

I LOVE MY GRANDPARENT

In response to the COVID-19 pandemic, many people are quarantining with their immediate families.

This means socially distancing from other loved ones, often including grandparents. For children, this period of extended separation can be difficult. “I Love My Grandparent” explains why we can’t see our grandparents right now and reassures children that they will be reunited with loved ones when it is safe.

Developed by Conscious Discipline Certified Instructor Abbi Kruse, this story uses reassuring language and colorful illustrations to explain a difficult topic in a way that children can understand.

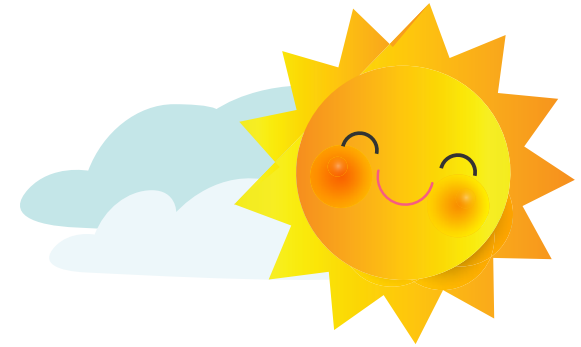
Separation from loved ones can generate big emotions like sadness, anger, fear and anxiety. We can help soothe these feelings through calm, reassuring empathy. Age-appropriate information can also be helpful, particularly for fear and anxiety. Talking to young children about COVID-19 can be a challenge, especially when we feel worried or uncertain ourselves. This simple story is a useful tool for explaining why we’re apart from our loved ones, acknowledging children’s feelings about this separation, and reassuring children that they are loved and will be reunited with family and friends when it is safe.

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.

I Love My Grandparent



Created by Abbi Kruse, Conscious Discipline Certified Instructor



**I love my
grandparent
so much!**



I haven't seen them for a long time.



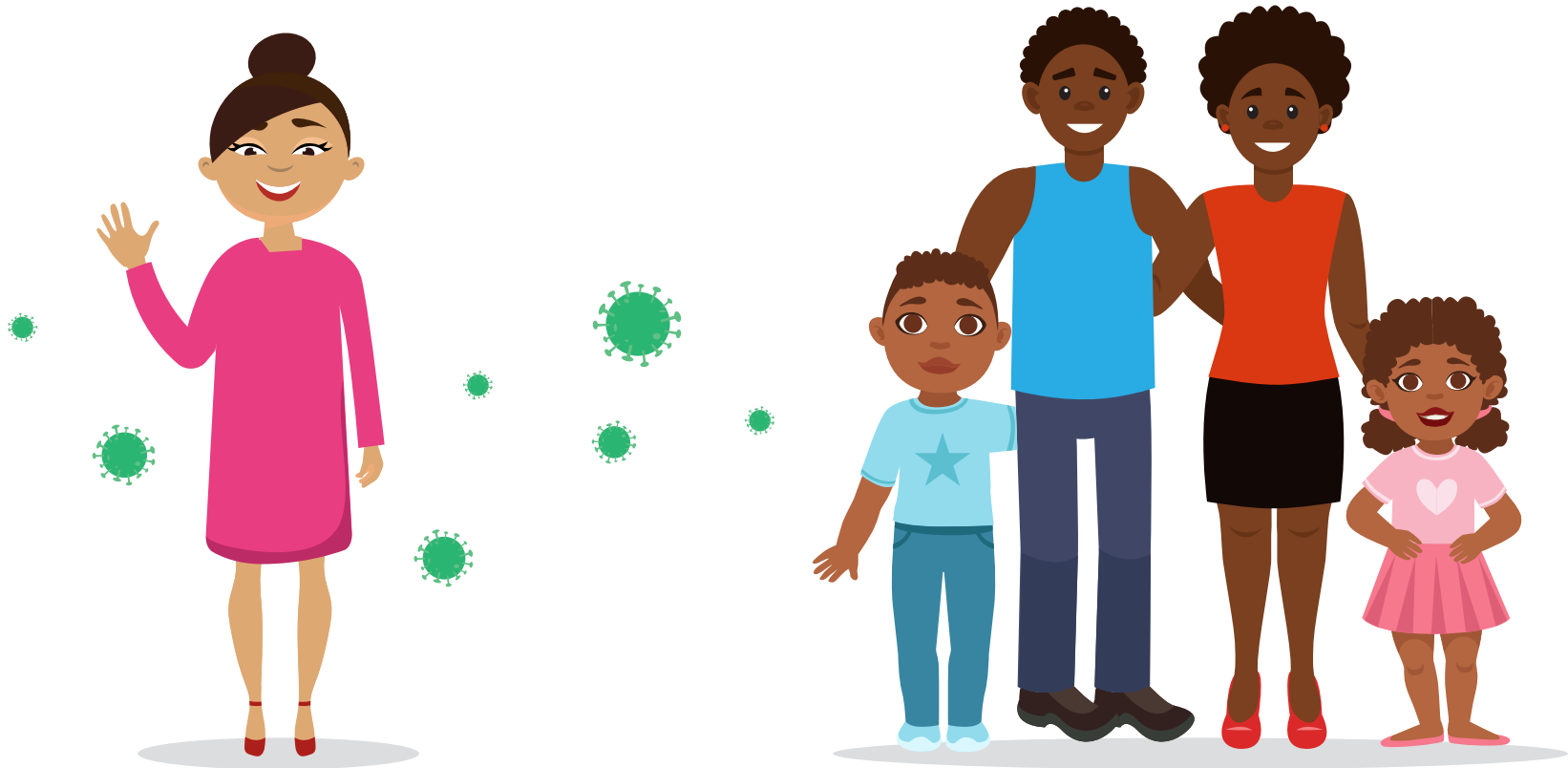
**There is a virus going
around that can make some
people very sick.**



