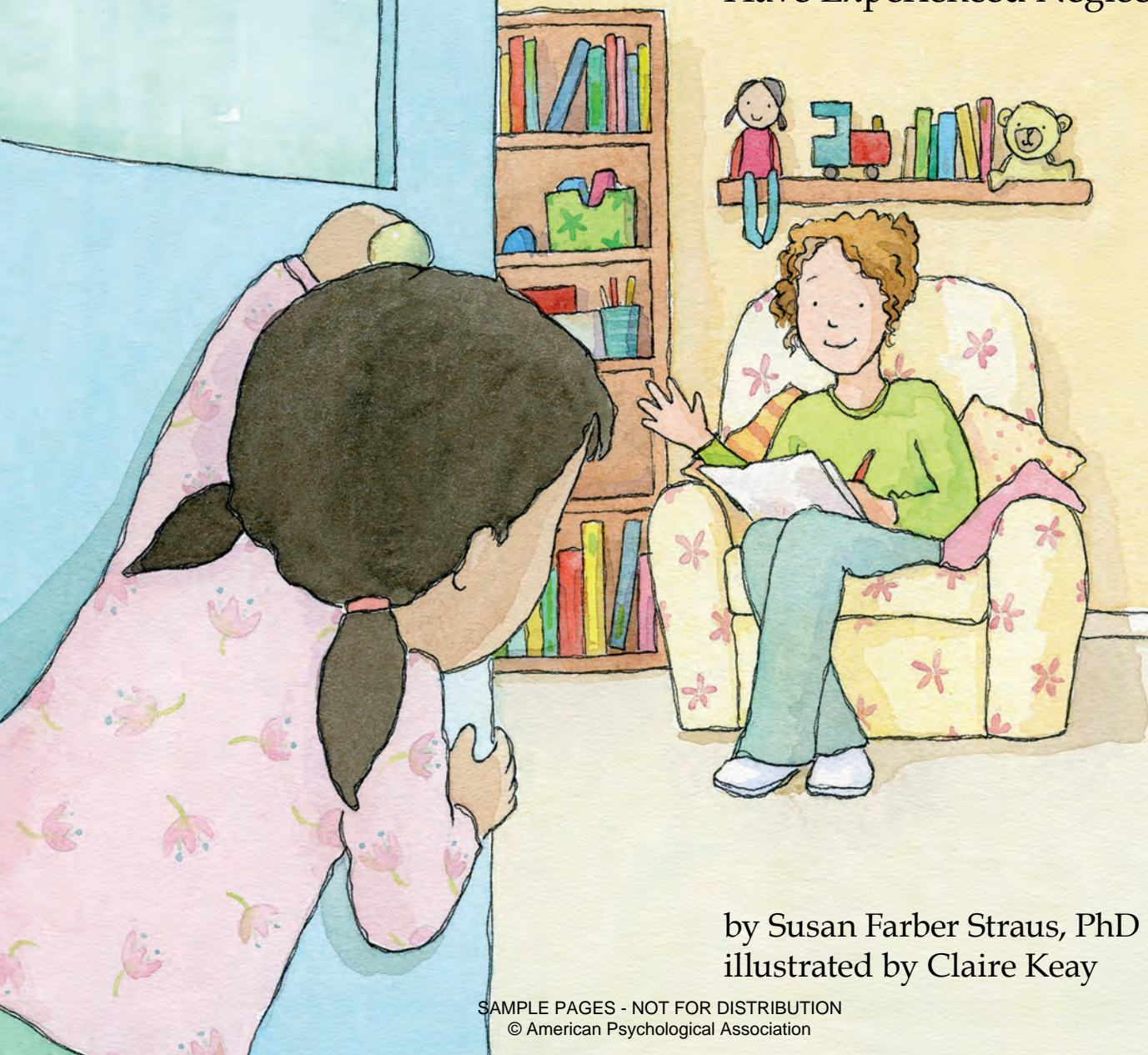


Somebody Cares

A Guide for Kids Who
Have Experienced Neglect



by Susan Farber Straus, PhD
illustrated by Claire Keay



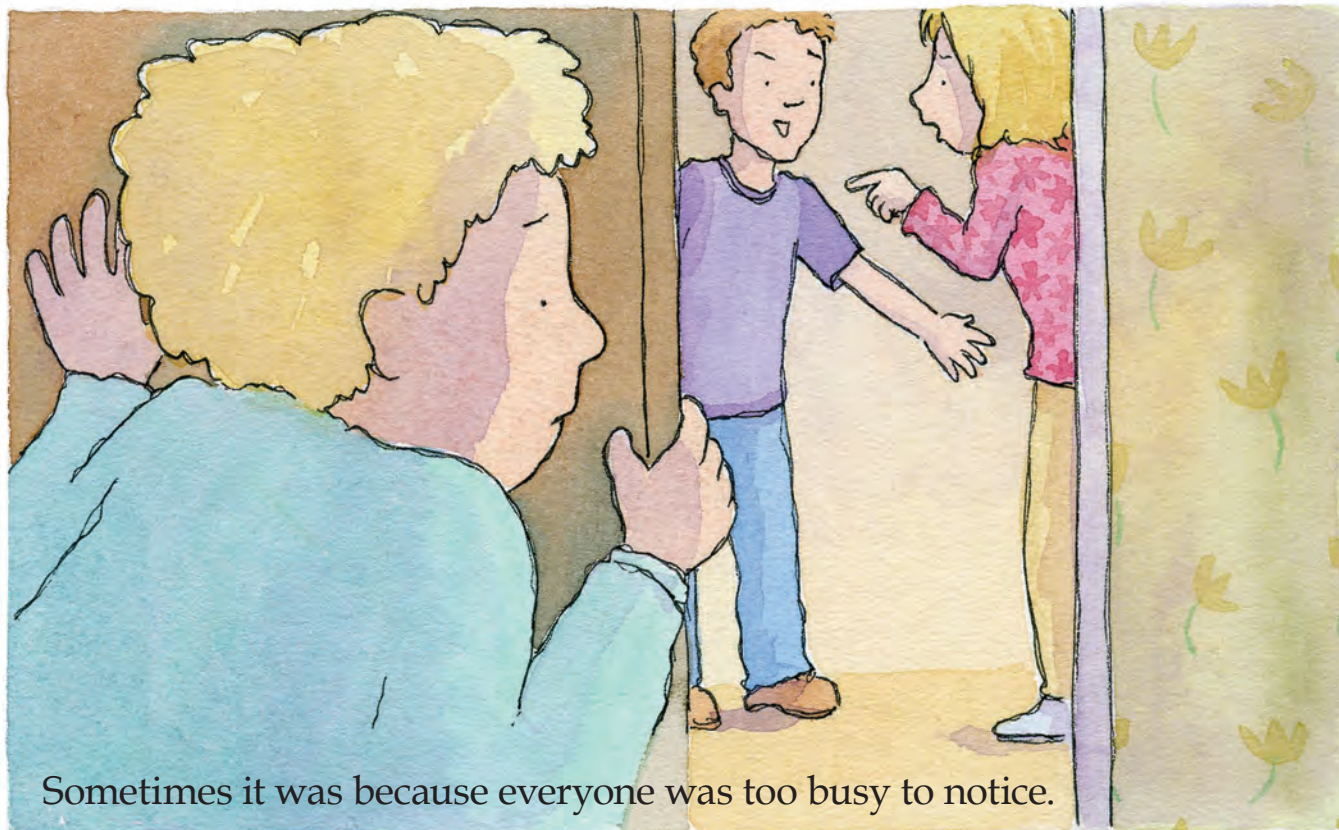
There were times I felt good about being me. I did a lot on my own. I told myself, "I'm big. I can take care of myself."



But that's not how I felt all the time.
Lots of times I needed help and
there was no help.



