

Quarantine Pup



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This book is dedicated to...

...the brave health care workers and first responders who are putting their lives on the line to treat the patients infected with coronavirus.

...To all the employees at grocery stores, truck drivers, and restaurant employees who are keeping this country running.

...And to all the families who are staying at home to help flatten the curve and keep everyone safe.

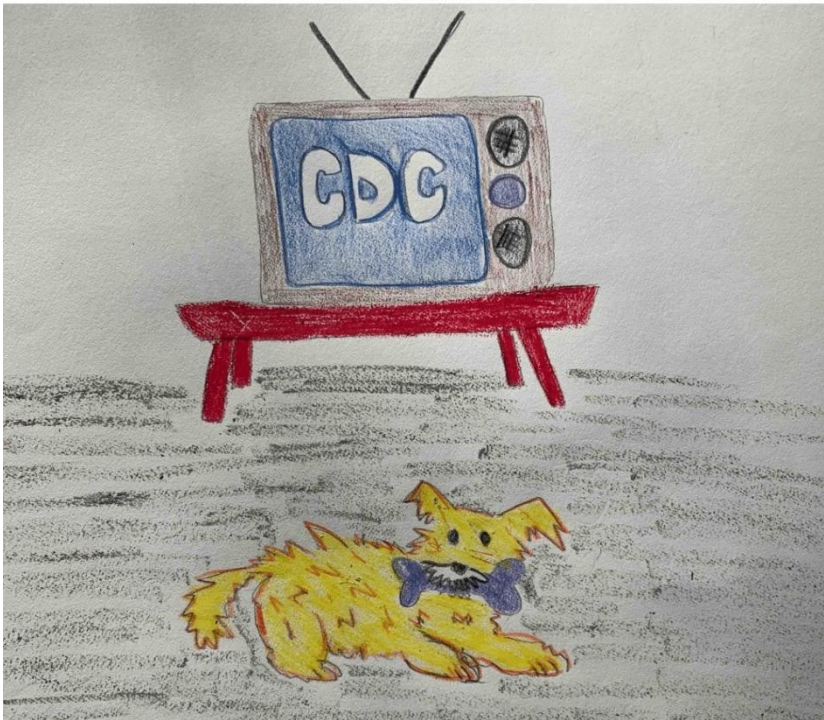
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I'm Pup and I love my new family! They adopted me from a local shelter and now I live with them. There's Luke (he's a baby), Mom, Dad, and Abbie. Abbie and I are best friends because she picked me over all the other dogs at the shelter.

Mom is a busy doctor. But every night when Mom gets back from working at the hospital, we have family time and go for a walk and play in the park.



I love playing in the park, especially when Abbie throws my favorite tennis ball. Every time I run and bring it to her she pats me on the head and tells me what a 'good boy' I am. This makes my tail wag! After we play fetch, Abbie and I play tag while Mom, Dad and Luke watch. Abbie's really fast, but I usually catch her. And when I do, I give her a big lick on her face!



One day, when I woke up from a nap by the windowsill, the TV was on and Mom and Dad were acting weird. They were walking all over the place and quietly whispering to each other. I couldn't hear much, but I did hear them say, "we need to stock up." When I walked over to say hi to everyone, they seemed way too busy. I brought my favorite toy for them to throw, but no one wanted to play.

I felt sad that no one wanted to play. Luckily, Abbie came over and pet me and I felt much better. Mom and Dad kept acting weird all day. Mom said she was going to the grocery store. When Mom got back from the store, she only had one bag with her. That was strange because she usually has three or four bags and needs help bringing them into the apartment. Mom usually brings me home a treat from the store, but she didn't this time.

That day, we didn't go for our family walk and we didn't go play in the park. I was starting to get scared.

That night, I heard Abbie crying. I came to her doorway to see if everything was alright. I heard Abbie ask Dad, “why can’t I see Grandma?”

Dad said, “because we might accidentally get her sick. We might be carrying germs and we don’t even know it. So, we are staying home to make sure we don’t get anyone else sick.”

