

# Talking to your child about *change*: A COVID-19 social narrative



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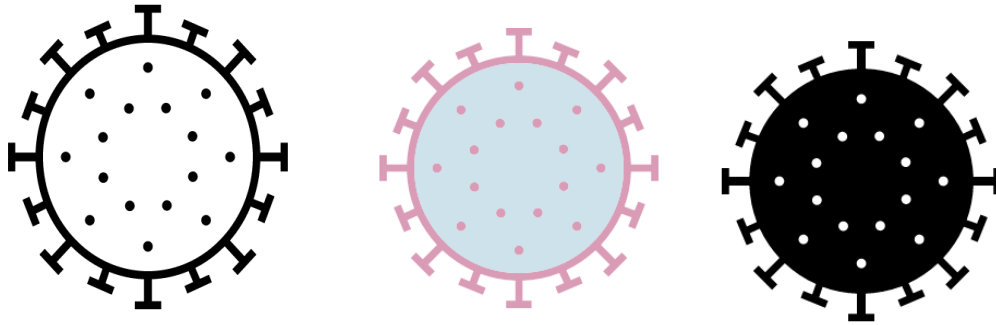
**Changes can be difficult. My brain may have a hard time being flexible because lots of changes are happening. But I can practice having a flexible brain when my schedule is different. I can remember that these changes are to help people.**

**This is me trying to have a flexible brain**

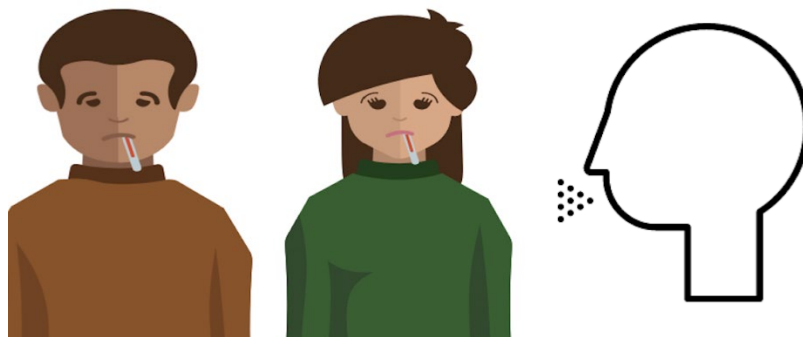
**Draw here**



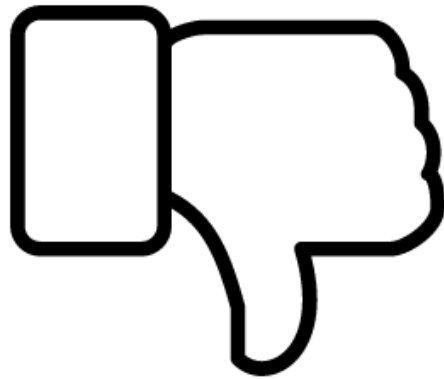
**I keep hearing about the Coronavirus.  
It is something that can make some  
people sick, like a bad cold or the flu.**



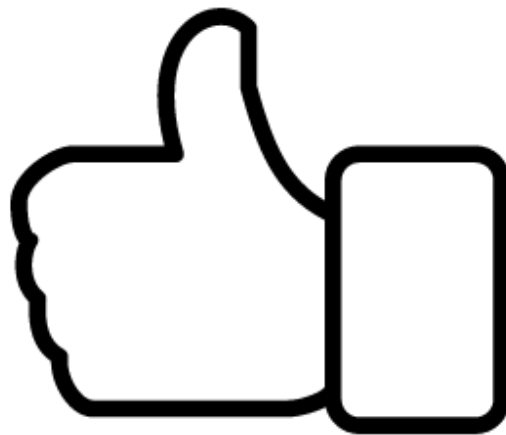
**People who are sick may have a fever,  
a cough, or trouble breathing.**



**I have been sick before.  
It is not fun.**



**I can help myself stay healthy.**



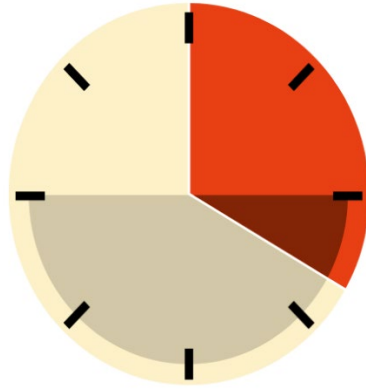
**I can wash my hands with soap and water.**



**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.**

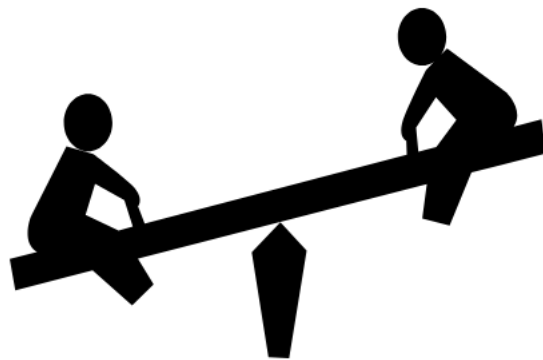


**I will do my best to be patient.**



**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**

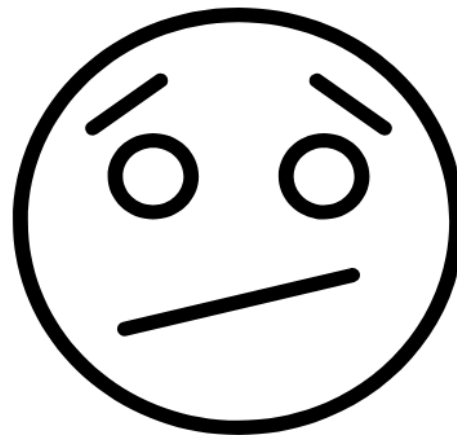
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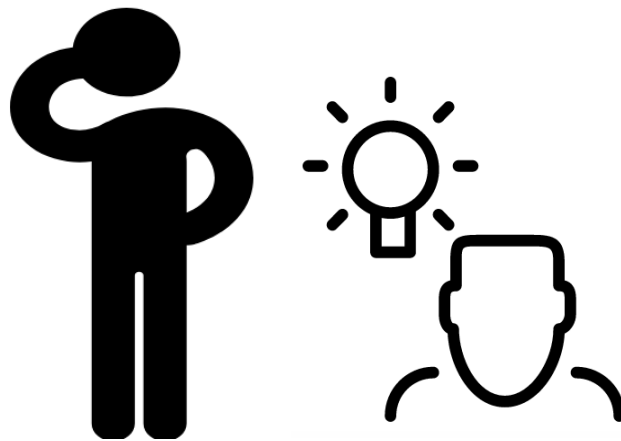
**That is O.K. because some places have to close to help people stay healthy.**



**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.**

