

JUDITH REIFFEL

MADemoiselle CAROLINE

DU BROUILLARD DANS LA TÊTE

La dépression expliquée aux enfants



*Illustrated non-fiction
softcover album*
12,3 €
February 2020
Format : 170 x 210 mm
36 pages

Fog in my head

How to explain depression to children

- Multi-translated author and illustrator Mademoiselle Caroline is a field-recognized specialist for adults and children
- Soothing story for children, eliminating parents' guilt
- Approved by therapists

"Is Mummy sad because of me?" ... "Why doesn't Daddy want to play with me anymore? Does he still love me?"

When a parent, family member or friend suffers from depression, the child, even as a toddler, will feel distress. And if the illness becomes a taboo, then the child will wonder if it is his or her fault. With this illustrated book, the reader is made able to talk freely about this illness with the child. The narration and graphic art are soothing, fun, while keeping things into perspective for both the parent and the child. This is an illness just like any other, that can be healed while providing to the child the care needed, with understanding, compassion and love.

Mademoiselle Caroline is a talented and prolific illustrator and comic author, who has co-written [La différence invisible](#) with Julie Dachez, translated into seven languages, and [Mon programme anti-dépression](#) with Christophe André. Judith Reiffel, co-writer, delivers her own experience as a parent who suffered from depression.