

A Jewish Psychologist's Guidance for Talking About Coronavirus with Kids

A conversation with parenting expert and bestselling author Dr. Wendy Mogel

BY: ARON HIRT-MANHEIMER



With schools and office buildings closed amid the COVID-19 pandemic, families are spending more time together than ever, doing everything at home from virtual classes to **Shabbat via videoconference**.

Wendy Mogel, PhD, is a practicing social-clinical psychologist and the author of *New York Times* bestsellers *The Blessing of a Skinned Knee* and *The Blessing of a B Minus*, both about raising resilient children, as well as *Voice Lessons for Parents: What to Say, How to Say it, and When to Listen?* She's also appeared on past episodes of our Jewish parenting podcast, sharing guidance backed by Jewish wisdom.

We sat down with Dr. Mogel (remotely, of course) to get some guidance on how families with small children can make the best of their at-home time together.

ReformJudaism.org: Let's try to start on a positive note: What, if any, might be the silver lining of having

Dr. Wendy Mogel: In the midst of this health crisis, the good news is that it's providing many parents with the opportunity to take time to sit and listen to children's questions, think about the answers, and respond with curiosity and respect

588
Shares