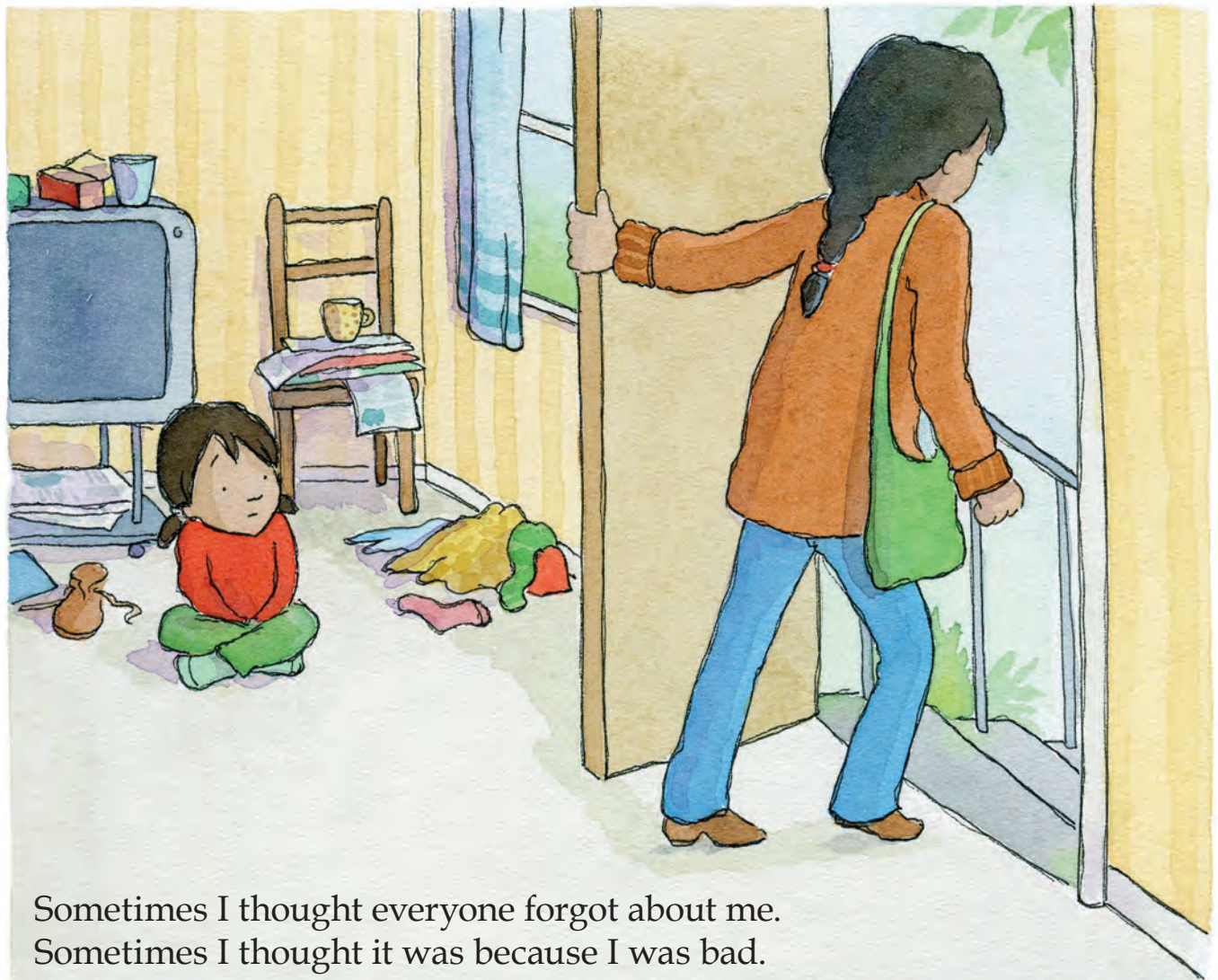
Sometimes it was because there was no one there.



Sometimes it was because everyone was too busy to notice.

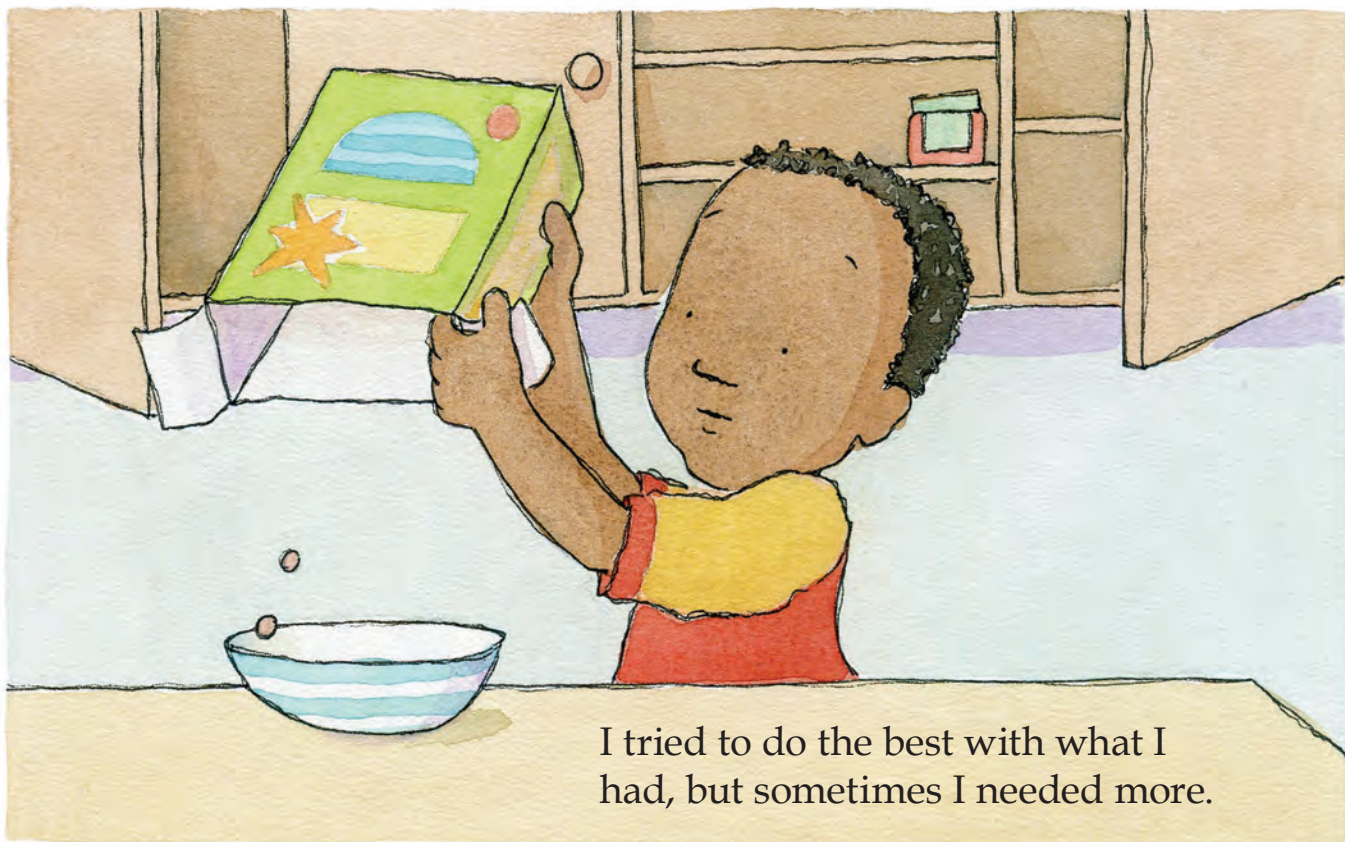


Sometimes it was because of other problems—the kind I didn't like to think about.



Sometimes I thought everyone forgot about me.
Sometimes I thought it was because I was bad.

I tried to be strong and brave.
But often I was worried and scared.



I tried to do the best with what I
had, but sometimes I needed more.



Some days I had too much to do.



A lot of the time I was bored
and had nothing to do.

Somebody Cares

A Guide for Kids Who Have Experienced Neglect

Somebody Cares explores the feelings and thoughts many kids have when they've had to look out for themselves or be alone much of the time. A useful book to read with a caring adult—such as a parent, foster parent, kinship parent, or therapist—*Somebody Cares* reassures children who have experienced neglect that they are not to blame for what happened in their family, and that they can feel good about themselves for many reasons.



It takes time for kids to get used to changes in their family or living situation, even when they are good changes. This book will help kids learn some ways to feel safer, more relaxed, and more confident.

An extensive **Note to Parents and Caregivers**, including a list of helpful resources, is available online at www.apa.org/pubs/magination.



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Self-Help Books for Kids and the Adults in Their Lives
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