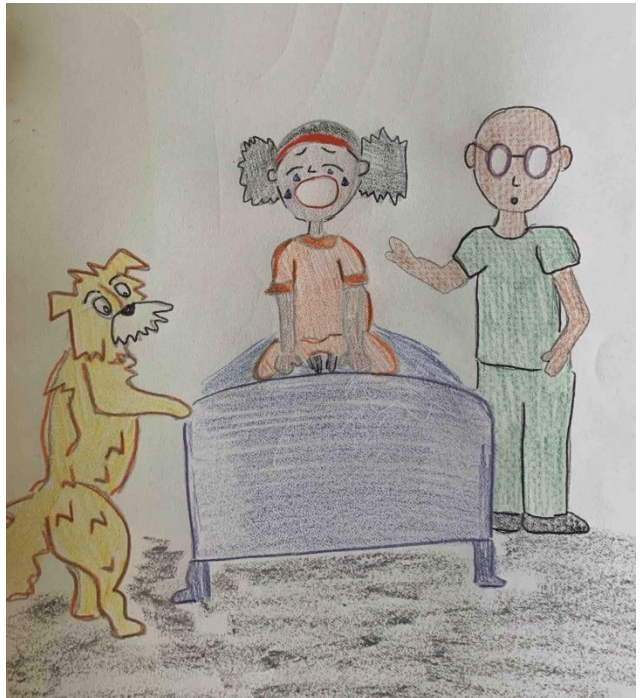
“Am I sick? I’m really scared,” Abbie said and started to cry.

Dad said, “It’s normal to be scared. You know what? I’m scared too! Do you know what I do when I’m scared? I take a nice, slow, deep breath.....in through my nose (*he slowly sniffed through his nose*)...[1]...[2]...[3]...and slowly out through the mouth...[1]...[2]...[3]... [*he slowly breathed air out of his mouth like he was blowing out a candle*]. Now you try Abbie, in through the nose... [1]

...[2]...[3]...and out through the mouth...[1]...[2]...[3]. Now close your eyes and do it again. In through your nose.....and out through your mouth...in through your nose.....and out through your mouth. How do you feel now?”

“I feel better,” Abbie said.

[Take a pause from reading and have you and your child practice by taking 10 deep breaths while you count for them]





Dad said, "I'll tell you what, Pup can sleep with you tonight." He patted the bed and I was so excited! I jumped on the bed and curled up into a ball at the end of Abbie's feet. I was in heaven!

When I woke up the next morning, I jumped on Abbie's chest and woke her up by licking her face. She giggled and scratched behind my ear. I love when she scratches that spot! When we went down to breakfast Abbie asked for Mom for her favorite: pancakes!

Mom said she couldn't make pancakes because the grocery store didn't have enough supplies.

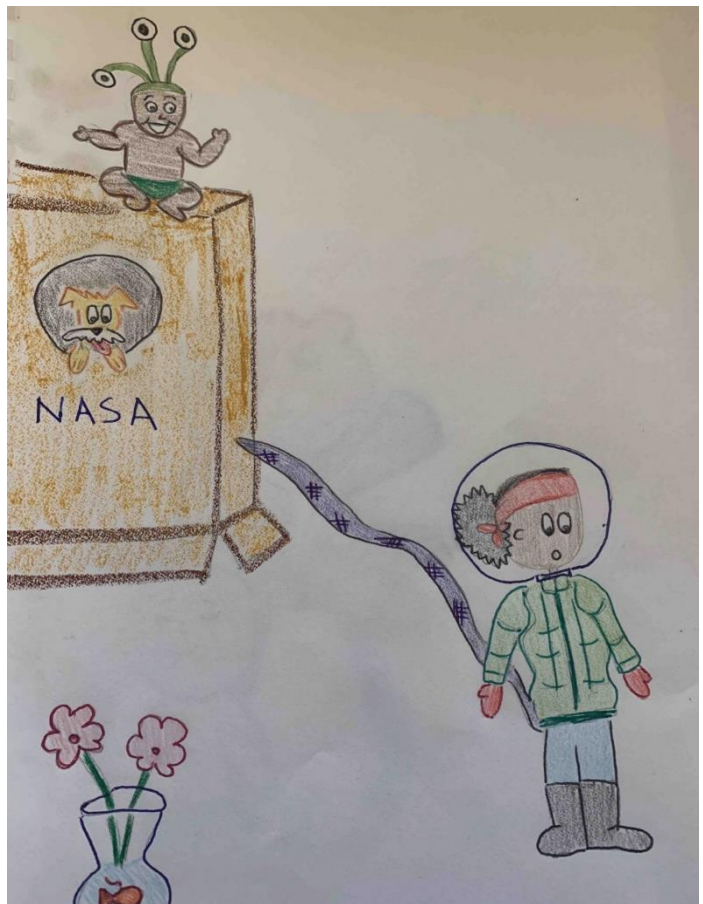
I went and sat by Dad's foot. He always slips me some food under the table, even if Mom gets mad. But today, he patted my head and said, "not today Pup, we have to be careful with our food." I didn't know what he meant, and I felt disappointed.

