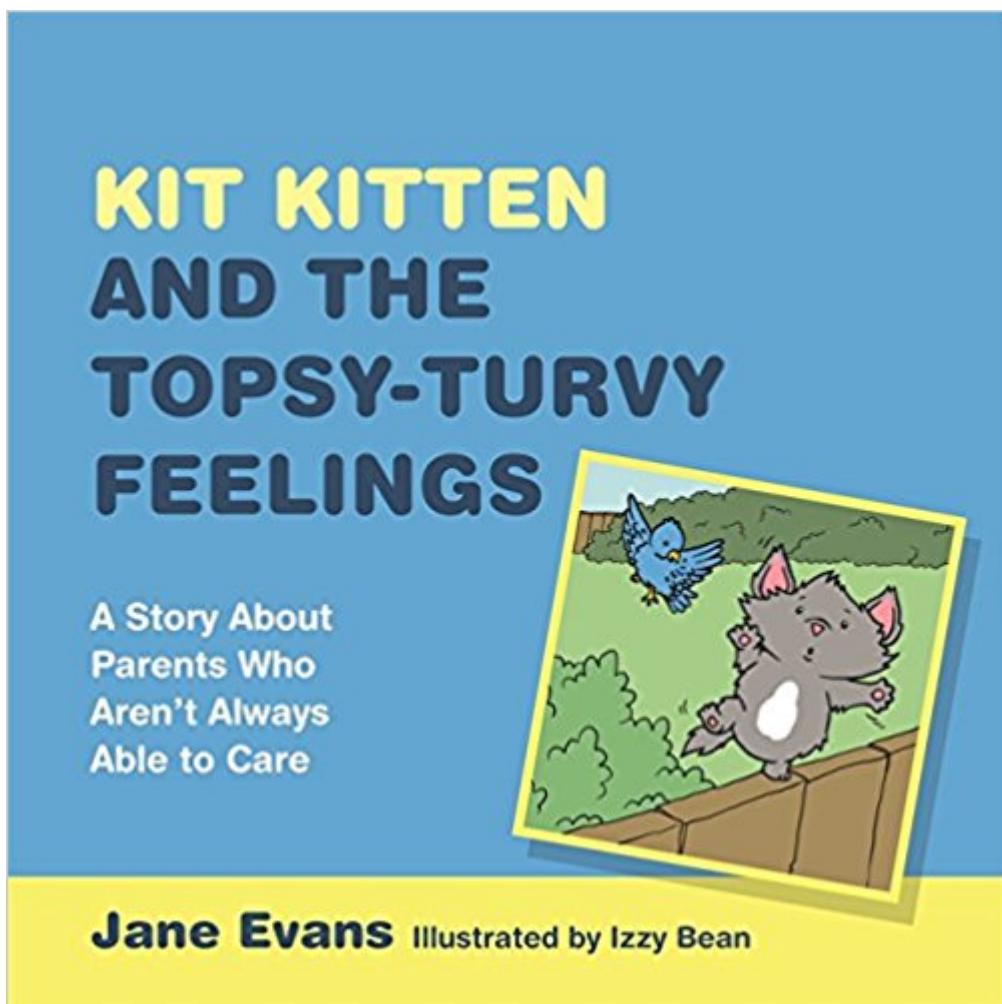


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# Kit Kitten And The Topsy-Turvy Feelings: A Story About Parents Who Aren't Always Able To Care



## **Synopsis**

Once upon a time there was a little kitten called Kit who lived with a grown-up cat called Kizz Cat. Kit Kitten couldn't understand why sometimes Kizz Cat seemed sad and far away and others times was busy and rushing about. Kit Kitten was sometimes cold and confused in this topsy-turvy world and needed help to find ways to tell others about the big, medium and small feelings which were stuck inside. Luckily for Kit, Kindly Cat came along. Many children live in homes where things are chaotic and parents or carers are distracted and emotionally unavailable to them. This storybook, designed for children aged 2 to 6, includes feelings based activities to build a child's emotional awareness and vocabulary. A helpful tool for use by parents, carers, social workers and other professionals to enable young children to begin to name and talk about their feelings.

## **Book Information**

Hardcover: 32 pages

Publisher: Jessica Kingsley Publishers; 1 edition (June 21, 2015)

Language: English

ISBN-10: 1849056021

ISBN-13: 978-1849056021

Product Dimensions: 8.5 x 8.5 x 0.3 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #895,535 in Books (See Top 100 in Books) #117 in Children's Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Dysfunctional Relationships #244 in Children's Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse #1642 in Books > Parenting & Relationships > Family Relationships > Abuse

Age Range: 2 - 6 years

Grade Level: Preschool - 1

## **Customer Reviews**

An absorbing, therapeutic and beautifully written way into our children's hearts and minds. I am going to be busy recommending this book to all professionals who work with children who have/are experiencing trauma. I wasn't sure that you could triumph your first publication, but you certainly have. Many congratulations Jane.  Hope Daniels, Care Leaver Adviser, Trainer and Co-Author of Hackney ChildKit Kitten and the Topsy-Turvy Feelings is a charming and approachable book which helps young children who have experienced insecurity, to begin to name

and explore feelings. It is also a gentle reminder to those supporting and caring for children that we must give children our time, really listen to what they are telling us and not rush to name feelings for them. The story of Kit Kitten is a lovely and non-threatening way for young children to start to explore their own experiences and to regain a sense of safety and belonging. *Kit Kitten and the Topsy-Turvy Feelings* by Sally Donovan, Adoptive Parent and Author of *No Matter What*Once upon a time there was a little kitten called Kit who lived with a grown-up cat called Kizz Cat. Kit Kitten couldn't understand why sometimes Kizz Cat seemed sad and far away and others times was busy and rushing about. Kit Kitten was sometimes cold and confused in this topsy-turvy world and needed help to find ways to tell others about the big, medium and small feelings which were stuck inside. Luckily for Kit, Kindly Cat came along. Many children live in homes where things are chaotic and parents or carers are distracted and emotionally unavailable to them. This storybook, designed for children aged 2 to 6, includes feelings based activities to build a child's emotional awareness and vocabulary. A helpful tool for use by parents, carers, social workers and other professionals to enable young children to begin to name and talk about their feelings.

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The kid asks us to read this over and over. It really has helped him learn to talk about his feelings.

We can discuss difficult topics with children through story. This special book encourages children to talk about their feelings when they may otherwise never get the opportunity. I highly recommend this book to help children build emotional awareness and vocabulary. Also I love the guiding questions on some pages to help children to decipher their feelings. Wonderful book! Jayneen Sanders

This is great. Very good to help explain toxic adults to a small child

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