

# My Friend's Birthday



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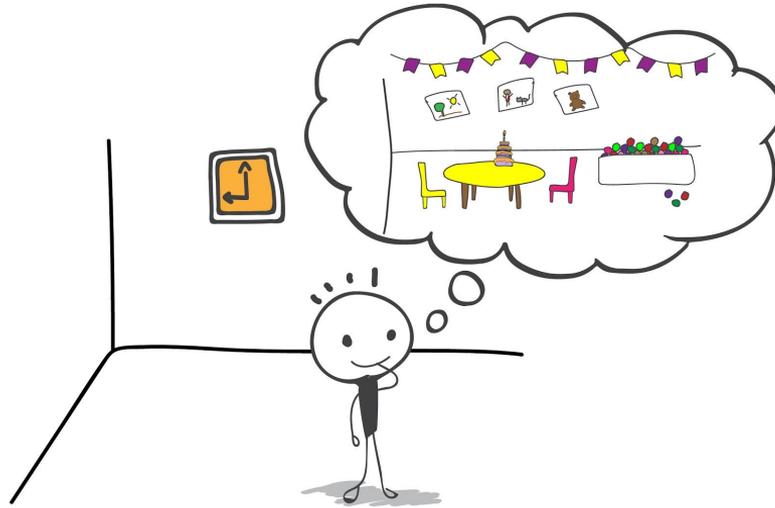
My friend invited me to her birthday party. She invited my whole class!



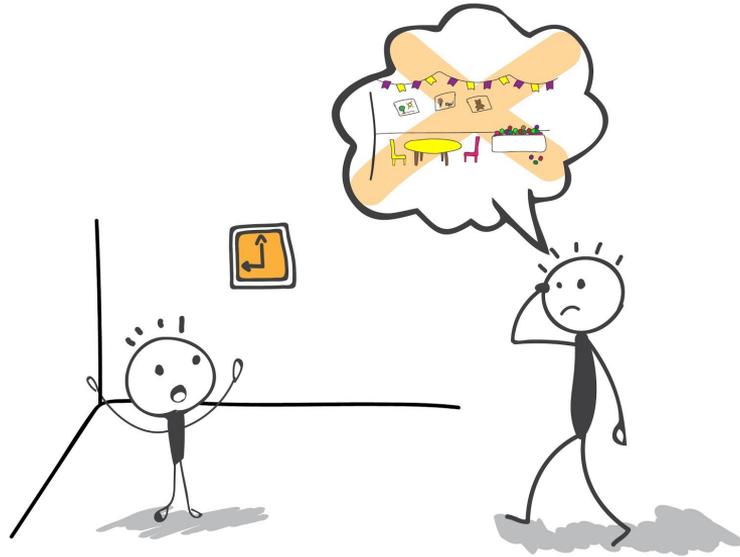
I love going to birthday parties. I get to play, give my friend a present, sing Happy Birthday and eat cake!



I have not seen my friends in a lot of days! I am so excited to go to my friend's birthday party.



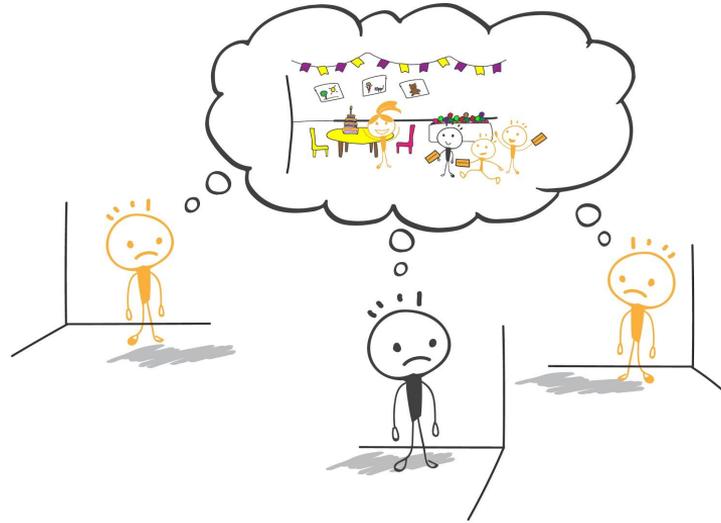
But my grown-ups say my friend isn't having her birthday party now.