But the disappointment didn't last long. Because of something Dad called, "corn-teen," Abbie got to stay home from school. Mom was busy working at the hospital and Dad was always talking to people on his computer. He said that he had to work from home, and he asked Abbie to watch me and Luke. That meant we got to play together ALL DAY!

The next few days we went on so many adventures! One day, we went to outer space to rescue Luke from a broken spaceship!

Abbie found a cardboard box to use as a spaceship. We both got in and she counted down: 3...2...1...BLAST OFF! Suddenly the box turned into a spaceship and we rocketed up and into outer space!

We had to fly through an asteroid belt and dodge satellites, Abbie and I eventually got to Luke in his broken-down baby-crib spaceship. Abbie got him out of the baby crib and put him in our cardboard spaceship. She pushed Luke all around the house in our cardboard spaceship. He loved it and was laughing the whole time!



And the next day, Abbie pretended to be her Mom, Dr. Allison. Abbie told me that her favorite stuffed bear wasn't feeling good and we had to cure him. We ran all sorts of tests. Abbie used something called a 'steff-o-scope' to listen to Mr. Bear's heart. She said Mr. Bear's heart was fine. Turns out Mr. Bear ate too many sweets and had a tummy ache.



On the third day of adventures, Mom came into the house. I hadn't seen her in a while. But she immediately went into her room and stayed there. Abbie went to the door and tried to say hi. But Mom said that Abbie couldn't see her because she might have the germs that are making everyone sick.



Abbie fell to the floor and started crying. She started breathing really quickly, she was holding her chest, and her skin turned white like a ghost. I've never seen Abbie like that, and I was scared! I didn't understand why she was sad: we got to go on adventures all day! But I ran over to Abbie to check on her. Dad did too. He went over and put his hand on her back and said, "Remember the breathing we worked on? In through the nose....out through the mouth."

"Now," he said, "I want you to name three things you can see around you."

Abbie wiped her eyes and said, "you, Pup, and the floor."

"Good," he said. "Now tell me two things you can hear."

She closed her eyes and said, "I hear Mom in her room, and I hear Pup's tail hitting the floor when it wags."

He said, "now tell me one thing you can feel."

She put her hand through my hair and started scratching my ear in my favorite place. And she looked up at Dad and smiled.

[Pause and practice grounding by naming 3 things you can see, 2 things you can hear, and 1 thing you can feel.]

Dad asked Abbie, “how is staying at home and not being able to see Mom or your friends make you feel?”

Abbie replied, “I’m scared Mom might get sick. And I’m mad that I can’t play outside with my friends.”

From behind the door, Mom said, “thank you for sharing how you’re feeling. I’m sorry you’re feeling scared and mad about all of this. What are some things that have made you happy these past few days?”

Abbie thought for a second, smiled at me and said, “going on adventures with Pup and Luke!” This made my tail wag!

