

Pierre's Difficult Day



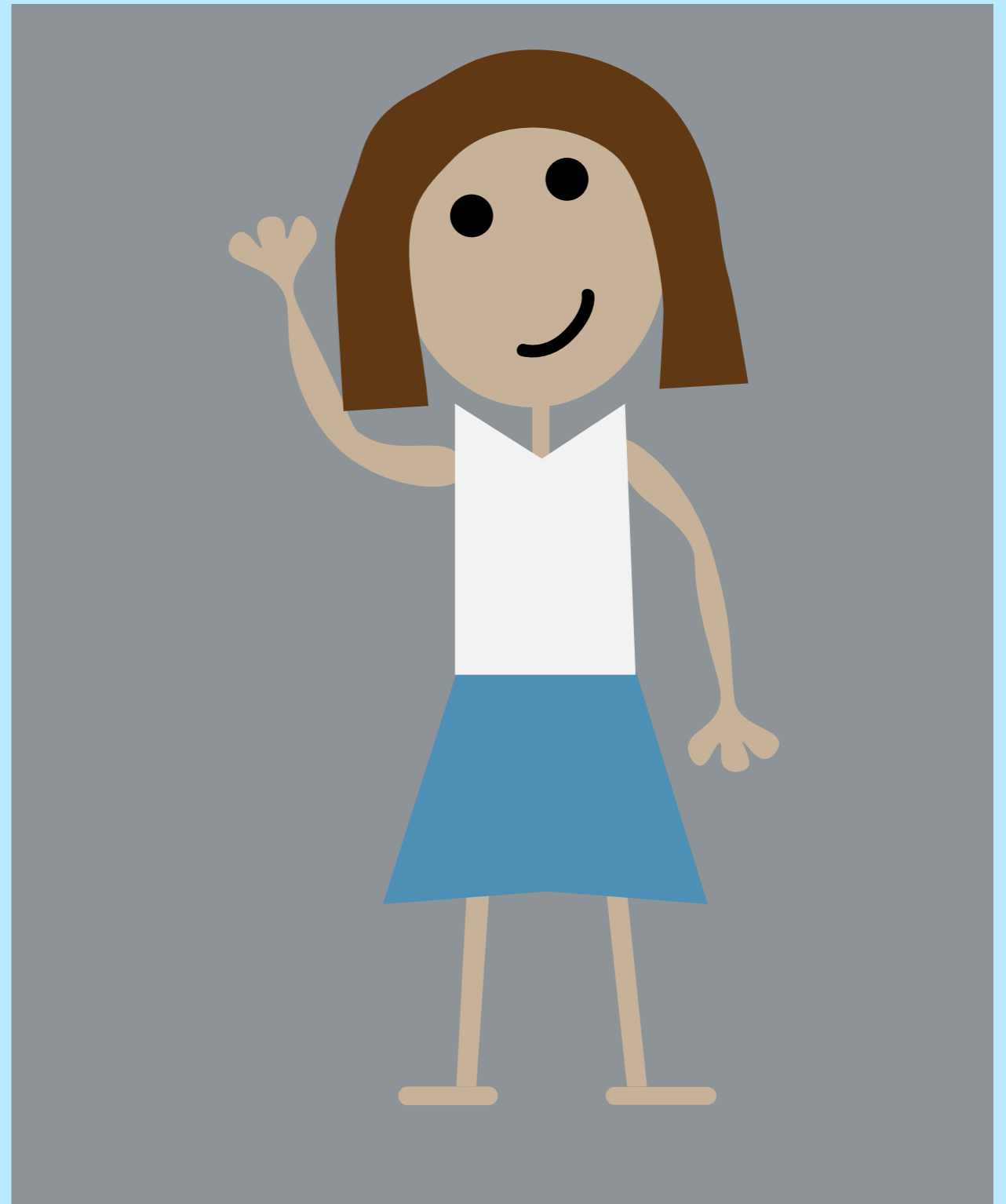
Maraiah Tantalo

About the author

Maraiah Tantalo graduated from McMaster University majoring in Honours' Communications and Multimedia Studies. She wrote and illustrated this children's book with it being the second book she has created thus far. This book is part of a culminating project in her graduating year.

