

Some Bunny To Talk To

illustrated by
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A STORY
ABOUT
GOING TO
THERAPY

by
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Little Bunny had a problem. A big one.
And he didn't know how to solve it.
It seemed too big for a little bunny like him.

It seemed too big for his bunny friends, and even too big for Big Bunny. He was worried and sad. Kind of like that time before he knew how to ride a bike. He didn't even know how to start trying and he didn't think he could ever learn.





Sometimes things in a little bunny's life can feel so hard.

Little Bunny was starting to be nervous and scared about lots of things. He was afraid of thunderstorms and nighttime. And being alone. At bedtime, Little Bunny worried and this made it hard for him to sleep.



Some Bunny To Talk To

A STORY ABOUT GOING TO THERAPY

Little Bunny has a problem and he doesn't know how to solve it. Sometimes things in a little bunny's life can feel so hard. So Big Bunny has an idea.

"I have an idea. I'd like you to talk to Some Bunny. Some Bunny is a therapist."

Some Bunny To Talk To presents therapy in a way that is simple, direct, and easy for young children to understand. Children will hear about what to expect from therapy and how therapists are very good at helping kids to solve problems. They will learn about the ins and outs of therapy and that therapy can be a positive and helpful experience!

Included is a **Note to Parents and Caregivers** that outlines how best to support children in therapy and what to do to pave the way for a positive therapy experience.



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