[Pause and ask your child how they are feeling about the current situation. Make sure to praise them for sharing their emotions and try to normalize their feelings (tell them that what they are feeling is normal for the situation. Then share how you have been feeling about the situation)]

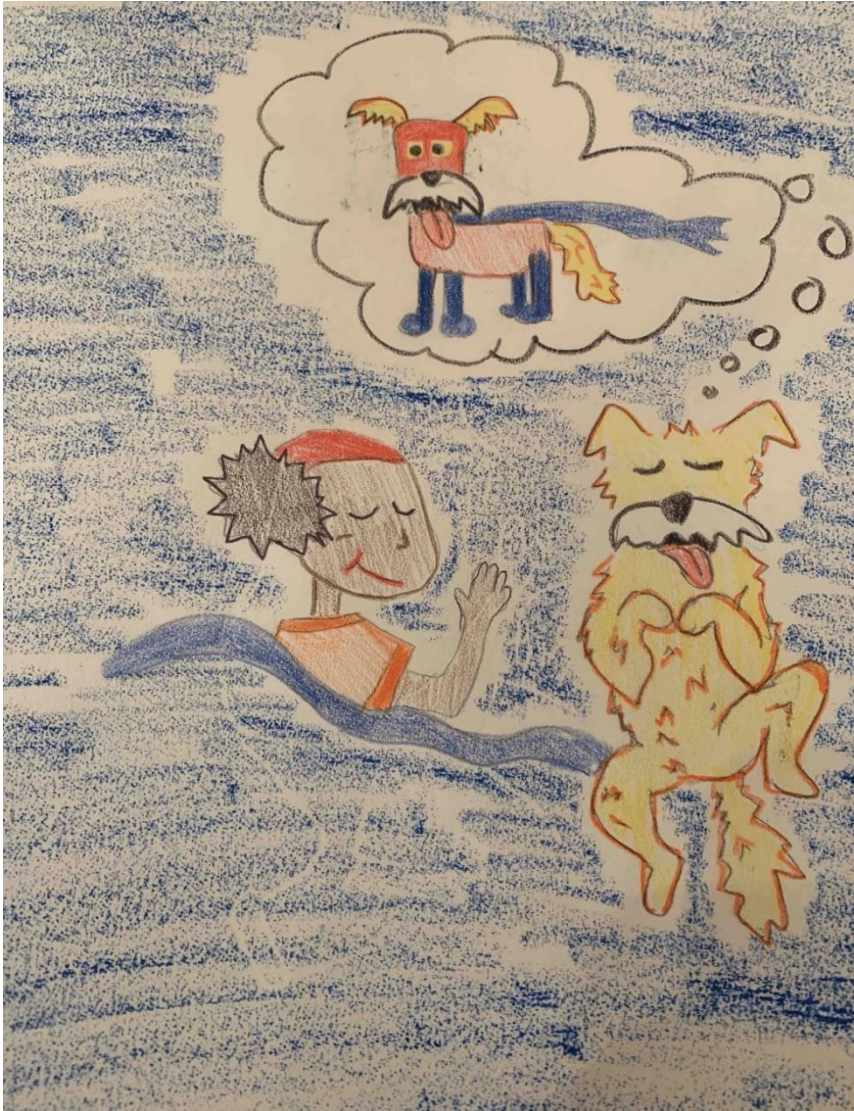
Dad smiled and said, “time to go to bed, kiddo. You can go on more adventures with Pup tomorrow.”

