

# One Day At A Time

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# FORWARD

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Though our lives have been turned upside-down with Covid-19, we can make it through these difficult times if we take care of each other. “One Day at a Time” is a wonderful book that reminds us to live in the moment. The Vroom tips that are included to help Hannah move through her new life, remind us that we don’t need anything special to enhance and support our children. Life feels different now but the changes are to keep us safe and well. Calm comes from living in the moment, not dwelling on things past or worrying about future events. Just take “one day at a time”.

Susan Buttross, M.D., FAAP

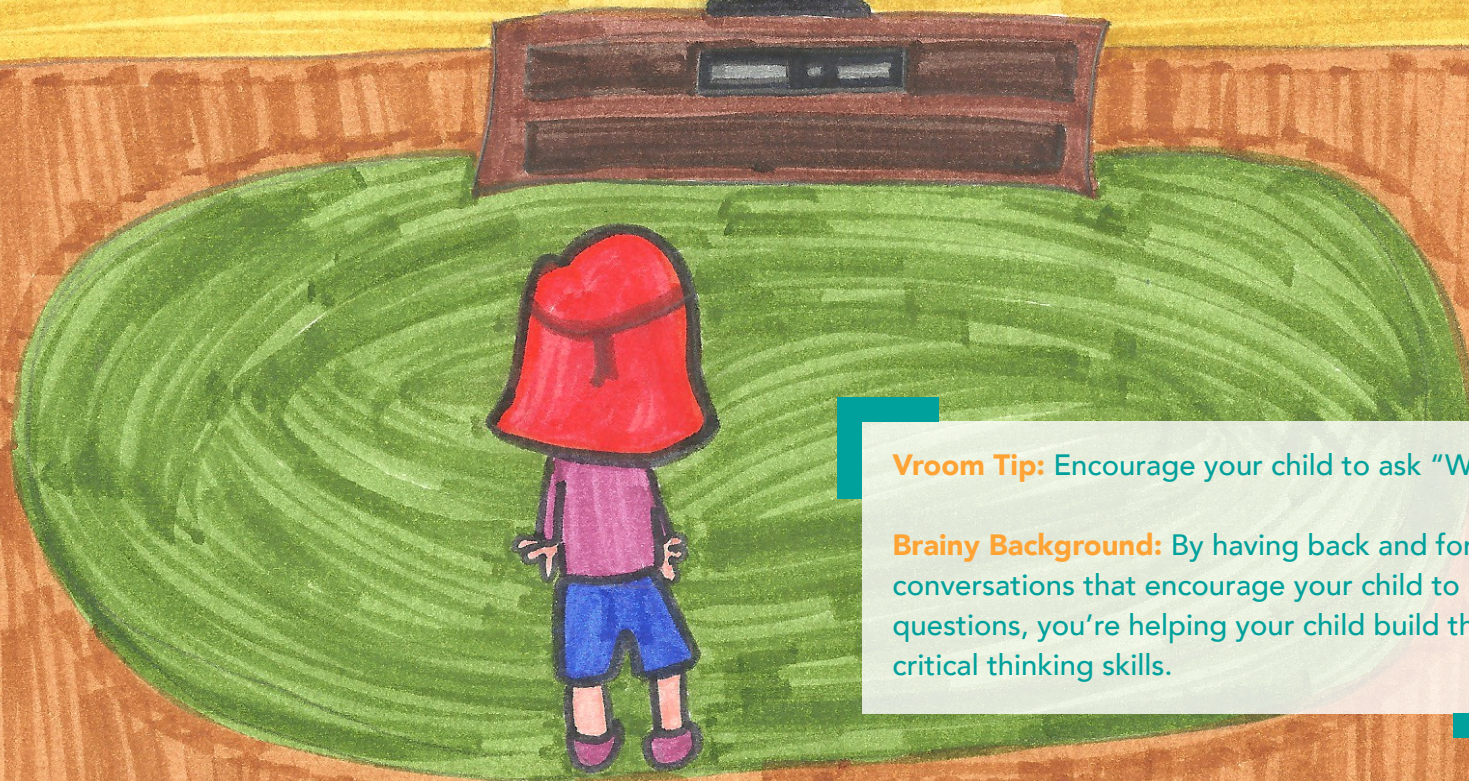


One morning when Hannah woke up, her mom told her that things were going to be a little bit different for a while. There was a virus called the Coronavirus that might make people sick. It might make some people very sick. Hannah's mom said their family would stay home from school, work, and regular activities for a while, so they would not catch the virus. Hannah asked when she would get to go to school or play with her friends again.. Her mom said they were going to take it **ONE DAY AT A TIME.**





Hannah kept seeing strange things on the news like people wearing masks that made her feel scared. Her mom explained that she shouldn't be scared, because sometimes people wear masks when they are sick. That way, they will not give others their germs. Sometimes healthy people wear masks so they will not make anyone else sick. Hannah asked if she would ever have to wear a mask, and her mom said they were going to take it **ONE DAY AT A TIME.**



**Vroom Tip:** Encourage your child to ask "Why."

**Brainy Background:** By having back and forth conversations that encourage your child to ask questions, you're helping your child build their critical thinking skills.



Hannah's mom helped her make a chart of everything they would do all day. That way Hannah could look at the chart and know when to get dressed, when to eat, when to do schoolwork, and when to play. It made Hannah feel good to know what to expect. Hannah's mom said they would plan things **ONE DAY AT A TIME**.

