

Covid and Small Children

A number of parents of small children contacted me because they were concerned about how anxious their children were becoming about the Corona Virus and were worrying about death and here is the advice I gave:

The key things are:

Limit what they hear on the television. It's amazing what children will pick up.
Don't talk too much about the virus when they are in earshot of the conversation.
Listen to their fears (acknowledge their feelings) but don't dwell on them.
Keep reassuring them that they are loved, are really safe and that the situation will pass.
Reassure them that the ones they love are keeping safe.
Don't dwell on any of these and focus on the positive: not least that they have more time with you.

Here are some possible things to say about God and death. They come from a brilliant book called, 'Will my rabbit go to heaven?' -

Why does God let people die?

We don't understand why some things happen because we can't possibly see the whole of God's plan. But we do know that God is loving and good.

Life is rather like a jigsaw puzzle: God has the finished picture but we only see the pieces fitting in as we go along. Sometimes it is hard to see how some pieces do fit in, but we know that God's plan will be best. Nice things and nasty things happen to everyone. What is important is our reaction to what happens to us. We learn through hard times to be brave and strong. We all have to die at some time or other. But Jesus has gone back to God to get a place ready for us in heaven. With him there is no pain or sadness. So there is no need for those left behind to worry. Jesus takes care of them too, and will make sure they are looked after.

And - Do you know that it turns into a butterfly? That's very like our lives.

While we live on earth we are like the caterpillar.

We are concerned with eating and sleeping to keep our bodies alive, but the best part is still to come. When we die, we leave behind our old bodies (like the caterpillar when it becomes a chrysalis).

Then the real part of us that lived in our bodies is given a beautiful new body for the life with God - like the caterpillar becoming a butterfly.