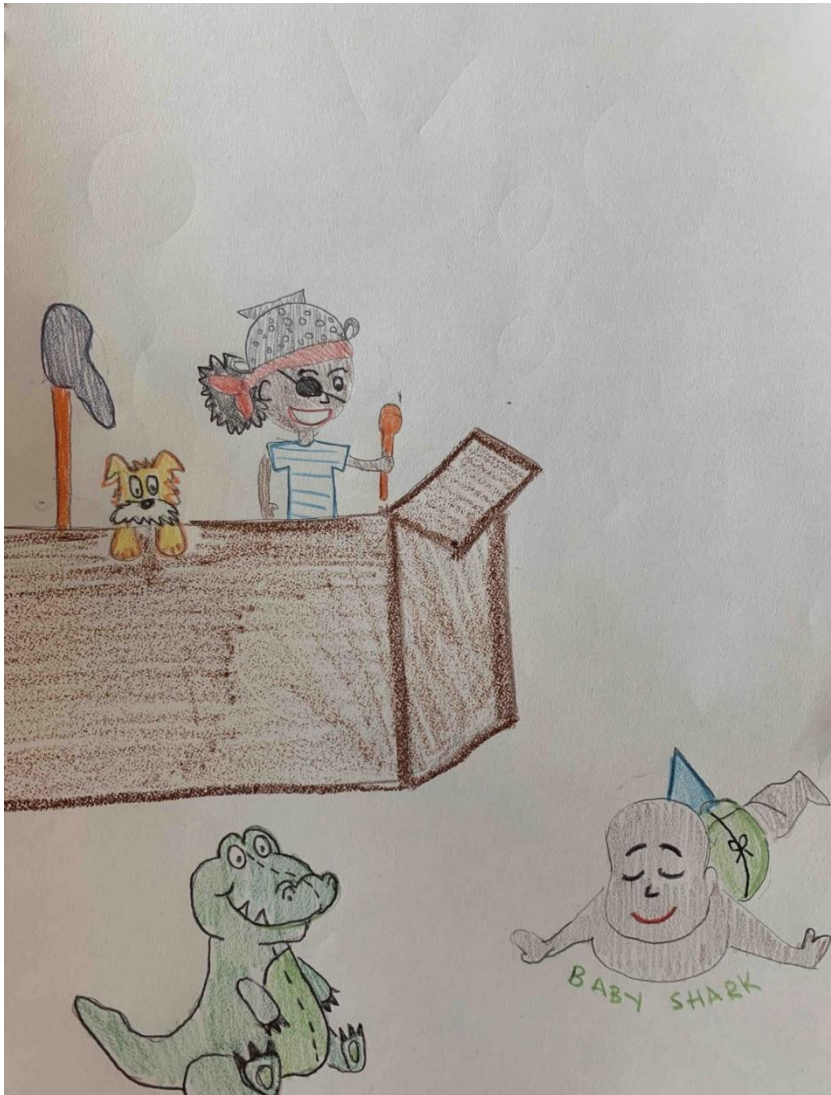
Abbie asked, “But how can I have fun? I miss Mom and Grandma! I miss my friends and I miss school!”

From behind the door Mom said, “it’s OK to feel scared. And if you need some time by yourself, just tell me or Dad. But whenever you’re ready, take Luke and Pup and go on another fun adventure!”

Abbie shook her head up and down and said “Goodnight” to Mom and Dad and told them she loved them. Dad let me sleep in her bed again.

Going to bed that night, I realized how scared I was when Abbie was crying and breathing like that. I promised I would do everything in my power to protect her and make sure that never happened again!





And so, I made sure to protect her on all our adventures.

When we fought pirates out on the high sea, I was right by her side, to make sure she didn't get hurt.

