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+ Claps  
for  
Mom +

HOSPITAL +



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THANKS

# CLAPS FOR MOM

A TALE TO ADDRESS THE EMOTIONAL EXPERIENCES OF CHILDREN FROM HEALTHCARE  
PERSONNEL DURING CORONAVIRUS

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needlab

Conversation between Nature and Technology

*To Bea, because you have been the inspiration of  
this story and alongside Marta, Carlos, and  
Moncho, you give life to our characters. Thank  
you for your optimism and for always being there.*

*Our claps are for you.*

## This tale is for you

It may be that your mom or dad works at a hospital or in any other place, fighting tirelessly to defeat the virus. They may work as a security guard, police officer, pharmacist, cleaner, or in a care home.

Through this tale we will join you in this time of weird emotions and confusing thoughts, and we will learn tricks to make us feel better.







Hi! My name is Marta and my mom works at a hospital, so during the lockdown staying home has become a bit more difficult.

I have a brother, his name is Carlos, and together we play that we go on a pirate ship and I am a mermaid-nurse, just like my mum.

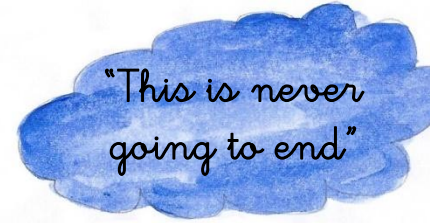
Dad spends a lot of time working on his computer and he always wakes us up with some rock music and delicious toasts.



Some days we wake up and mom is already working at the hospital. That is when the confusing thoughts begin making my body feel all sorts of weird emotions.

Would you like to match each cloud with its raindrops and the place where they fall in the body?

All answers are correct!







But if there is something, I always feel is that I miss my mom.

That is why, sometimes, I strongly close my eyes and imagine that mom is a fairy with beautiful, big wings which she uses to hold me, and I feel all her **LOVE**.



Dad has a pretty cool list of all the things we can do to make things easier these days.