This book was created for children and their parents about understanding the difficult topic of depression. This project tackles the topic of mental health issues in families and how those affect the children in these families. The intention of this story is to convey this message; to prioritize the effects mental health issues in the household have on children.

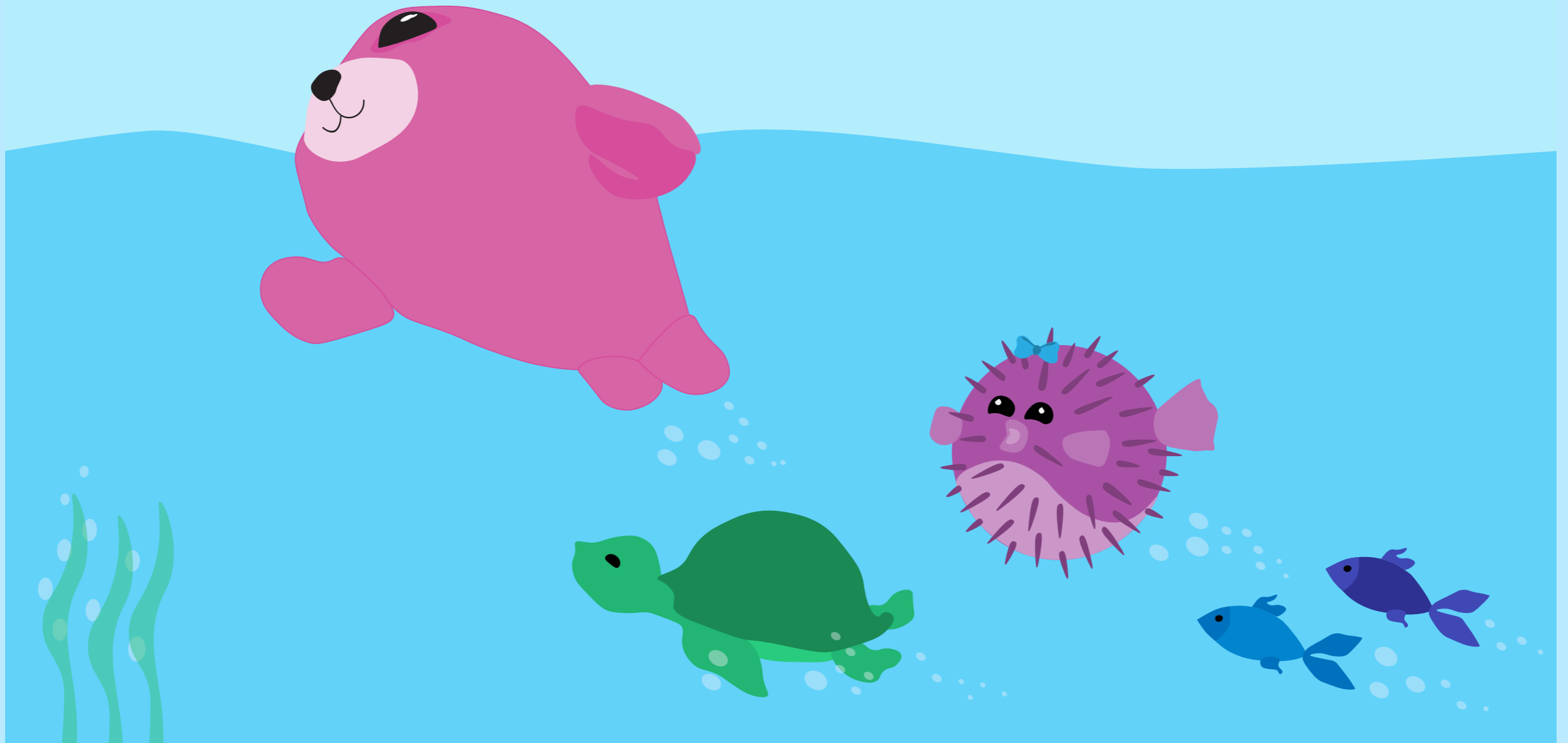
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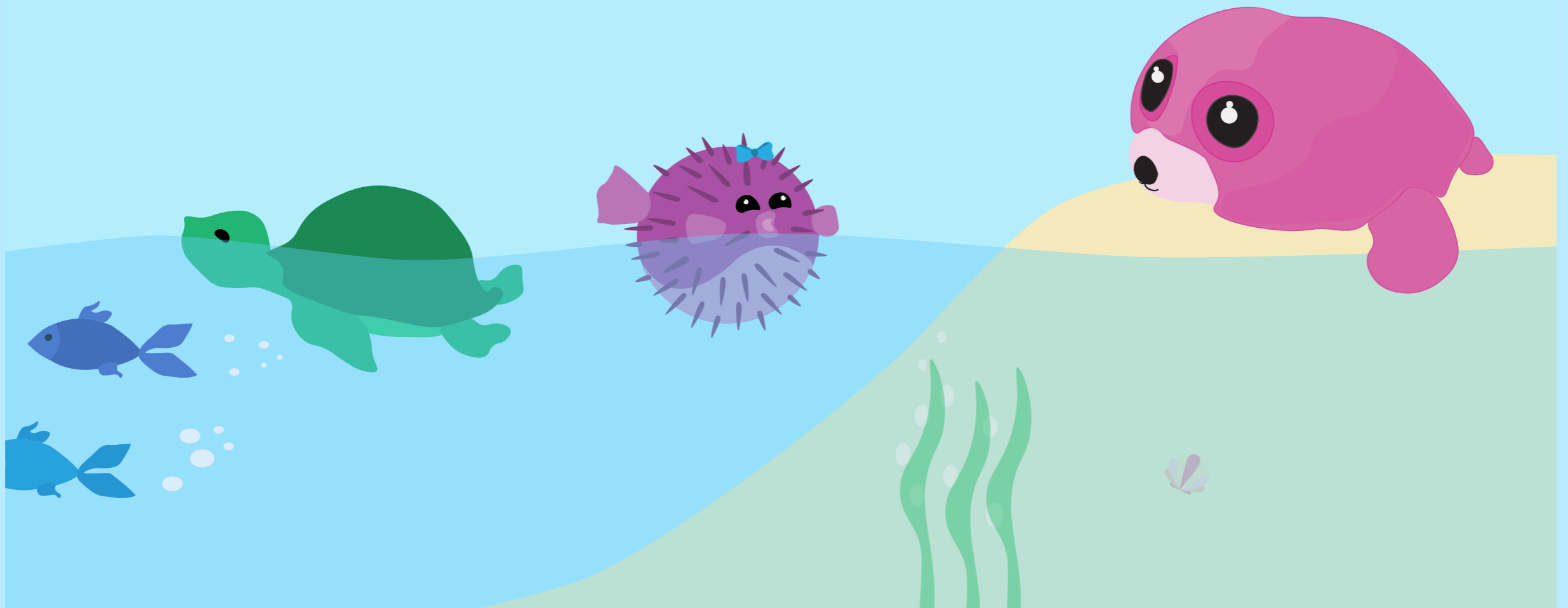
Pierre's Difficult Day



