

Login/Register | Subscribe

BOE 1 Subscribe

Search

Home

Town Square

Blogs

A&E

Real Estate

Sports

Print Edition

Join

Contact

¶ 1 f y ≥ t



Uploaded: Mon, May 18, 2020, 11:01 am

News

Faced with telling toddler daughter she can't hug her grandparents, local doc pens kids' book



Dr. Benjamin Lindquist reads his book "I love you when you're close and when you're far away" to his daughter, Kiley, in the front yard of their Menlo Park home. Photo by Magali Gauthier.

by Kate Bradshaw / Almanac

How do you explain to a toddler that she can't hug her grandparents right now?

Like many parents of young kids these days navigating the COVID-19 pandemic and the changes it has wrought, Dr. Ben Lindquist, who works as an emergency room doctor at Stanford Hospital and lives in Menlo Park, struggled to answer that question. So he wrote a book.

Kiley, his 2-year-old daughter, now has words like "mask" and "germ" in her vocabulary, and she's learning how to use hand sanitizer, with supervision.

But her whole world is flipped upside down right now, he said in an interview.

In early March, before the shelter-in-place orders took effect and before it was known how widely that people without symptoms could still spread the coronavirus, Lindquist said he and his wife Alese took Kiley to visit Ben's parents.



Kiley Lindquist looks at a drawing of herself dancing with her grandmother on one page and another of her dancing over Facetime, in the book "I love you when you're close & when you're far away" by her father, Benjamin Linquist, in the front yard of the home they share in Menlo Park on May 14, 2020. Phoot by Magali Gauthier.





TOP BLOGS

Menlo Park almost lost its beloved Cafe Borrone to the shutdown. Then the community stepped in to save it.

By Elena Kadvany | 6 comments | 5,823 views

When will this end?

By Diana Diamond | 51 comments | 3,951 views

Sex Talk is Always Part of Couples Counseling . . .

By Chandrama Anderson | 1 comment | 2,999 views

I Support Helping our Local Small **Businesses Start to Reopen Quickly AND**

By Steve Levy | 28 comments | 2,326 views

Common Application and COVID-19

By John Raftrey and Lori McCormick | 0 comments | 1,891 views

View all local blogs

GRADUATION 2020

Celebrate Your Graduate!



Preserve this special moment in time. Honor and recognize your graduate's achievements in a special designated ad.

LEARN MORE

They took extra precautions, and both grandparents and grandkid alike had to refrain from their usual ways of showing affection.

Lindquist said he decided to put some rhymes together to help the toddler understand.

Initially, he'd envisioned the book as an extended family project, which people would contribute photos to, but then his sister, a graphic designer, put him in touch with the artist who ended up illustrating the book, Jena Holliday.

Normally it would take months to come up with the illustrations, but, he said, Holliday completed the illustrations for this book in only a couple of weeks. The illustrations were based on photographs of Lindquist's daughter.

Shortly thereafter, they self-published the book through Amazon. Proceeds are being donated to the nonprofit at getusppe.org, which provides personal protective equipment to health care workers nationwide. So far, the effort has generated about \$1,000, Lindquist said.

Early readers of the book, he said, have told him the story and illustrations resonate with their own experiences.

One of the rhymes in the book is the couplet, "I love you when you're close and when you're far away. / I love you when we're holding hands, and when across the street I stay."

The illustrations for the first line show a child and her grandmother holding hands, then the child waving from inside a house to her grandparents across the street.

The imagery has resonated with people who now have to maintain space from their extended family members and friends by visiting in socially distant ways, waving to each other through windows, backyards or cars, he said.

And the story's lesson carries resonance beyond the coronavirus pandemic, he added. For households with family members who suffer from illnesses that compromise their immune systems, the message that they're still loved even when hugs and physical contact are off-limits is a powerful one.

"It was a fun way to describe to her (Kiley) that her loved ones deeply care for her, even though they can't show it in the way they previously were able," he said.

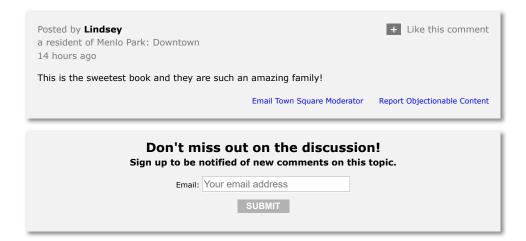
--

• Sign up for Almanac Express to get news updates. Follow us on Facebook, Twitter and Instagram. Or show your support for local journalism by subscribing.

We need your support now more than ever. Can we count on you?

Subscribe

Comments



Post a comment

Posting an item on Town Square is simple and requires no registration. Just complete this form and hit "submit" and your topic will appear online. Please be respectful and truthful in your postings so Town Square will continue to be a thoughtful gathering place for sharing community information and opinion. All postings are subject to our TERMS OF USE, and may be deleted if deemed inappropriate by our staff.

We prefer that you use your real name, but you may use any "member" name you wish.

Name:	*		
Select your neighbo	rhood or school con	nmunity: * Not sure?	
Neighborhoods		▼	
Comment: *			
Verification code:		MOoZC *	

Enter the verification code exactly as shown, using capital and lowercase letters, in the multi-colored box.

SUBMIT

INDEX

Obituaries

Home News TownSquare Blogs A&E Home & Real Estate Send News Tips Subscribe Print Edition/Archives Express / Weekend Express Special Pubs Circulation & Delivery

> Palo Alto Online Mountain View Voice TheSixFifty.com

Advertising Info

Terms of Use

Privacy Policy

Promotions

Contact Us

About Us

*Required Fields

© 2020 **The Almanac** All rights reserved. **Embarcadero Media**

> PR MediaRelease Sponsored content Mobile site