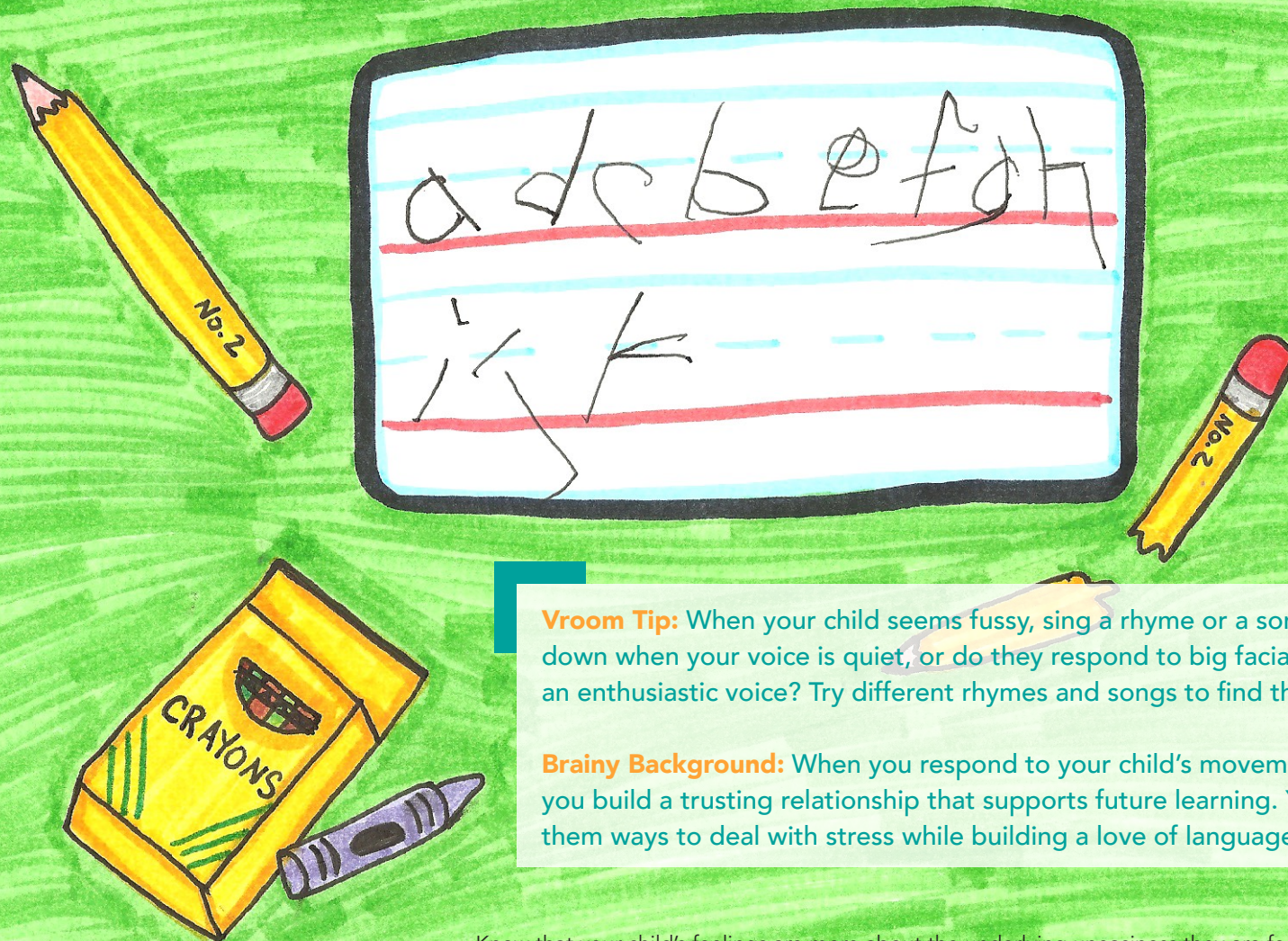


Help your child develop routines around eating times, playtime, and bedtime with this **Vroom Tip**. Help them make a chart for what they do when they wake up: Get dressed, check. Eat breakfast, check. Even look out the window and say, "Will you need a raincoat today?" Grab jacket, check.

**Brainy Background:** Having routines around the major times of the day helps children understand their experience and know what to expect. Predictability helps children feel safe and planning ahead is good for their brains.



The first thing on the chart was letter-writing practice. As Hannah worked on her writing, her mom worked on her computer for her job. Hannah could not seem to hold her pencil right, and her letters did not look the way they were supposed to look. She felt so mixed up inside that she threw her pencil on the floor and began to cry. Hannah's mom gave her a hug and sang her favorite song to her. That made her feel a little better.



**Vroom Tip:** When your child seems fussy, sing a rhyme or a song. Do they calm down when your voice is quiet, or do they respond to big facial expressions and an enthusiastic voice? Try different rhymes and songs to find their favorites.

**Brainy Background:** When you respond to your child's movements and sounds, you build a trusting relationship that supports future learning. You also teach them ways to deal with stress while building a love of language.

Know that your child's feelings are more about the underlying uneasiness they are feeling. The most important thing you can do as a parent at this time is help your child feel a connection with you which helps them feel safe.



Hannah's mom decided to have a special craft time with her. It made her feel better to have her mother right by her side. They made a "Calm Down Kit" for Hannah to use the next time her feelings got all mixed up. Hannah's mom reminded her that it would not always be like this, but they had to take it **ONE DAY AT A TIME**.