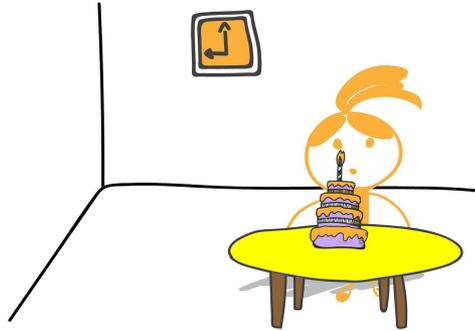
They say we have to stay home because people are getting sick. I'm not sick. My friends are not sick. We are staying home to help people stay healthy.



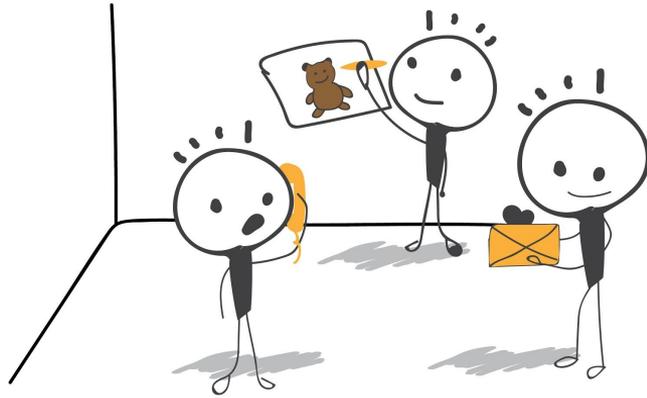
But it's my friend's birthday! I want to go to her party.  
I want to play, give her a present, sing Happy  
Birthday and eat cake.



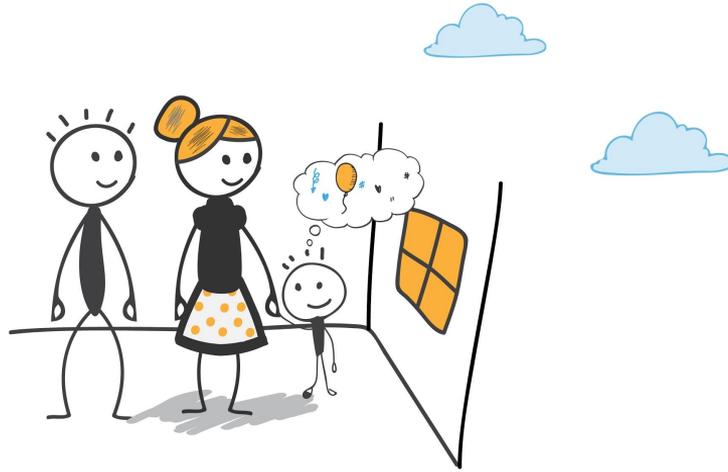
My whole class wants to go to the birthday party, too. But my friend is going to stay at her house with her family. We are all staying in our own house with our own family.



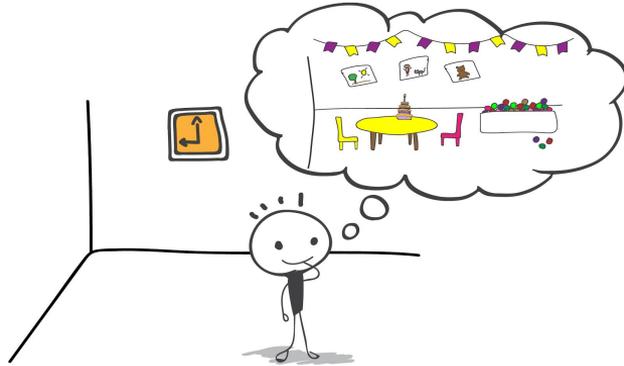
Even though my friend is not having a party, she is still having a birthday.



I can draw my friend a picture and send it to her in the mail. I can call her on the phone and sing Happy Birthday. I can give her a present when I see her again.



Lots of things are different right now. I wish I could go to the birthday party, but I will go to birthday parties when the grown-ups say it is safe. For now, I will stay at home to help people stay healthy!



## About the author...

**Meredith Polsky** ([www.meredithpolsky.com](http://www.meredithpolsky.com)) founded [Matan](#) in 2000 and serves as Matan's National Director of Institutes and Training, as well as the part-time Developmental Support Coordinator at [Temple Beth Ami Nursery School](#) in Rockville, MD and the Selective Mutism Specialist at [Growing Minds. Center for Child and Family Therapy](#). Meredith is a nationally sought-after speaker on Jewish Special Education. She holds a Master's degree in Special Education from Bank Street College, a Master's degree in Clinical Social Work from Columbia University and a graduate certificate in Early Intervention from Georgetown University. Meredith is a 2017 Covenant Award recipient, and co-author of the award-winning [I Have a Question](#) children's books series.