

# MY MOMMY IS A SAFEKEEPER/ MY DADDY IS A SAFEKEEPER

## A PRINTABLE STORY

**As we work together to minimize the spread of COVID-19, we face many new circumstances and challenges. In some homes, Mom or Dad is a healthcare worker who is staying away from family to avoid potentially exposing loved ones to the virus. Of course, this is difficult for children—and difficult to explain. This story gives you the words to use to tell children that Mommy or Daddy is a Safekeeper who can't come home right now.**

Developed by Conscious Discipline Certified Instructor Abbi Kruse, this story explains why Mommy or Daddy isn't home in reassuring, age-appropriate language. The downloadable PDF includes two versions of this story: "My Mommy Is a Safekeeper" and "My Daddy Is a Safekeeper."

In addition to answering difficult questions for children, these stories supply activities children can do when they are missing a parent. The final page of each PDF offers tips for adults on helping young children through separation from a parent.

When we feel worried and uncertain ourselves, talking to children about challenging situations is especially tough. These stories give you the age-appropriate information and comforting language you need, along with helpful strategies to carry you through these unusual times.

Remember, too, that reading a story can always represent a precious moment of connection. Be present as you read the story with your child, enjoying your time together. Connection translates into increased cooperation, willingness, and impulse control. During these unprecedented times, connection with our loved ones is more valuable than ever.

# My Mommy Is a Safekeeper!

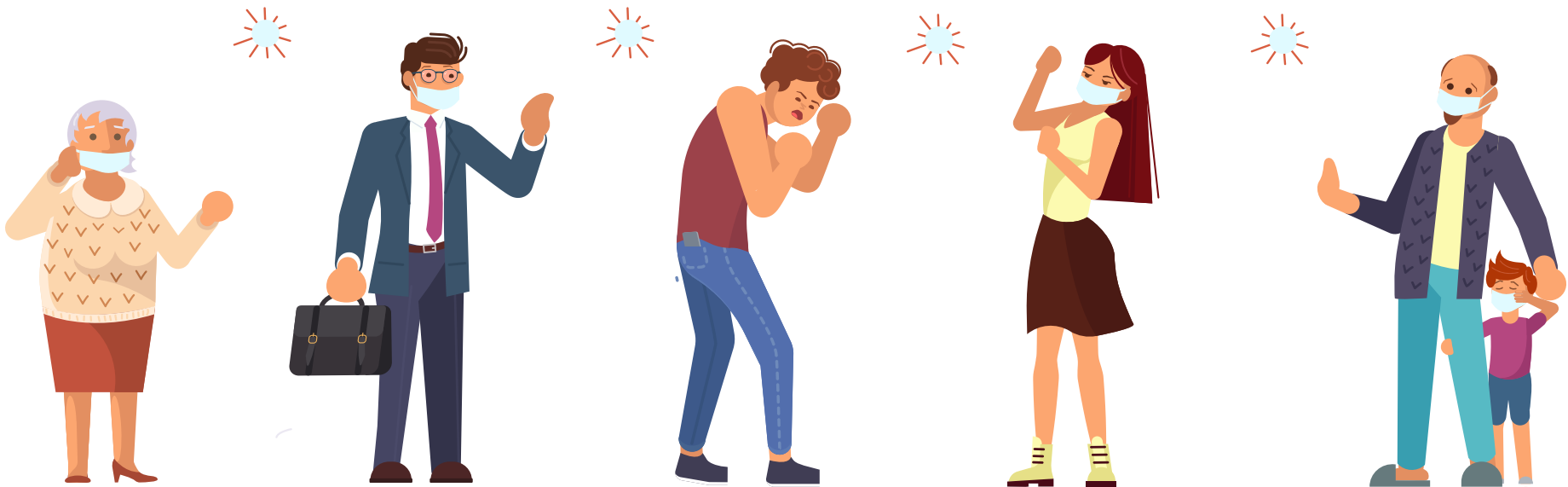


Created by Abbi Kruse & The Playing Field, Madison, WI

**My mommy works at the  
hospital. Her job is to help sick  
people get better.**



# Right now, there are a lot of people who need help.



**Usually, mommy goes to work and  
comes right home to me.**



**For a little while, things are different. When mommy finishes working, she isn't coming home.**



# Mommy really wants to come home!



**She is staying away to keep me  
and the rest of my family healthy.**





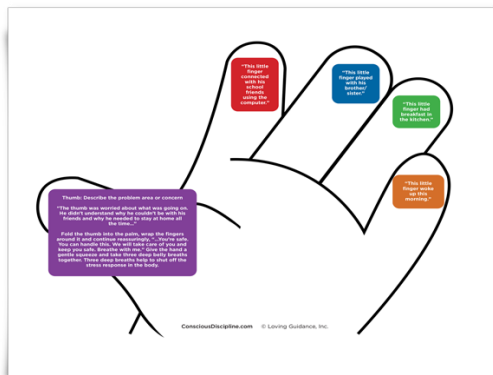
**Mommy loves us and she wants to  
keep us safe.**