It was a warm September afternoon and Pierre and his friends were swimming home from school. Pierre has many friends and they all love to play games together.



This was one of those days where Pierre did not want to go home. He would rather stay with his friends.



“See you tomorrow Pierre,” says Puffy the fish.

“Good-bye Pierre,” said the others.

Pierre knew it was time to go inside but he didn’t want to. Sometimes coming home is not fun.

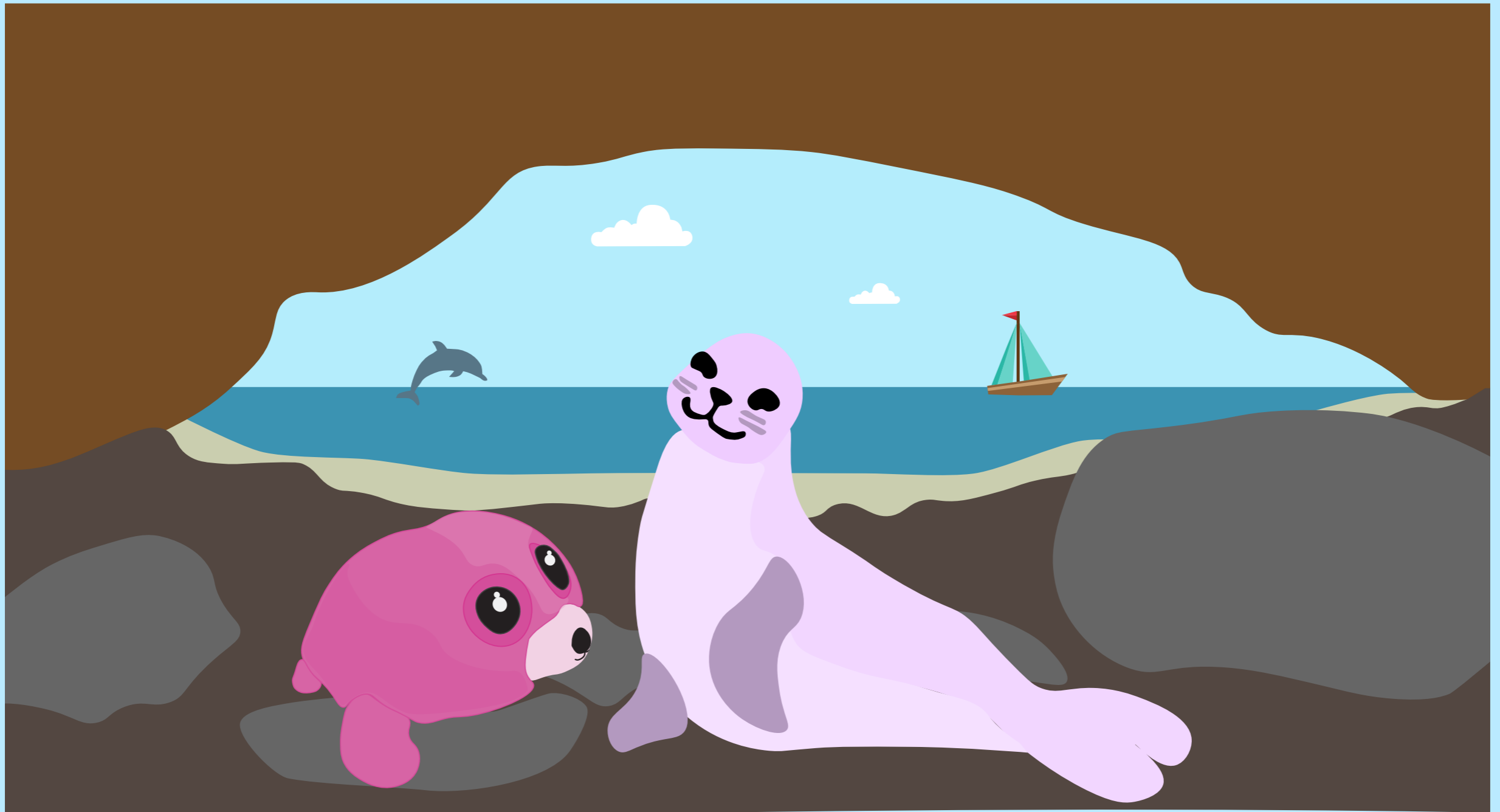
“When I come home, I am worried.” Says Pierre. But he has to go inside eventually...





As Pierre came inside, he saw his little sister and mom eating a snack. Dad is still at work and mom is in a good mood.

Sometimes when Pierre comes home mom is having a good day or a bad day. He doesn't know what mom will be like when he comes home.