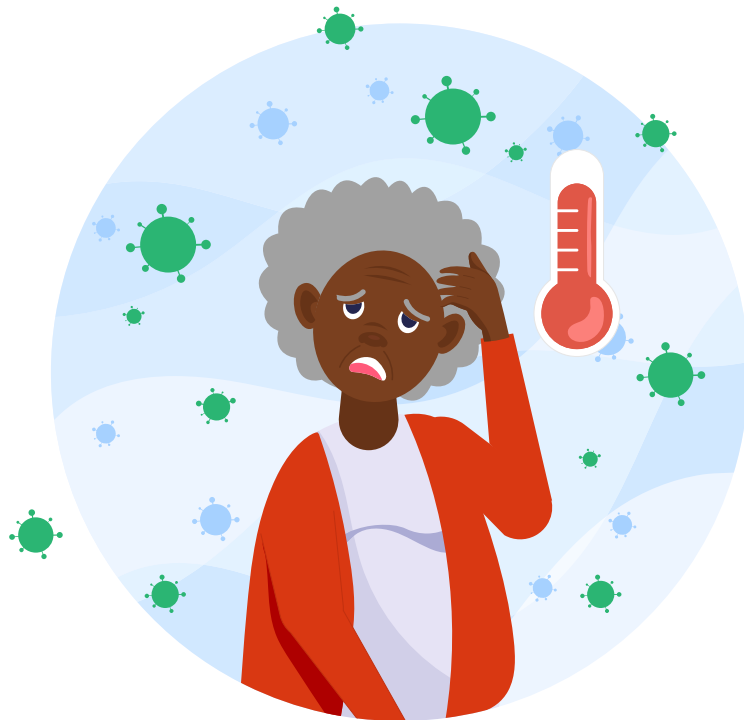
**Other people
get the virus
and don't feel
sick at all.**



