

# FOR A VERY LONG TIME

CAROL F. SIEGEL, PHD, LP

Every day and every night, for  
a very long time, you have  
spent your time at home.  
Every morning when you wake  
up, your family is there.





Sometimes you all eat breakfast together.



Other times you have breakfast separately.



Every day you play inside with your mommy or your daddy or your dog or your grandma or auntie or sister or brother.





You play outside too,  
when you can, when it  
isn't too rainy or too cold.

Some of the grownups in your family go to work. Maybe they leave the house, and maybe they stay home to work.







Sometimes you want to play with your grownups while they are working. When they say no, that can make you sad or mad.

Sometimes it makes them sad or mad too!



When you go outside and see other people, sometimes the grownups put on masks. They might put a mask on you too. Grownups say that masks keep you from getting sick from COVID.

COVID is the name of a sickness.





Grownups say to stay away from other people because they might have COVID.

You know you don't want to get sick. But sometimes it feels funny to wear a mask.

And sometimes it's hard not to go close to people you know.



One day, your grownup says that it is okay to go to places outside of your house. It is okay to go to school as long as you wear your mask.

You are unsure. You wonder what happened.





What about the sickness called COVID? What about not getting close to people?

Your grownup says there is a medicine that prevents people from getting sick. It is hard to understand.

Your grownups say that you will go to school with your mask. It has been a very long time since you went to school. It has been such a long time that it is hard to remember.

You may have been very little the last time you went to school!





Some things at school might be familiar, like washing hands, singing songs, and playing with toys and other kids.

Other things might be different, like teachers and kids all wearing masks.





You will play at school with the teacher and other kids while your grownups go to do their work.

That might feel really different, because you have all been together for so many days and so many nights.



After school, your grownups will bring you home and you will all be together again.

That is how school works. Your grownups -- maybe your mommy or daddy or grandma or grandpa -- will take you to school and bring you home when school is over.



Some things are familiar and some things are different.

One thing is very sure, though -- you and your family will all be together for a very long time.





# THE END

©2021 Carol F. Siegel, PhD