

Mommy , Can You Stop the Rain?

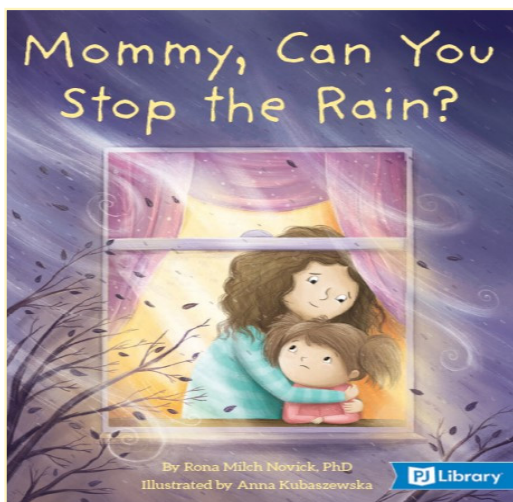
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{ What do you do when you're scared? }



Crossing the Bridge

The world can be a scary place to small children (and sometimes even to grown-ups). “The whole world is a very narrow bridge,” said the Hasidic master Rabbi Nachman of Breslav. “The key is not to be afraid at all.” But who is never afraid? Perhaps the goal is not to be overwhelmed by fear but to turn to family and friends for love and support. The parents in this book admit that they can’t control the storm, but they can provide comfort (and strategic distraction). Sometimes the courage to keep walking over that very narrow bridge comes from knowing we don’t have to do it alone. To learn more, visit pjlibrary.org/mommycanyoustoptherain.

HANDS ON!

Make Your Own Happy Box

Everyone feels scared or down sometimes. Put together a Happy Box to open whenever you need some comfort.

Supplies:

Small to medium-sized cardboard box
Art supplies – markers, stickers, glitter glue, etc.
Your favorite things!

Decorate your cardboard box with your favorite art supplies (the more colorful, the better!).

Choose special items from around the house that make you feel happy and safe – maybe a stuffed animal, soft blanket, family picture, or a favorite book – and put them in the box.

Keep the box in a safe place so that you know right where it is.

With a little help from your favorite things, you’ll be feeling better before you know it.

A Heart Full of Courage

Courage makes its home in our hearts. It feels fitting then that the Hebrew term for courage is ometz lev – literally, “courage of the heart.” We all have our courage tested in different ways, and we all have different ways to deal with our fears. One good strategy is to pause for a reality check. Our fears come from inside of us, and sometimes they can be so powerful that we let them take on a life of their own. By calmly considering the facts of a scary situation, we can see it more clearly, master our feelings, and courageously take action to overcome our fears. And if you need to eat iced cookies, bang on pots, make shadow puppets, snuggle a blanket, or sing to tell fear that you’re in charge, go for it!

Sweet Dreams

The child in this book is not fond of the raging storm, especially as the day turns to night. Saying the Bedtime *Shema* is a Jewish nighttime ritual that can help children (and adults) feel safe and comforted. It includes the Shema, the classic Jewish prayer about God’s oneness, along with sections from the biblical book of Psalms that ask for God’s protection and care through the night and always. What a peaceful way to drift off, whether skies are stormy or crystal clear.

TALK IT OVER WITH YOUR KIDS

WHAT do you do when it’s raining and storming outside?

WHAT are some things you’re afraid of? What helps you feel better when you’re scared?

WHO helps you when you’re frightened?