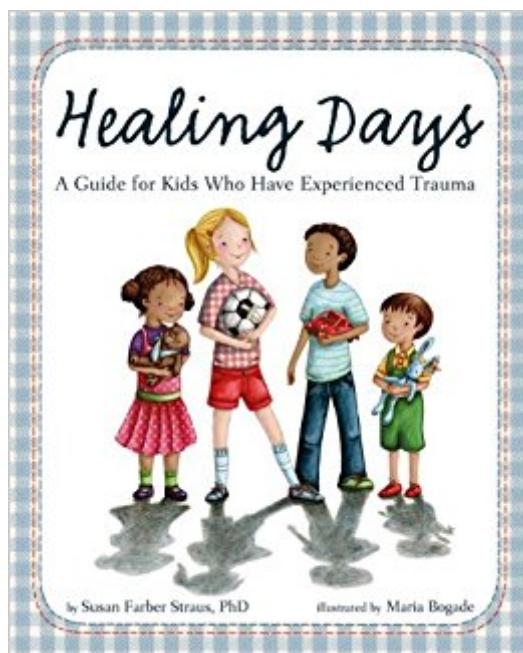


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# Healing Days: A Guide For Kids Who Have Experienced Trauma



## **Synopsis**

Healing Days is a book designed to be used in therapy for young children and functions as an excellent resource for those who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their own trauma. Sensitive, empowering, and beautifully illustrated, the book models therapeutic coping responses and provides children with tools they may use to deal with their own trauma. A Dear Reader introduction is included for the child reader. Also available is an online Note to Parents and Caregivers.

## **Book Information**

Hardcover: 1 pages

Publisher: Magination Press; 1 edition (May 18, 2013)

Language: English

ISBN-10: 1433812924

ISBN-13: 978-1433812927

Product Dimensions: 8.4 x 0.4 x 10.3 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 31 customer reviews

Best Sellers Rank: #45,758 in Books (See Top 100 in Books) #74 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pediatrics #108 in Books > Medical Books > Medicine > Internal Medicine > Pediatrics #11247 in Books > Children's Books

Age Range: 9 - 12 years

Grade Level: 4 - 7

## **Customer Reviews**

A sensitive and reassuring story intended for children who have experienced trauma...What an OUTSTANDING resource. --Books That Heal Kids I am thrilled to find Susan Farber Straus very sensitive and comforting book due to its relevance in our world today. Although the story is told from the viewpoint of one child, each page features pictures of a diverse group of children of all ages acting out the narrative. This book is a fabulous tool for parents, guidance counselors and therapists to read with a child when they may suspect a trauma. And that trauma could range from abuse, an accident, school and home violence, bullying, the sudden death of a parent or sibling to natural disasters like tornadoes, hurricanes and floods that are prevalent today in the world. The book also helps children know they aren't alone and that they can find ways to heal. Maria Bogade's illustrations are warm, and comforting, and beautifully show the emotion of the children. --Patricia

## Tilton, Children's Books Heal

Maria Bogade is an illustrator whose work has been published in countries around the globe. After having studied Audiovisual Media at the University of Media in Stuttgart she worked as a freelance animation artist on award-winning projects, including "The Gruffalo" and "Princess' Painting", before pursuing her dream of being a children's book illustrator. She lives with her family in a tiny town in Germany.

Love this book and the parent guide that goes with it. A must for any child dealing with trauma, from bullying to more severe issues. It's easy to understand and very relateable for children. It does a great job normalizing the experience of trauma and discussing how to feel better on your own time.

I like that this book doesn't explain what happened to the children in it. It leaves the subject open to cater it to your own kids. I found it easy to change a few of the pages to make it more understandable for my 3 year old. The book addresses most, if not all, of the feelings they might be feeling and that they are OK!

Healing Days is a wonderful and sensitive guide for young children who have experienced emotional or physical trauma. Acknowledging the painful feelings that result from trauma, the book offers specific strategies for coping and recovery. Through clear and frank text, children gain an understanding of their feelings, thoughts, and behaviors and are offered reassurance that they are not to blame. With warmth and kindness, amplified by lovely drawings, children will be empowered and confident about the future.

Good book for young kids in therapy. Would also be good for any caring adult to read for kids who have had trauma.

A great book that can be a support in trauma work with children.

Awesome info about trauma but my clients sometimes say that it's a boring book....

This is one of my favorite books to use in sessions. It talks about general trauma, so it can be used with all types of clients. I also love that it includes discussing fight or flight and the body's various

reactions to trauma. It is incredibly informative but fun at the same time. Beautiful pictures, too!

This book is geared towards the later end of the age range. Lots of words on the pages and goes on for a while about the experiences and affects of trauma before talking about recovery. I think it would be great for a lot of foster parents just no right for our 6 year old.

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