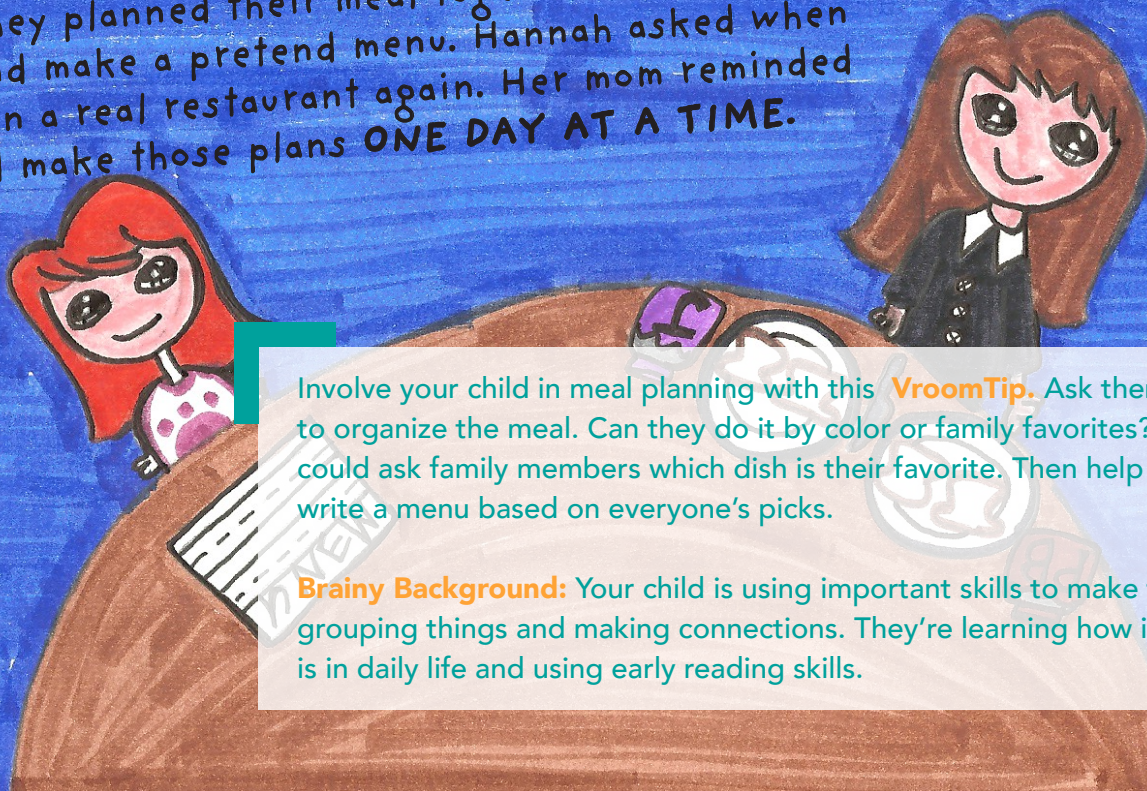
**Vroom Tip:** Have your child put special items inside that help them feel secure and relaxed. When they are feeling upset, remind them to use their kit. They even can decorate the box to make it their own.

**Brainy Background:** It helps to make a "Calm Down Kit" before upset feelings happen. You're helping your child plan for how to handle stress so they can take action in a difficult moment. This gives them more control. It also builds skills important to tackling challenges.





When they were finished gluing the last jewel on Hannah's new "Calm Down Kit," her mom heard a rumble coming from Hannah's tummy. It was lunchtime, so they planned their meal together. Hannah got to play "restaurant" and make a pretend menu. Hannah asked when they would get to eat in a real restaurant again. Her mom reminded her that they would make those plans **ONE DAY AT A TIME**.



Involve your child in meal planning with this **VroomTip**. Ask them to choose how to organize the meal. Can they do it by color or family favorites? For example, they could ask family members which dish is their favorite. Then help your child draw or write a menu based on everyone's picks.

**Brainy Background:** Your child is using important skills to make their menu. They're grouping things and making connections. They're learning how important language is in daily life and using early reading skills.



After lunch, Hannah asked if she could visit her grandparents. Her mom reminded her that they could not be around other people right now, even if they loved them a lot. Hannah said, "Oh yeah, we have to take it **ONE DAY AT A TIME.**" Instead, she and her mother looked at family pictures together and shared stories of special times they each remembered with her grandparents. Then Hannah's mom had her make a memory book by drawing pictures of the times they had talked about. While Hannah worked on her project, her mom got caught up on some of her own computer work.

