

Parent Guide: Social Distancing to Help Keep People Healthy

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Prior to using this story, you may wish to personalize the social narrative. No one knows your child better than you! Be creative. Use stickers, markers, Post-It notes, etc. to place on the story page. The closer it applies to your child, the more meaningful it will be. Consider the following examples:

- Include specific activities in which your child participates
- Include names and places that are familiar to your child
- Include names of people your child can talk to when feeling concerned
- Include names of people your child can be near and names of people that must remain socially distant (e.g., grandparents, friends, teachers)

There are many ways to use this social narrative. You may read the narrative with your child and answer questions or ask your child to read the story himself/herself. Ask follow-up questions to make sure your child understands the main ideas. Also, ask about your child's feelings. For example, you may ask:

- What does it mean to spread germs?
- Why can't we be around large groups of people?
- Can you think of some places that we should avoid right now?
- Do you have any questions about social distancing?
- How do you feel about virtual school?
- How do you feel about all the changes?

Be sure to refer to concepts from the social narrative in your daily life and re-read the story as needed. For example, if your child is feeling disappointed that a friend's birthday party is cancelled, you might say, "Remember we are social distancing, so we can't go to Juan's house for his birthday. Instead, we will meet with him online and drive by his home for a car parade."

You may refer to the social narrative when discussing changes in routine. For example, when discussing camp cancellation, a parent could say, "We can't go to camp this summer because we are practicing social distancing. Instead, we are going to attend a Minecraft camp from home."

Activities can help to extend learning and build new expectations. Consider the following examples:

- Encourage your child to illustrate the ideas from the social narrative and create his or her own version of the social distancing story
- Work together to create a list of alternative activities while practicing social distancing (e.g., virtual play dates, movie night, reading, drawing)