Pierre is really happy mom is having a good day and is not sad.



Pierre loves to be around the dinner table with his family. Especially on a good day. When mom is happy, everyone else is happy.

“Good night Pierre,” says dad.

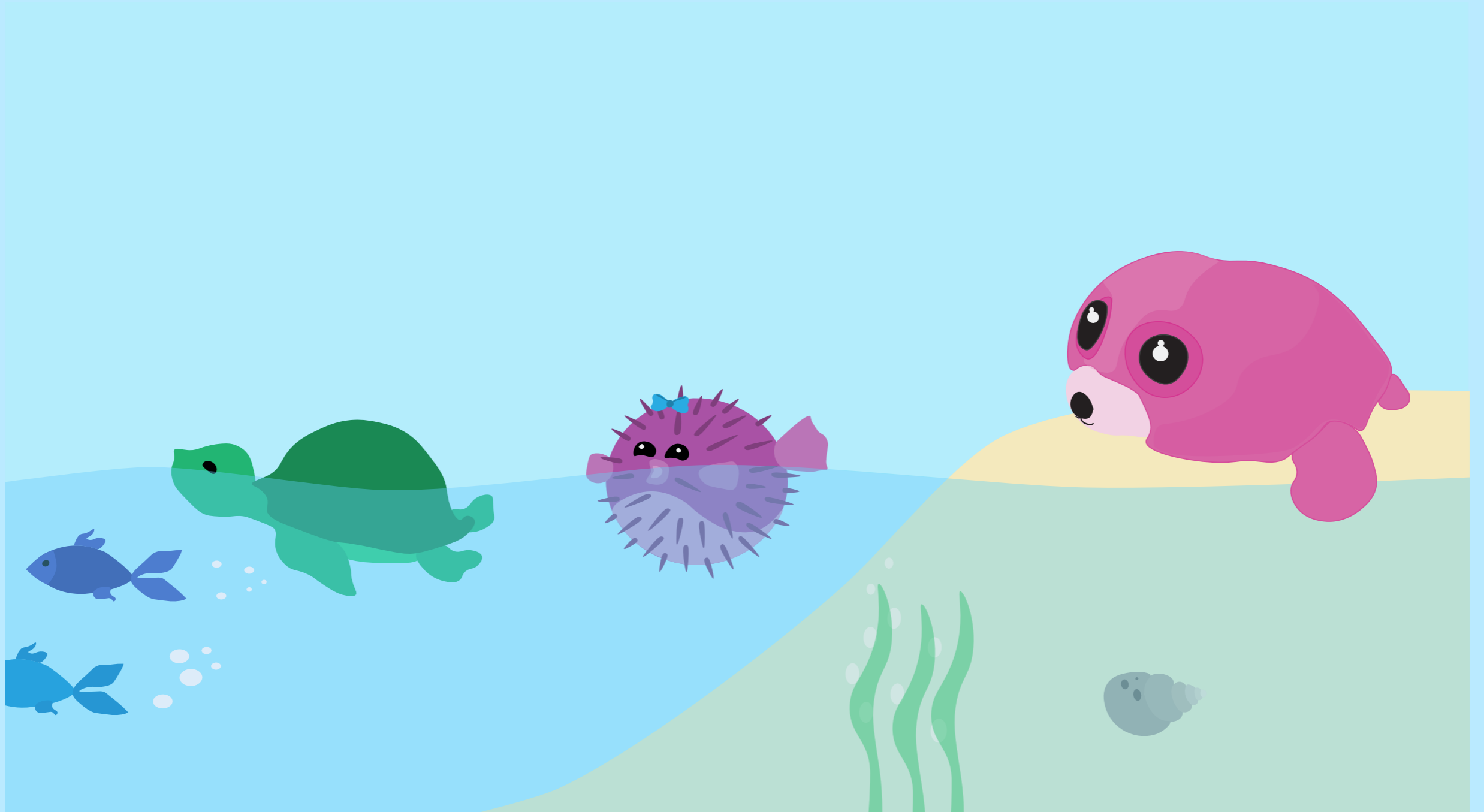
“Sweet dreams,” says mom.