Share family photos with your child. For this **VroomTip**, you can take turns talking about your memories and stories about the events and people in the pictures. Ask them to point out the details in the pictures that help them know what was happening.

**Brainy Background:** Your child is using their working memory and focus to look closely at the photos and remember the stories that go along with them. You're encouraging your child to "read" the pictures and to use their communication skills to figure out how to tell the story—a big part of learning to read and write.





Just as they were both finishing up their work, they heard the dryer buzzer go off. Hannah's mom had a great idea! Hannah could help her fold and put away the laundry. She promised she would make it fun.



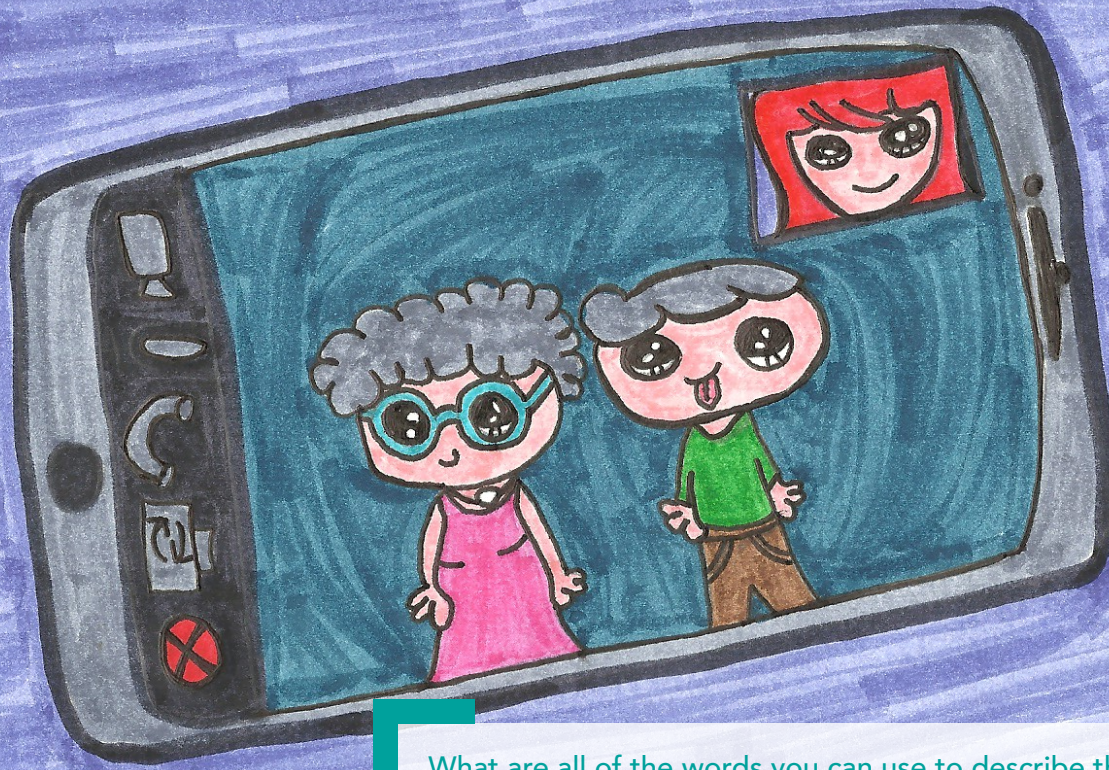
When you're folding laundry try this **VroomTip!** Take long socks and dangle them above your child's head. Encourage them to try and capture the toes of the socks! As they move their arms up and down to reach the socks, you can say, "Up!" and "Down!" to describe their actions.

**Brainy Background:** When you play this game, your child is learning new words as they listen to you describe what they're doing. They're also introduced to important concepts like up and down through their senses.





Later, around suppertime, they talked with Hannah's grandparents over the phone. Hannah and her mom played a fun game with her grandparents. They gave clue words to see if her grandparents could guess what she and her mom were eating.



