

A Picture is Worth a Thousand Words

by Kate

Something that is helping me heal a lot is making little books for the little and child insiders. By cutting and stapling A4 paper, an A6 (1/4 A4) size book can be made - a swivel or long-arm stapler can get to the centre to secure it.

Each baby, toddler, little one and child (and, hopefully, later the teens and olders) gets a two page spread each. On the left is a verse made especially for them. Most of these say how the awfulness is over, how big sisters (and brothers) are looking after them now, and they are safe and loved. For the ones who need containing the verse mentions they need to keep the rules and be a child. Others need different sorts of encouragement.

The insider then chooses a picture to stick on the blank page, and it's the pictures, I think, that make so much of the difference. We've now got a lot of charity shop books and kids magazines to

cut pictures out of. But at the start, pictures of happy babies and toddlers, often in their mothers' arms, came from a mother and baby/toddler book I bought. The insiders can see how much they are loved from these pictures. Pictures from a Buddhist journal have helped others calm down. As the age increases, we've had fun cutting out pictures with dialogue, and sticking new words into the dialogue balloons. Stickers from sticker books have been great too.



The little books have led to surprises and been a great help building up a chronological narrative. Children we hardly knew have turned out to be cornerstones. But the main effect has been a diminution of outside triggering, a great relief. It is, as if, our of the little ones feelings of being loved and secure, a buffer zone is created between us and the outside world.

I really recommend it.