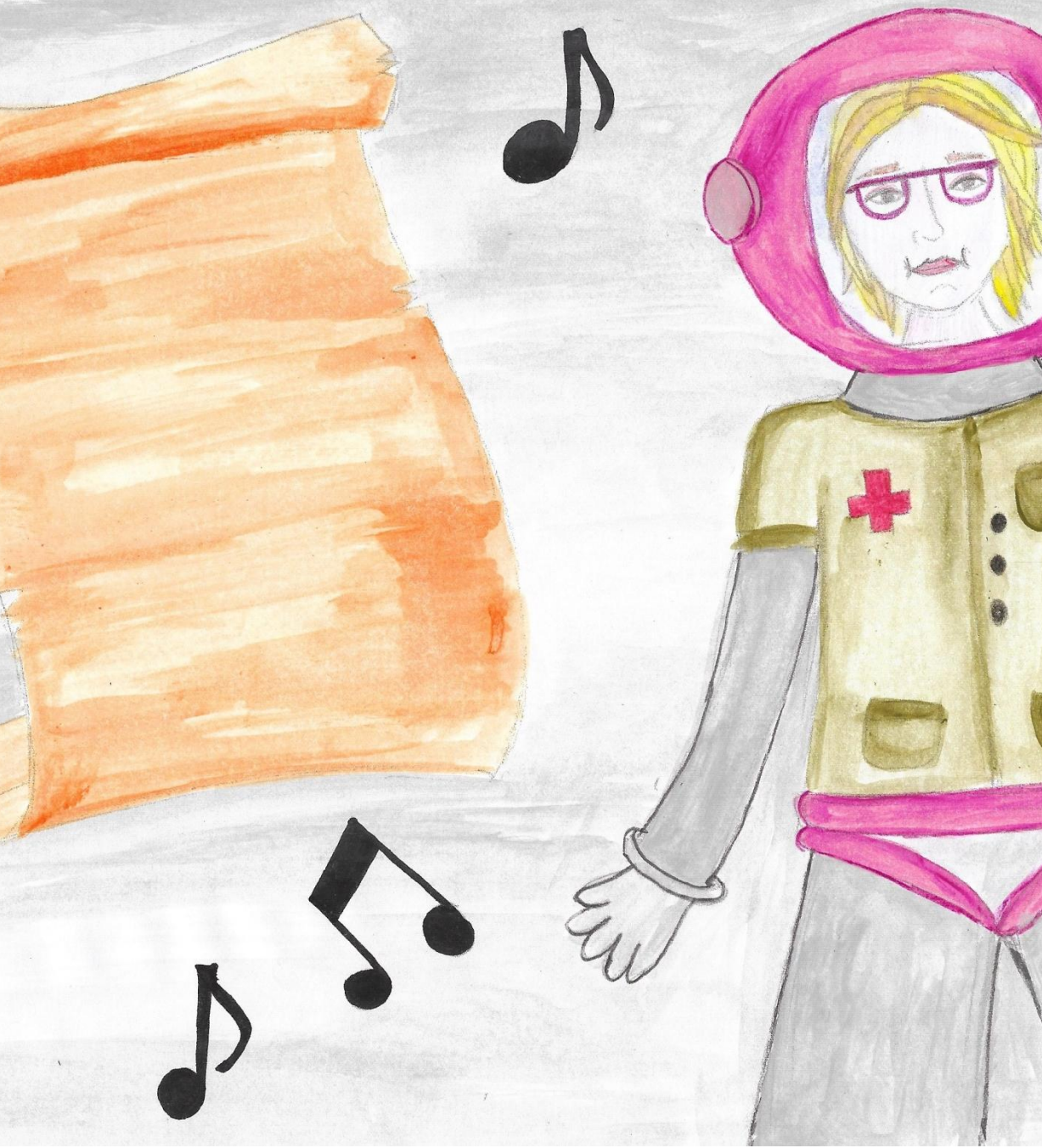
He has schedules and activities and we have created our own universe. For example, we have decided that in our home, every day is a birthday.

My favourite part of our universe is the **FEELINGS CORNER**.

In there, we leave notes to each other when we want to say something, but we are not together.

You can also create your own feelings corner!





When mom gets back home, she always looks like an astronaut.

Since we cannot touch her yet, we send each other. **"FLYING" KISSES AND HUGS**.

Before hugging, she must take her suit off and wash well. For me that takes forever, so we have composed a **SONG** to make time fly by.

If you want, you can also create a song for those moments!



Sometimes mom comes back feeling sad, other times very worried and some other times tired.

We then, sit on the couch and mom says: "We are in a really abnormal situation where everything, everything we feel is normal. But these emotions will not last forever. Would you like some **TRICKS** to make us feel better?"

## TRICKS

☺ Take a full breath and then blow it slowly like inflating a balloon.

☺ Stretch yourself like a tree.

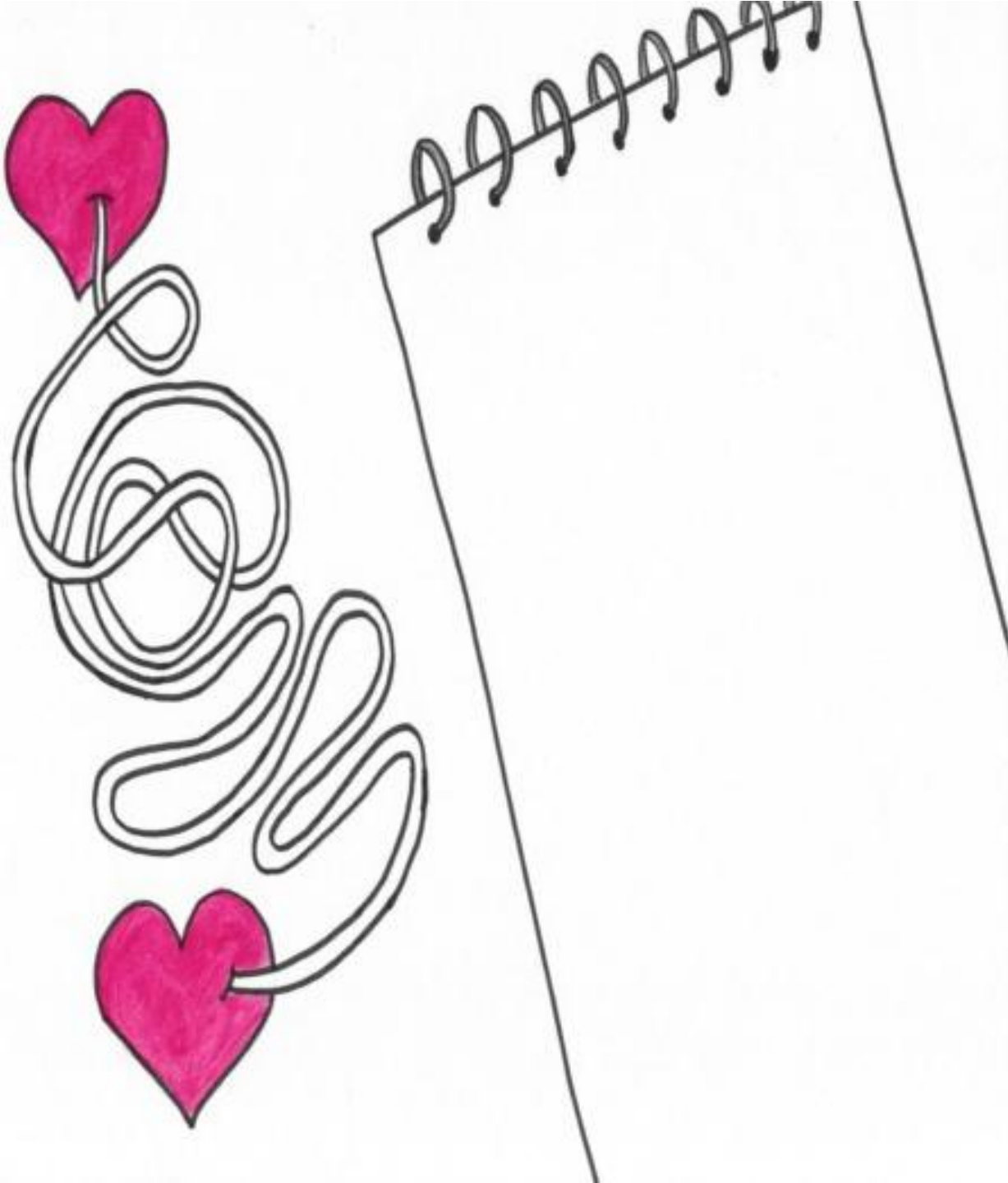
☺ Draw what you feel.

☺ Knead some clay or dough.

☺ Play some happy music.

☺ Move your body while dancing.

What else can you come up with?



Mom also told us there is an invisible thread that joins people that love each other from heart to heart.

The good thing about this thread is that it can never break and keeps us connected wherever we are.

So, when mom is at the hospital, I feel connected to her through **OUR THREAD**.

If you want, you can colour the thread with your favourite colour and draw the people that are connected to you.