What are all of the words you can use to describe the food your child is eating? Is the banana mushy, squishy, or slippery? Are the eggs warm, crumbly, and soft? Use this **VroomTip** to point as you say the words and watch them respond and reply back to them.

**Brainy Background:** When your child hears and sees new ways to describe their food, they're learning new words. They are learning to think carefully about their world. This will help them communicate more effectively.



It had been a long day. Hannah was getting very tired after her warm bath. She was surprised when her mom made a pretend tent with a blanket over her bed. She asked her mom if they could play games just like this again tomorrow, but before her mom could answer, she giggled and said, “I know Momma, we’re going to take it **ONE DAY AT A TIME.**”

Grab a blanket to make a tiny tent before bedtime for this **VroomTip**. Pretend to be camping outside with your child. Say: “Shh ... what do you hear? See? Smell? What do you think is happening outside our tent?” Afterward, snap a pic of them at your campsite!

**Brainy Background:**

Pretending is very important to learning—it helps your child to imagine, be creative, and take the perspective of others. And it’s fun!





# NOTES TO CAREGIVERS

Since the COVID-19 pandemic outbreak, many young children have been exposed to scary images and messages on the news. It is extremely hard for children to understand why all this is happening and why they cannot play with their friends and go to school. Children have trouble talking about their feelings. They will often react by being extra clingy, throwing tantrums, and reverting to behaviors from the past. The best thing you can do is to establish a new normal by creating a daily routine. This gives children a sense of security and safety. Also, talk with your child, and answer their questions using words they understand. Ensure that they have quality moments each day with your undivided attention.

This book was designed to show how easily Vroom Tips™ fit into a family's busy day. You can do one Vroom Tip™ a week, one a day, or several a day. Vroom® was created to be available for your family's specific needs. Vroom Tips™ layer onto a family's everyday routine. The tips in this story are suited for children between the ages of three and five since the character of Hannah is a preschooler. However, Vroom® offers a multitude of Brain Building Activities™ for children ranging in ages from birth to five.

Visit the [www.vroom.org](http://www.vroom.org) website. Once there, you can sign up to receive Vroom Tips™, find out about the free Vroom® app, and learn how to receive Vroom Tips™ by text. Pick the choice that is best for you!

If the tip that is sent doesn't fit into what parents are doing, they can just choose another tip that fits into their day better. Most importantly, the tips are meant to be fun and joyful, turning something that might be mundane or even chore-like into a positive moment of interaction. Children learn best when they're having fun!

You can also find out more by searching for Vroom on Facebook, Instagram, Twitter, and YouTube.

Mississippi Thrive! is available on social media as well, and you can find more COVID-19 resources on our website [www.mississippithrive.com](http://www.mississippithrive.com).

## ACKNOWLEDGEMENTS

I would like to thank the following people for providing feedback for the story. Laure Bell for her careful edits and detailed proof-reading. Susan Buttross, M.D., FAAP for her timely edits and guidance. Lauren Ingram for taking my daughters' drawings and providing timely assistance into turning them into the illustrations for our story. Lori Harrington for her guidance and support during the writing process. Finally, the Mississippi Thrive! team for their feedback and support through each step of this process.



# ABOUT US

We are Mississippi Thrive!: Child Health & Development Project, a project of the University of Mississippi Medical Center's Children's of Mississippi and the Social Science Research Center of Mississippi State University, and we are funded by the Health Resources Services Administration (HRSA).

## OUR MISSION

*We're on a mission to improve child health development.*

The goal of the Child Health and Development Project: Mississippi Thrive! is simple. Since brains grow rapidly during the earliest years, we provide information and resources to improve developmental health for children ages birth-5 years. One in six children experience developmental delays, but thankfully, identifying and addressing these delays early helps them have more successful outcomes. It's why we're creating a comprehensive system of early childhood screenings and interventions. When our children thrive, Mississippi Thrives!

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$10,500,000 with 0 percent financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov)