

BRAVE BART

A STORY FOR TRAUMATIZED AND GRIEVING CHILDREN

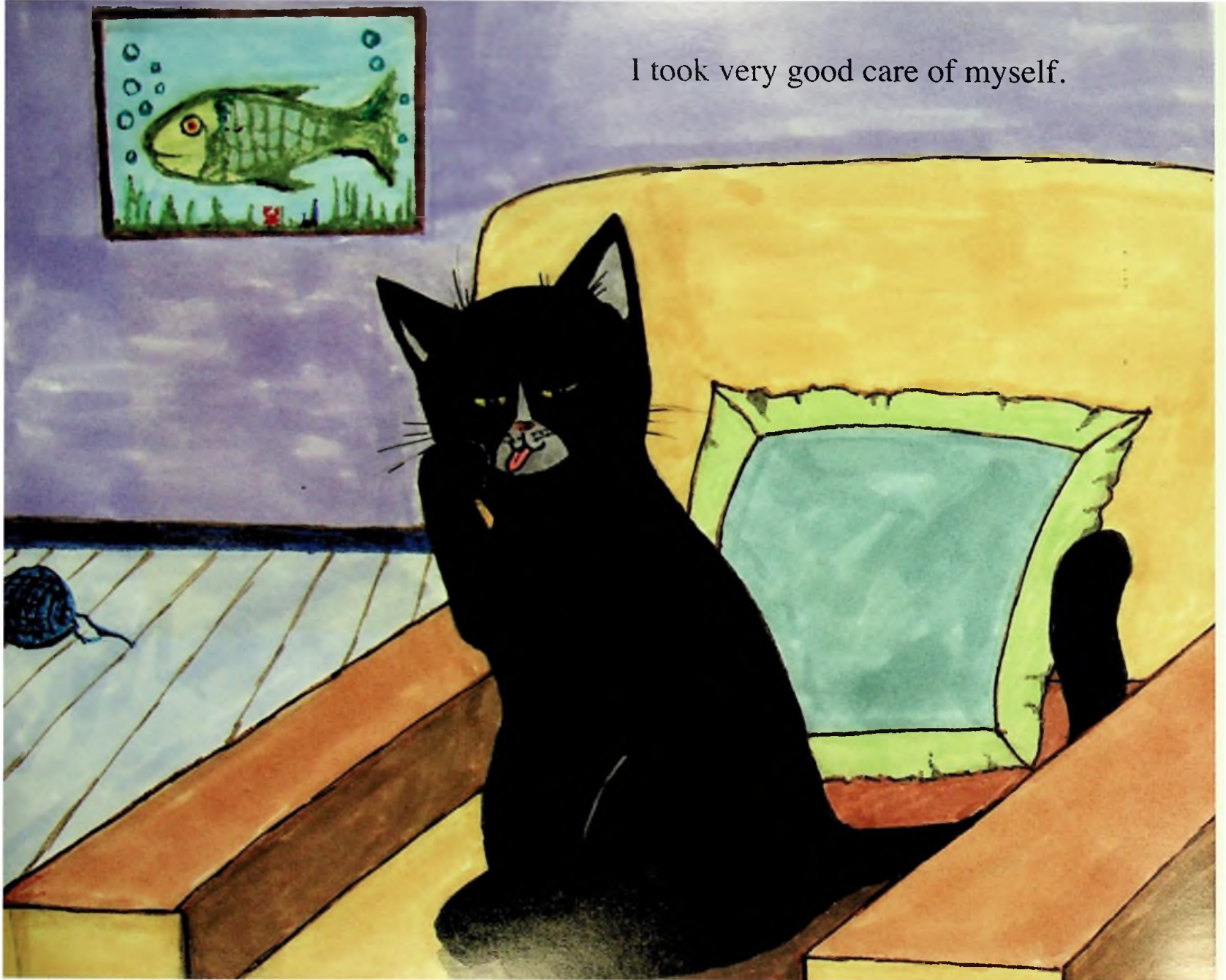


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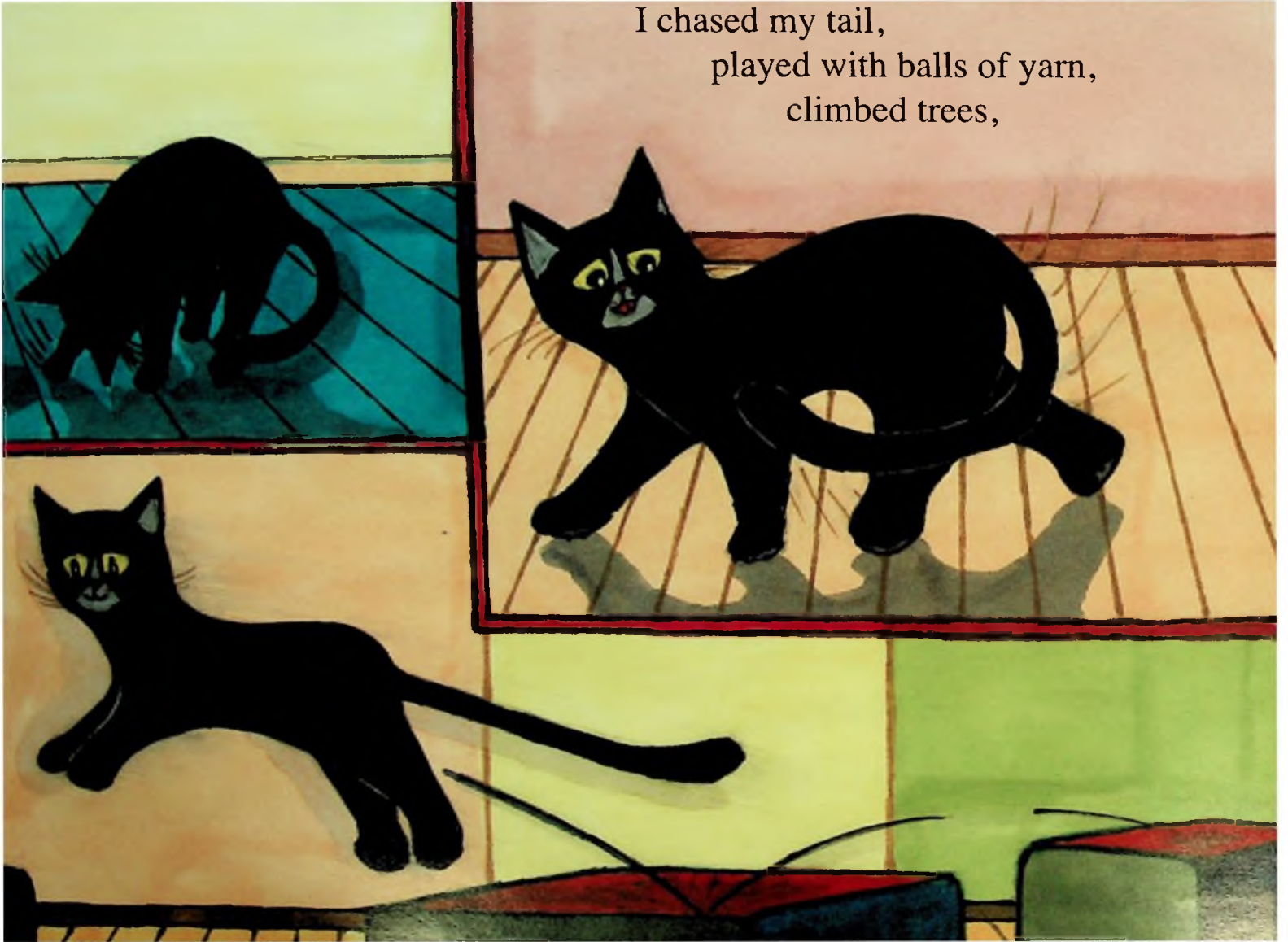
Before the very bad, sad and scary thing happened,
I walked with my head and tail held high.
My coat was shiny,
and every piece of fur
was in place.



I took very good care of myself.



I chased my tail,
played with balls of yarn,
climbed trees,



Before the bad, sad and scary thing happened, I used to love to take a lot of catnaps.

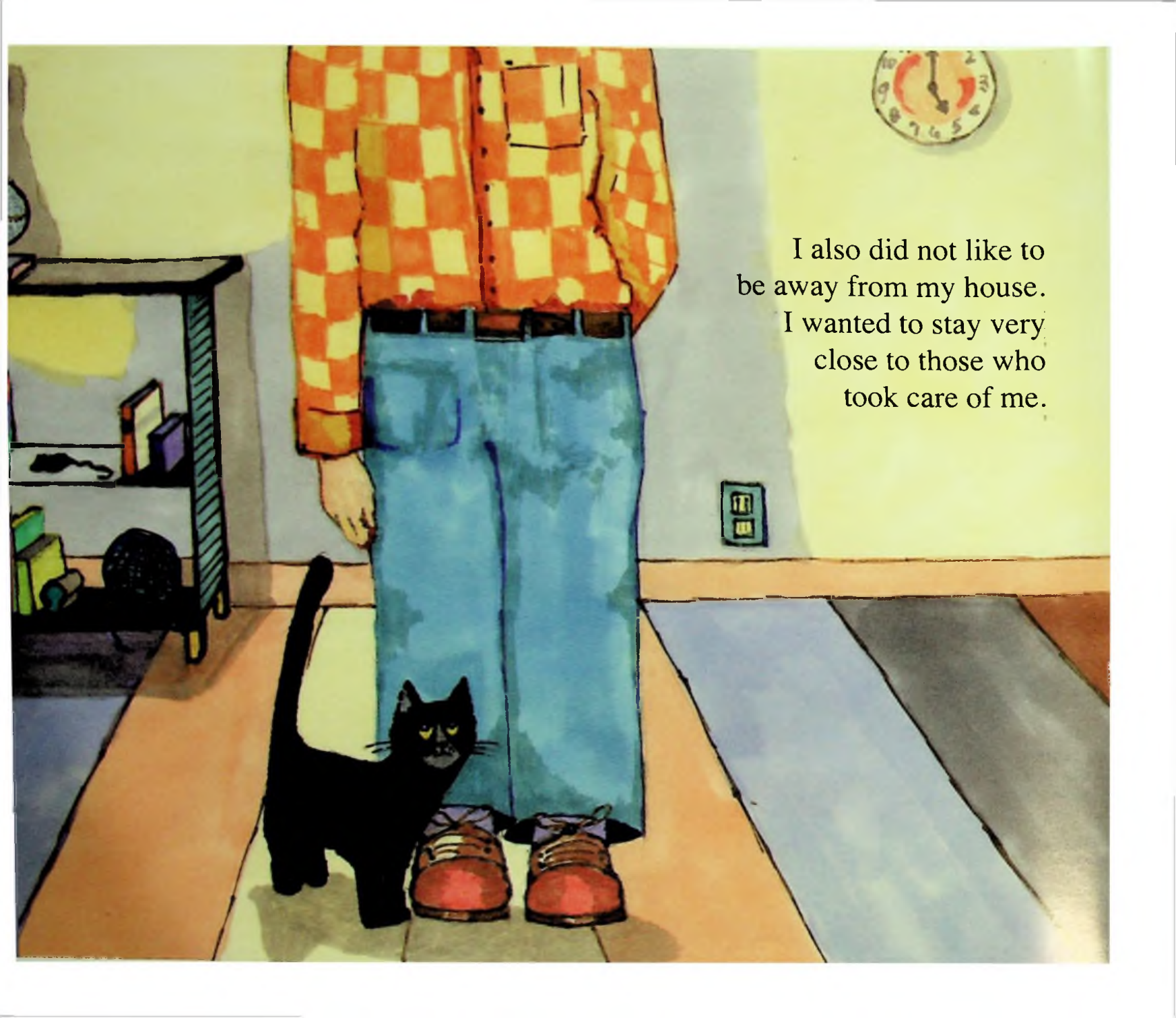
Like all cats, I loved to sleep.

But, after it happened, I had very scary dreams and nightmares.

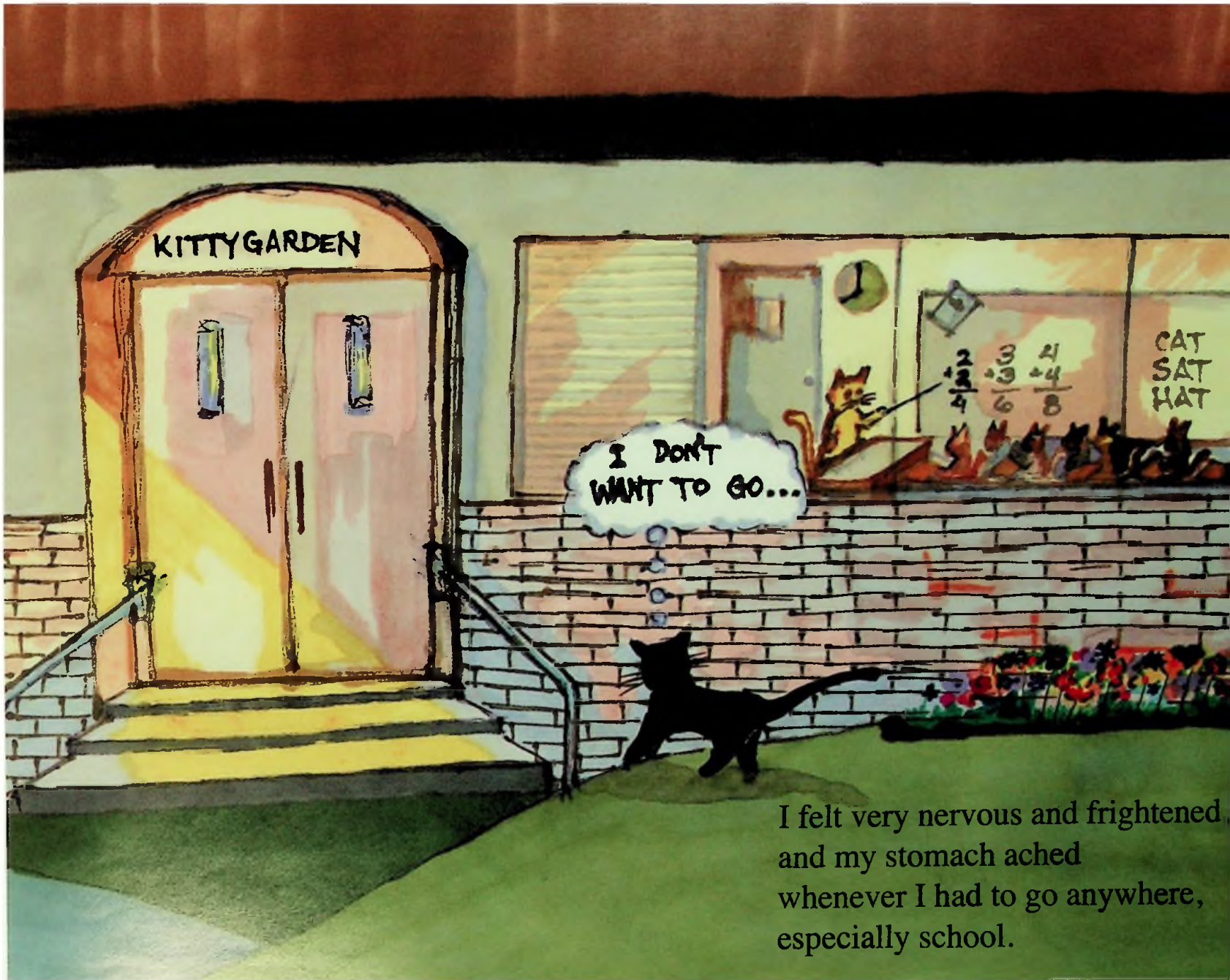


Sometimes I was too afraid to fall asleep or to sleep in my bed because I was afraid that I might have another very scary dream. And sometimes I thought it was my fault, that I made it happen. I didn't feel like playing much after it happened.

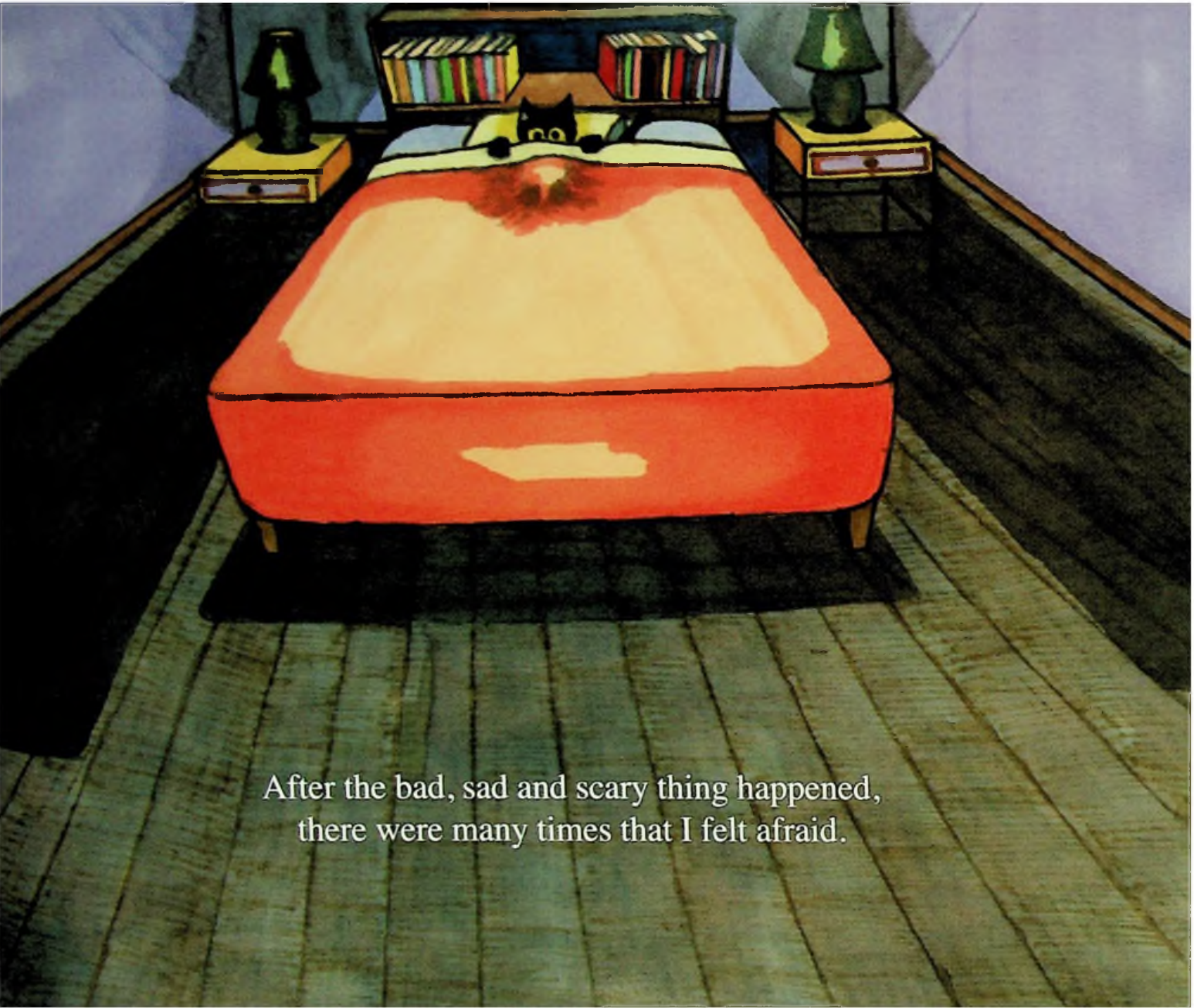


An illustration showing the lower half of a person standing in a room. The person is wearing a long-sleeved shirt with an orange and yellow checkered pattern, blue jeans, and brown shoes with red soles. A black cat is standing on the floor next to the person's feet, looking up at them. The room has a light-colored wall with a round clock and a light switch. To the left, there is a dark wooden shelf with books and other items. The floor is a mix of light and dark grey tiles.

I also did not like to
be away from my house.
I wanted to stay very
close to those who
took care of me.




I felt very nervous and frightened, and my stomach ached whenever I had to go anywhere, especially school.



After the bad, sad and scary thing happened,
there were many times that I felt afraid.

Sometimes I would hide under the bed when I was really scared.
I would scrunch up into a little ball and stay there for hours.





After it happened,
I did not feel like
eating because my
stomach hurt.

Sometimes
it felt like
I had a lump
in my throat.

I even turned down my favorite food, tuna fish.



The sound of the can opener
even scared me sometimes.
I was very jumpy and nervous.
Lots of noises scared me.