Talking to your child about change: A COVID-19 social narrative
Changes can be difficult. My brain may have a hard time being flexible because lots of changes are happening. But I can practice having a flexible brain when my schedule is different. I can remember that these changes are to help people.

This is me trying to have a flexible brain

Draw here
I keep hearing about the Coronavirus. It is something that can make some people sick, like a bad cold or the flu.

People who are sick may have a fever, a cough, or trouble breathing.
I have been sick before. It is not fun.

I can help myself stay healthy.
I can wash my hands with soap and water.

It is important to wash my hands very well.
Good hand washing means scrubbing my hands and fingers for 20 seconds. I can measure 20 seconds with a timer...

Or I can measure 20 seconds by singing Happy Birthday two times.
I can also use hand sanitizer, but I need to make sure I rub it all over my fingers and the front and back of my hands.

I will do a good job keeping my hands clean.
I will try to keep my brain flexible because my schedule is different.

Schools are closed to help keep people healthy. They will open when it is safe to return.
I may feel frustrated because I can’t go to school. That is O.K.

I will do my best to be patient.
I may not be able to go to some of my favorite places for a little while. That means I have to wait to go to

That is O.K. because some places have to close to help people stay healthy.
I may have different feelings during the day. I may feel confused, sad, or frustrated. If I have questions I can ask my family.
I know these feelings will not last forever.

My family will help keep me safe and healthy. I love them.