



## Safe Child, Happy Parent – What to Do when I Am Sad

ab 5 years

32 Pages, 220 x 275 cm

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Hardcover

### Have you ever been sad? Coping with loss.

We can be sad for many reasons. Maybe it's raining and you want to play outside. Maybe a friend moved away, or you're sick on your birthday. Everyone feels sadness in different ways. You might feel like crying all the time, or you may be constantly cold or hungry. You might even feel sick to your stomach or angry. There's no right or wrong way to be sad. One event that makes us all sad, regardless of how old we are or where we live, is losing a loved one. When someone we love dies, some people want to be alone, while others need company. Some people may want to hide under covers and do nothing all day, while others want to keep busy. Just like being sad, there's no right or wrong way to mourn.

In Dagmar Geisler's *What to Do When I Am Sad*, readers will learn to recognize why they're sad and how that sadness is making them feel otherwise. They will also learn that it's okay to express that sadness through tears, controlled anger, creativity, or conversation. The book gives parents, grandparents, and caregivers the opportunity to speak with children about sadness, depression, and grief.

- Sensitively narrated picture book illustrated by **Dagmar Geisler**
- Approaching a difficult and important topic