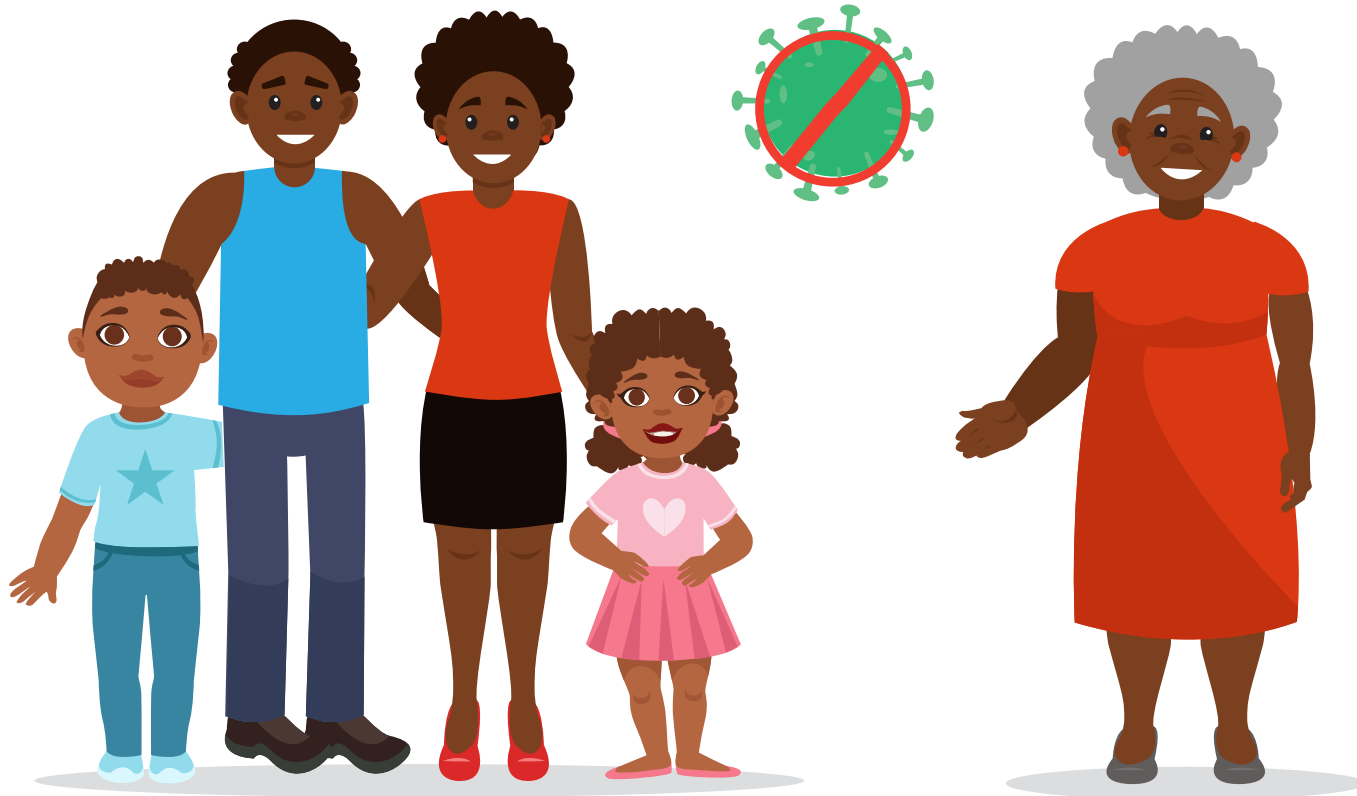
**This means that even if
someone feels fine, they can
give the virus to others.**



