

Once I Was Very Very Scared

by Chandra Ghosh Ippen

illustrations by Erich Ippen jr.





The wind.
It was so loud.
It hurt my house.
My toys were broken.
The nuts went everywhere.
The whole place was shaking.

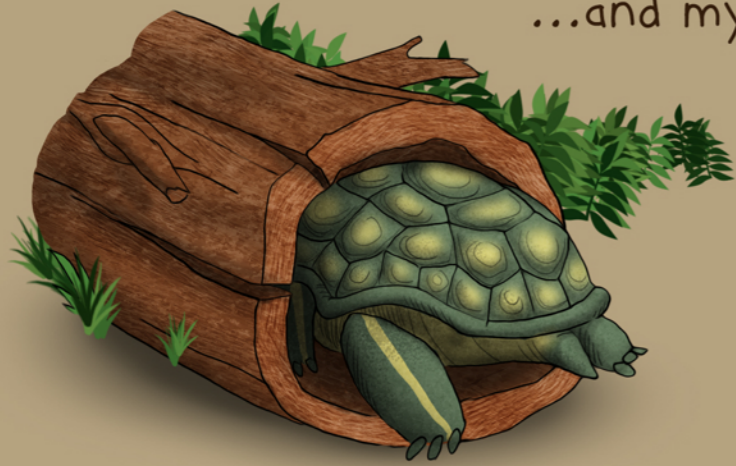


I saw someone
get hurt.

...rb..bit...

I hide...

...and my tummy hurts.



I remember what my Mommy says. She says we should share our feelings and talk about what scares us.



Oh, and sometimes I eat. Nuts make me feel better...

Oh, and I don't sleep very well.

...and sometimes I talk too much.



I lose my voice, and all I can say is croak croak. I want to say more. I want to yell and say how scared I am, but all that comes out is croak.



I jump up and run fast...

...and sometimes I get hurt.



That year, all the little animals learned lots of things. They learned how to write their names. They learned how to play fun games.

And very, very importantly, they learned what they could do when they were scared, angry, sad and feeling bad inside.

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings.

Praise for *Once I Was Very Very Scared*

"This wonderful book is unique in its sensitive portrayal of how we respond to fear and how supportive relationships can help. Children of all ages will relate to the beautiful words and expressive pictures. The compelling story offers children and the adults that care for them the perfect medium to explore the universal feeling of being afraid and the gift of creating safety together."

Alicia F. Lieberman PhD Irving B. Harris Endowed Chair in Infant Mental Health
Professor UCSF Department of Psychiatry, author of *The Emotional Life of the Toddler* and
Don't Hit My Mommy

"This beautifully illustrated book will undoubtedly help children to put their feelings into language, and to by-pass the universal experience of hurt kids: to blame themselves and to carry the scars inside. A wonderful tool to help hurt kids heal!"

Bessel van der Kolk MD Medical Director Trauma Center @JRI
Professor of Psychiatry, Boston University School of Medicine, New York Times Science best seller
The Body Keeps the Score: Mind, Brain and Body in the Healing of Trauma.