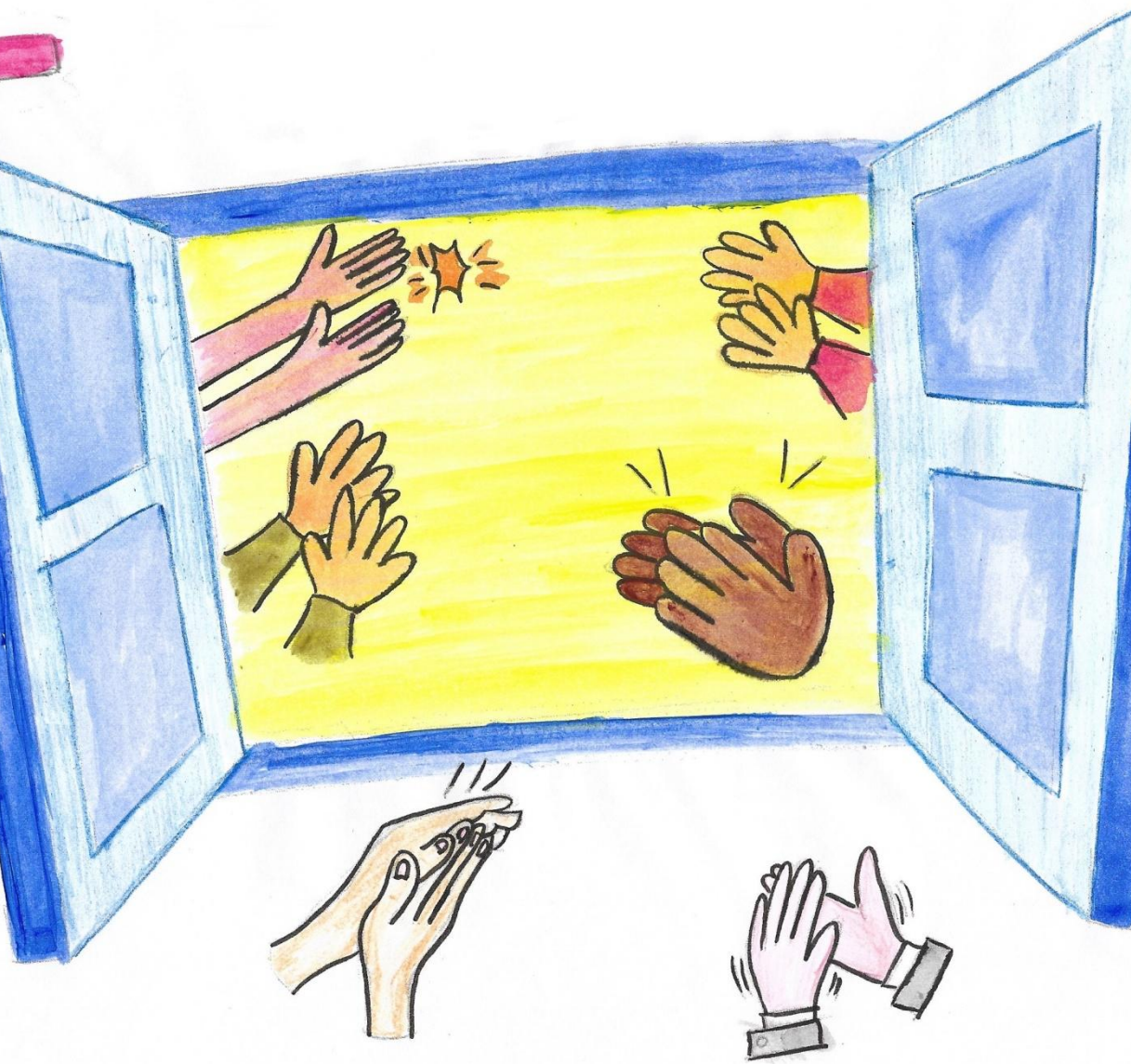
My dad also knows some tricks.

With him we think and write on the board, the **GOOD THINGS** we already have, and the good things that happen to us.

Sometimes we do it as a family and that is the best of all.

What would you write on your board?





At the end of the day all the neighbourhood claps for my mom.

Carlos and I feel very proud of her.

Mom always says the **CLAPS** are not for her, but for all the children because...

**WE ARE HANDLING IT GREAT!**





## WHY THIS TALE?

We decided to come together and write this story since we have been working for a long time on an emotional level with children and just realized that the families of healthcare personnel are having a different experience through all of this. With all our kindness, we wanted to give this as a resource to those families.

*We hope it will be useful!*

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***“What makes the desert beautiful is  
that somewhere it hides a well”***

***The Little Prince, Antoine de Saint-Exupéry***