

Read Mommy Stayed in Bed This Morning: Helping Children Understand Depression by Mary Wenger Weaver eBook or Kindle ePUB

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Synopsis Books:

This unique book shows the impact of a parent's struggle with depression through the eyes of a child. The sensitive and honest portrayal provides talking points and identifies sources of support for children and family. Rarely do books for children 4-8 years old deal with the problem of mental illness in the family. This story follows preschool David as he confronts the trauma of his mother's depression and is helped to resolution. Always viewed through David's eyes, the scenes depict symptoms of depression and therapeutic interventions for children. Readers see David's range of emotions and the many people who help him find the way to happiness and security, including the spiritual dimension. The book helps children recognize their fears and anxieties, and then points to ways of discovering health and wholeness. Healing from mental illness is an ongoing process; the book has a realistic but satisfying ending.

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