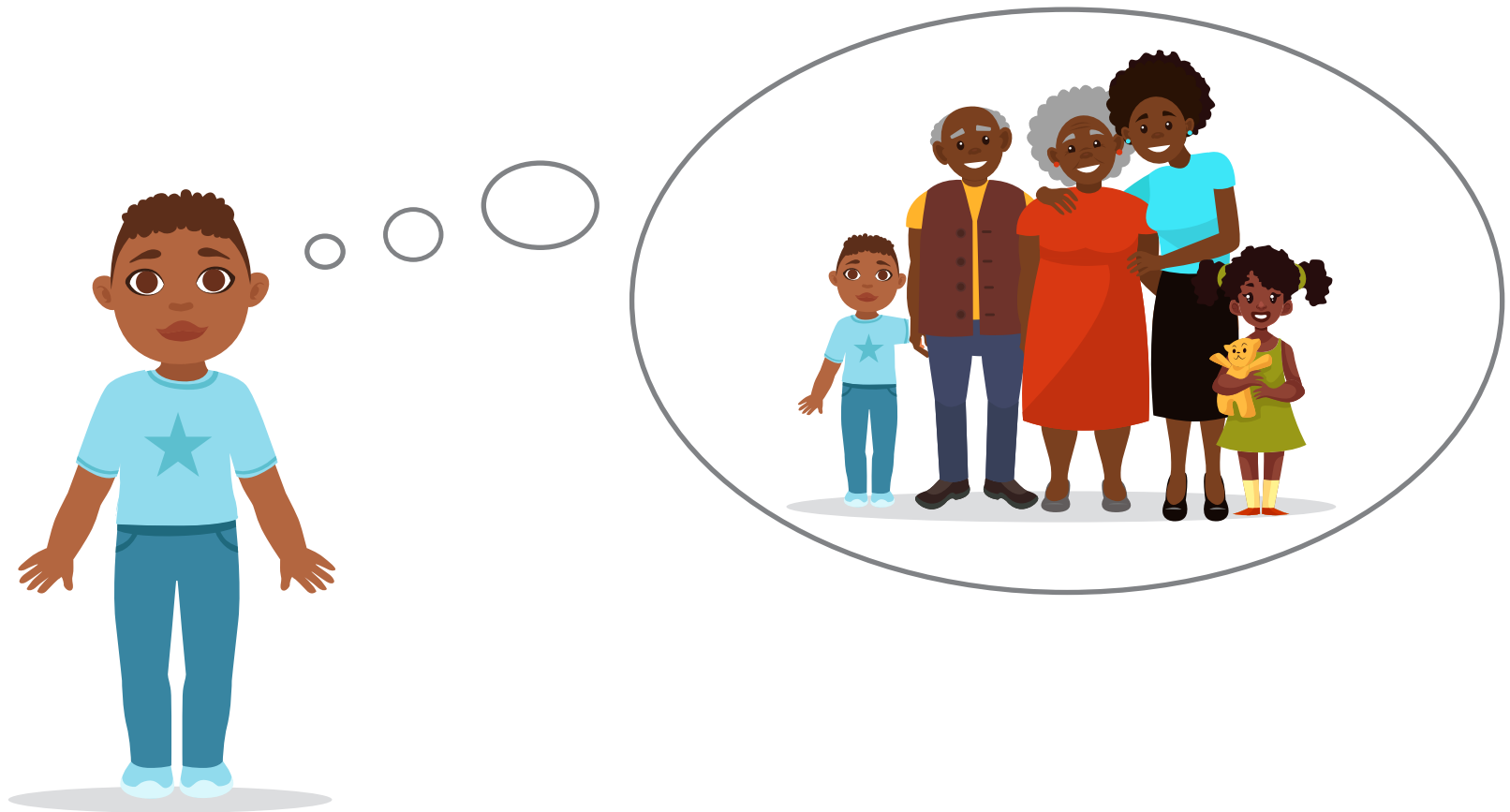
Grandmas and Grandpas might get sicker than younger people or kids.