**It is hard to  
be away from  
mommy.**



# But, there are many things I can do to help me remember mommy while we are apart.



Story Hand



Draw a Picture  
for Mommy



Write a Letter  
to Mommy



Sing Mommy's Favorite  
Song or Do Her Favorite  
I Love You Ritual

**When it is safe, we  
can all be together  
again. We will all feel  
so happy!**



# Tips for Helping Young Children Through Separation From a Parent

- Be sure the child has a photograph of their parent to carry with them.
- When talking about the parent, use the words “thinking of” and “remembering” instead of “missing” them.
- Preschoolers may enjoy drawing pictures or dictating letters for their parent.
- Find out if there are certain songs, I Love You Rituals, or games that the parent and child play together. Repeat these activities with the child and encourage the child to repeat them with a favorite doll or stuffed animal.
- It may be comforting for a very young child to have something that smells like their parent such as a T-shirt from the laundry hamper.
- Play games to help reinforce object permanence- the understanding that things (and people) still exist even when we can’t see them. For example, hide a toy and use the words “go away.” Help the child find the ball and use the words “come back.” Use those same words about the parent to help the child begin to understand their parent is going to return.
- Keep routines consistent and predictable. Create and follow a visual schedule.

# My Daddy Is a Safekeeper!

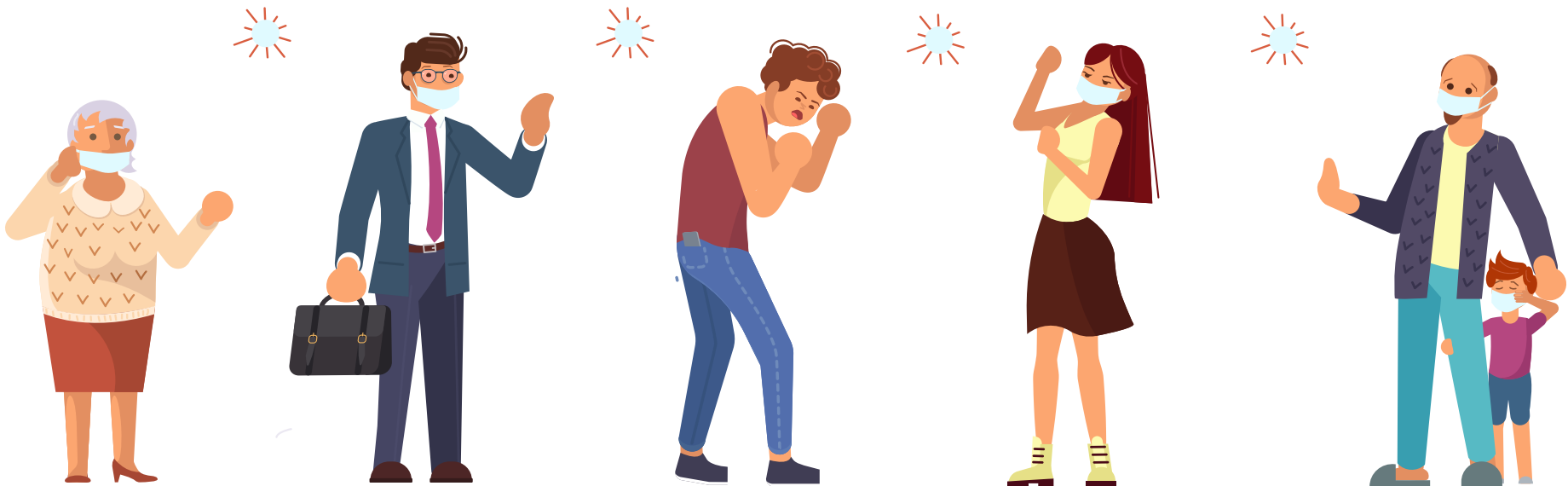


Created by Abbi Kruse & The Playing Field, Madison, WI

**My daddy works at the hospital.  
His job is to help sick people  
get better.**



# Right now, there are a lot of people who need help.





**Usually, daddy goes to work and  
comes right home to me.**



**For a little while, things are different. When daddy finishes working, he isn't coming home.**



# Daddy really wants to come home!



**He is staying away to keep me and  
the rest of my family healthy.**



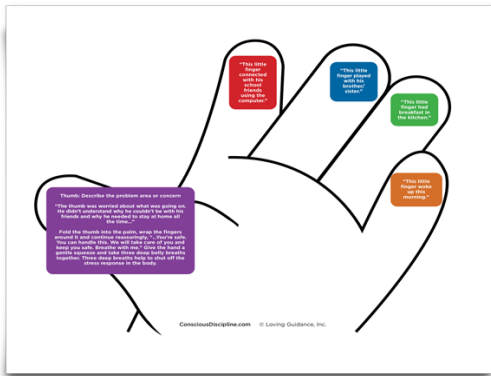
**Daddy loves us and he wants to  
keep us safe.**



**It is hard to  
be away from  
daddy.**



# But, there are many things I can do to help me remember daddy while we are apart.



Story Hand



Draw a Picture for Daddy



Write a Letter to Daddy



Sing Daddy's Favorite Song or Do His Favorite I Love You Ritual

**When it is safe, we  
can all be together  
again. We will all feel  
so happy!**





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