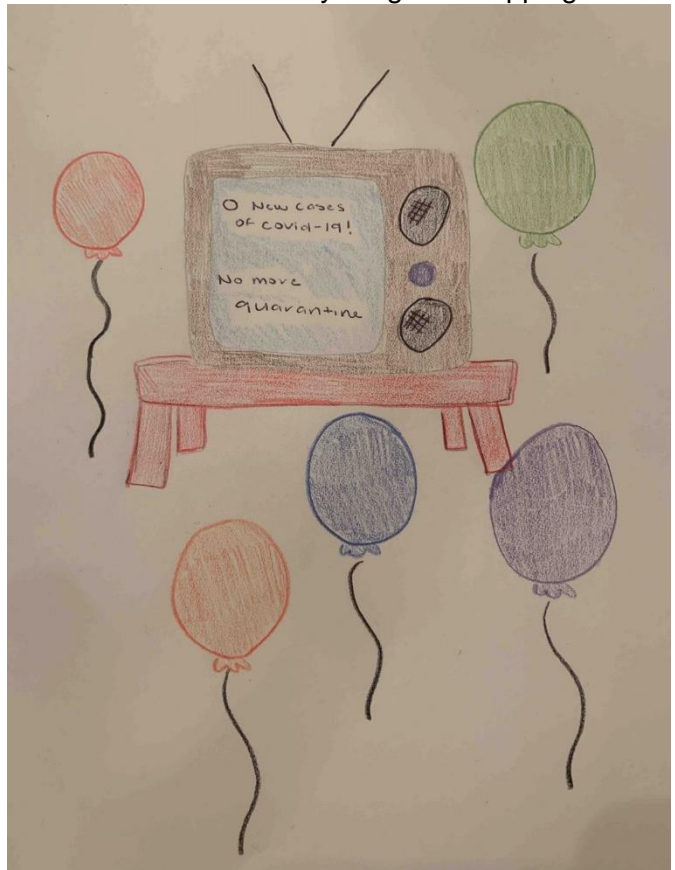
The three of us went on so many adventures together!

[Ask your child to imagine what other adventures Abbie, Luke, and Pup went on together]

Just when I thought the adventures would never end, I heard excitement from the living room. I woke up from my favorite napping spot to see what was going on. When I came in, it looked like a party! Abbie was jumping on the sofa and Dad was yelling and clapping. From her bedroom door, Mom was cheering!

'The quarantine is over! The virus is under control!' Dad said while clapping and jumping up and down.

I didn't know what that meant, but I got excited too! I jumped on my hind legs and Dad caught my front paws. We danced in circles for what seemed like forever. My tail started to hurt from wagging so much.



Unfortunately, this meant that Abbie had to go back to school. As Abbie was about to leave for school the next day, I sat right next to the door. I wanted to make sure to say goodbye.

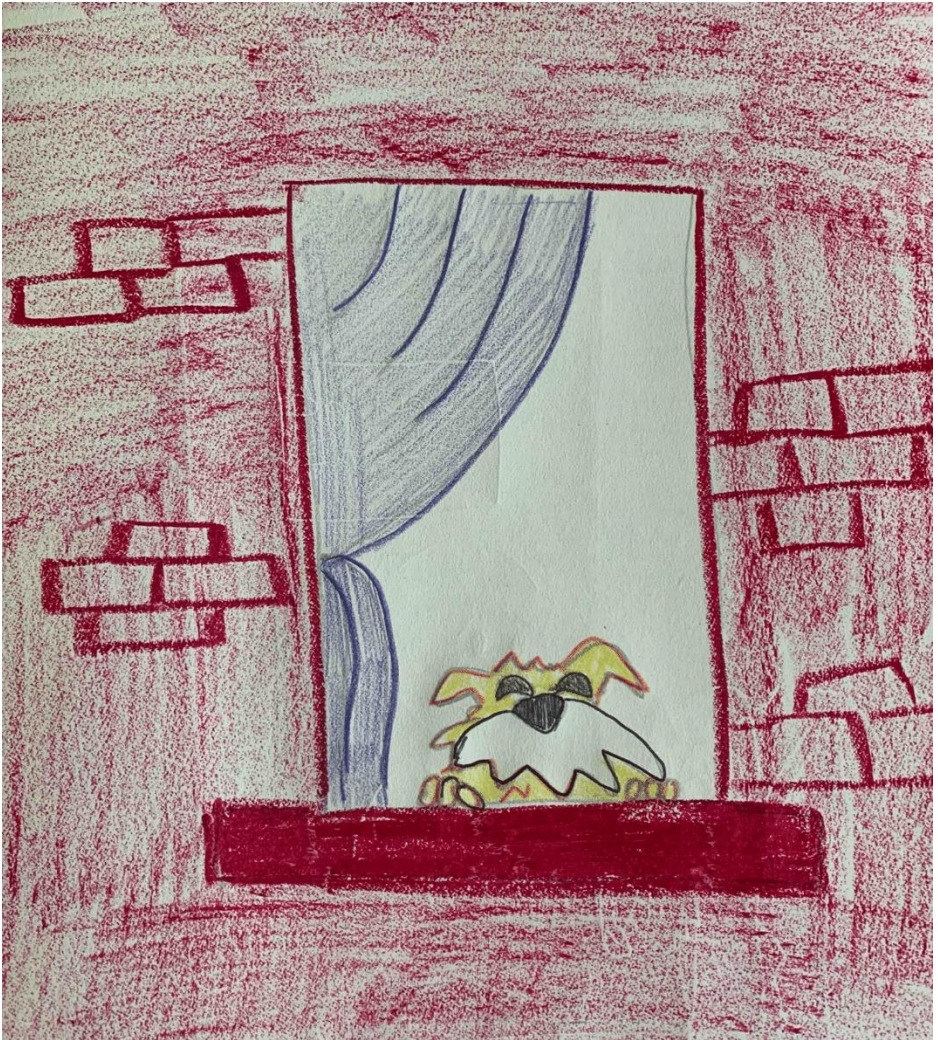
She patted me on the head and walked out the door. My ears drooped and my head hung low. I was sad Abbie was leaving me.

