside.
- Reassure your child they haven't done anything wrong and the test is to help the nurse take care of them.

Comforting your child

- Hold your child in a way that lets them feel safe.
 - Sit your child on your lap with their back to your chest.
 - Give your child a hug from behind, with your arms crisscrossed on their chest.
- Our testing center offers drive through testing and a walk up option. If you are using public transport or walking to the hospital you will be seated outside or inside and can help hold your child in a way that makes them feel safe. ('sit your child on your lap')

If you are using our drive through option your child may remain seated in their car seat. A nurse will come to the car window to talk to you and do the test. Parents are welcome to move to the back seat with their child to help hold and comfort them during the test.

- Let your child choose what they would like to do during the test, for example:
 - Sing a song or count together.
 - Close eyes and picture something that makes them happy.
 - Watch a favourite video on your mobile phone or tablet.
- It is important for your child to keep their head, arms and legs as still as possible. You can say things like:
 - “Try to hold still like a statue.”
 - “Let's pretend we've been frozen like Elsa.”

What to bring

- A favourite stuffed animal, blanket or other comforting item.
- Electronic device such as a tablet or mobile phone for distraction.
- Pacifier for an infant.

Check out these child-friendly resources and activities (ages 5+)

- Click [here](https://bit.ly/3l1QjPL) for a video about the test (https://bit.ly/3l1QjPL).
- Click [here](https://bit.ly/3lOHea0) for a video that explains PPE to children (https://bit.ly/3lOHea0).
- Click [here](#) for a fun colouring page about PPE.
- Click [here](#) for the COVID-19 learning hub for parents.