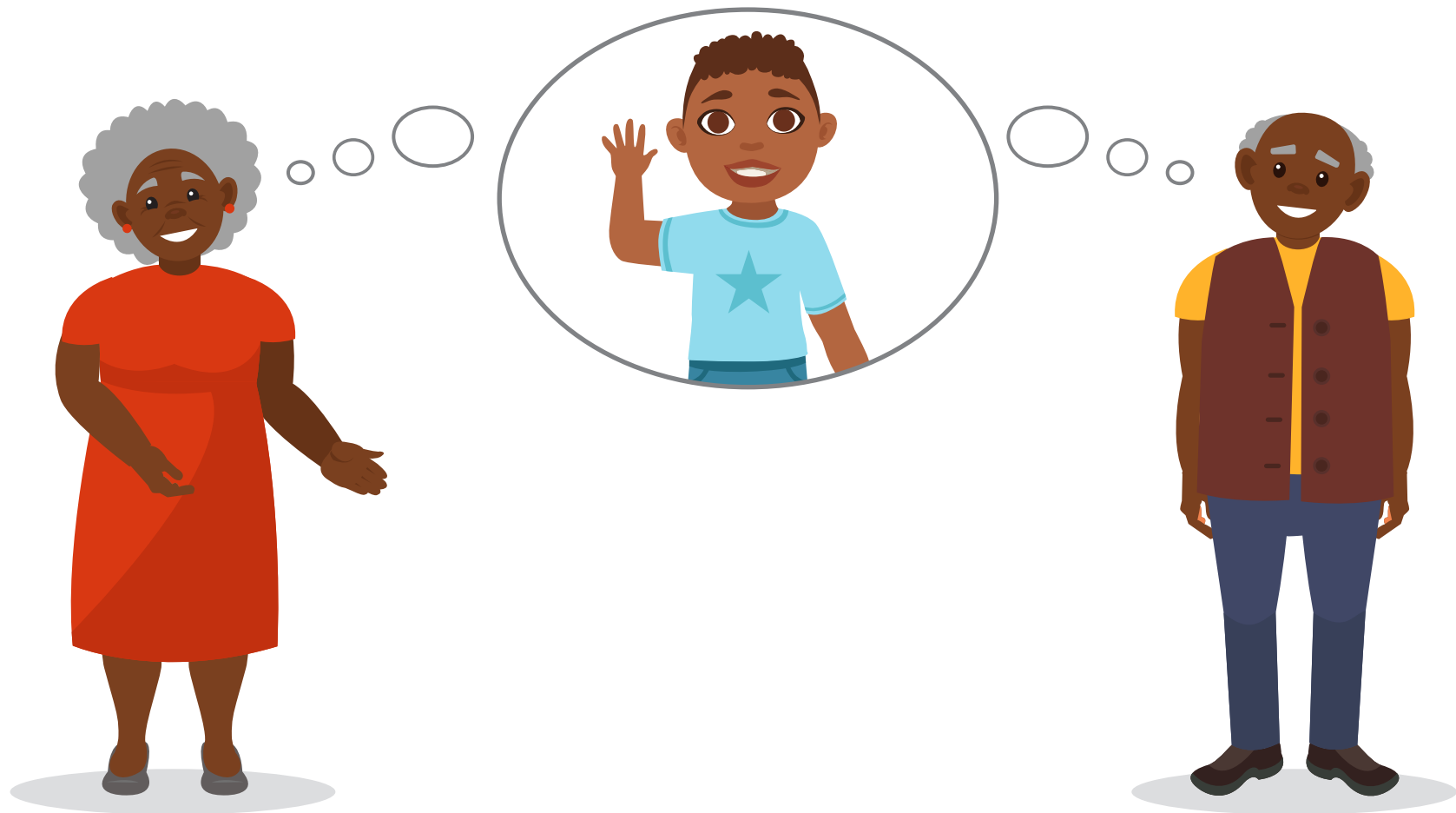
My family and I want to protect my grandparent from the virus.

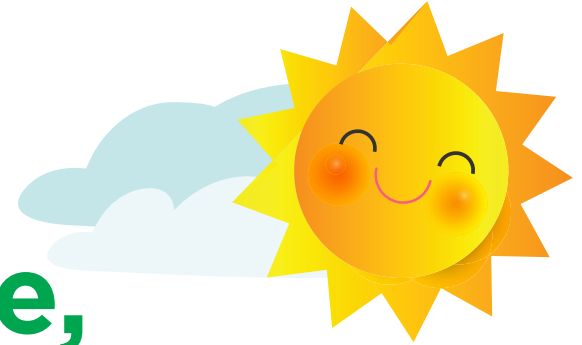


It's hard to be separated from my loved ones.



**It's hard for them to be
separated from me, too.**





**When it is safe,
we can all be together.**



I love my grandparent!