I heard her footsteps on the wooden stairs. It stopped halfway down the staircase then suddenly started coming back up. My tail started to wag again.



The door opened and Abbie looked at me. She gave me the biggest hug and whispered in my ear, "Thanks for always protecting me, Pup." She let me go and kissed me on my head and walked out the door. I had the biggest smile, I was soooo happy!

Even though I was sad Abbie was leaving, I thought about all our incredible adventures. Thinking of that made me happy again. My tail was wagging as my eyes closed and I took a nap in my favorite spot, excited about my next adventure with Abbie.



The End!!

Now it's your turn! We want you to keep the adventures going. Draw a picture of Abbie, Luke, and Pup on their next adventure. Send it to quarantinepup@gmail.com and we may pick it to be in our next edition of Quarantine Pup!

Discussion Questions for Your Child

After reading Quarantine Pup, here are some questions to ask your child to facilitate a discussion about the ongoing pandemic.

Follow the link to the emotion chart (below) to help your child identify how they are feeling.

- What did you think of the story? What did you or didn't you like about it?
- Do you feel scared or mad like Abbie because we have to stay at home?
- What are some other things that make you scared?
- What are other things that make you feel nervous?
- How did you feel after you did the belly breathing? Did it make your feel calmer?

[Link to Emotion Word Cards from PreKinders.com](#)

Helpful Resources

University of Florida Wellness – Wealth of Resources for Parents

<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#parents>

See also COVIDBOOK – a free book about easing anxiety about the coronavirus for Children. Printed in multiple languages.

<https://www.mindheart.co/descargables>

UNICEF: How to speak to your children about the coronavirus

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

American Academy of Child & Adolescent Psychiatry: Talking to Your Children About Coronavirus:

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

American Academy of Child & Adolescent Psychiatry: Helping Kids Cope While Sheltering in Place

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Helping-Kids-Cope-While-Sheltering-in-Place.pdf

Emotion Word Cards from PreKinders.com

<https://prekinders-wpengine.netdna-ssl.com/wp-content/uploads/2013/08/Emotion-Word-Cards-Small.pdf>

Select COVID-19 Charities

Direct Relief – Providing healthcare workers responding to COVID-19 obtain personal protective equipment

Website: <https://www.directrelief.org/>

University of Florida Health – Support research and patient care to combat COVID-19

Website: <https://giving.ufhealth.org/covid19/>

World Central Kitchen – Delivering fresh meals to communities in need and feeding healthcare workers

Website: <https://wck.org/>

Family Promise – Helping families experiencing homelessness and low-income families achieve sustainable independence

Website: <https://familypromise.org/>