Pierre is comfy and tired in bed. He falls asleep right away.



At school, Pierre thinks about his mom. She was so happy yesterday; this means it will be okay when he goes home today. He hopes...





Pierre waves good-bye to his friends from school as he arrives home.

When Pierre goes inside, he sees his mom upset and crying.



Pierre realizes that his mom isn't better but she is back to being sad.



Pierre wants to help his mom. He doesn't want her to be sad, but doesn't know what to do to make her happy either.

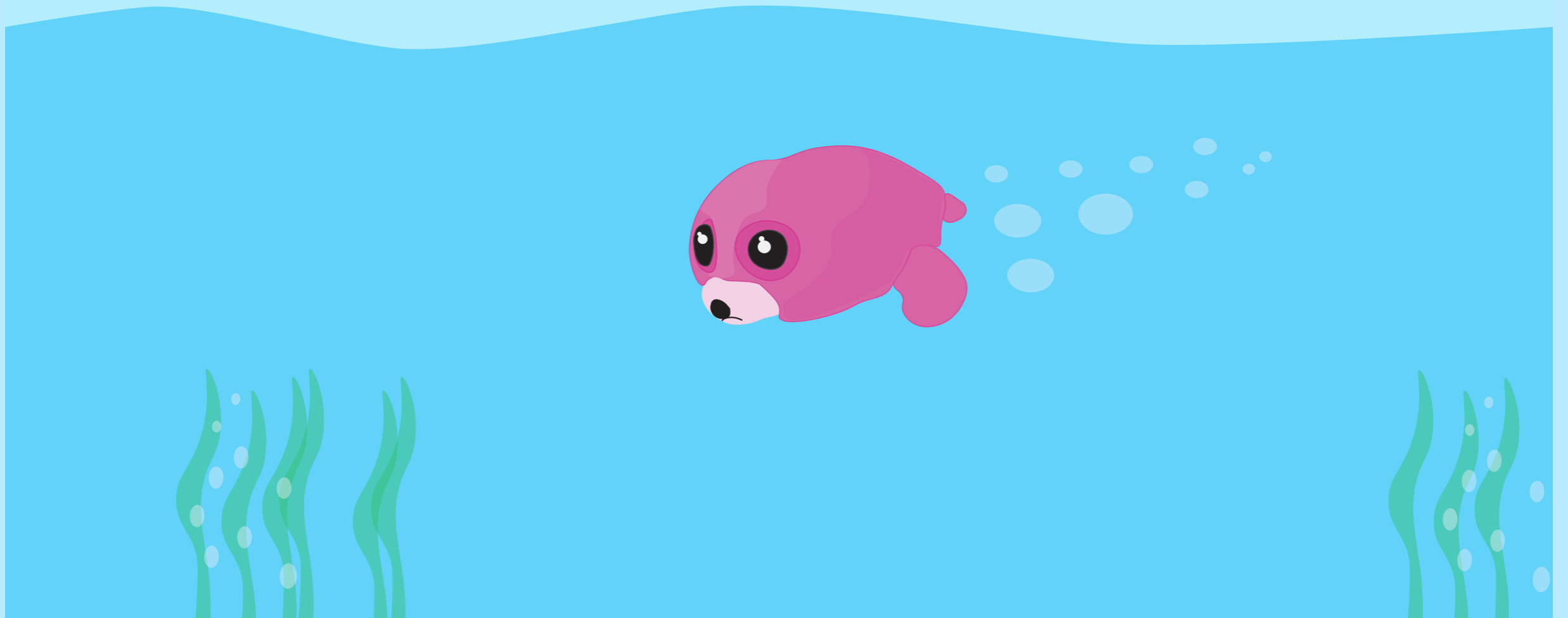
As Pierre gets ready for bed he thinks about his mom and gets really sad. He can hear her crying in the other room.



What if he did something wrong?

When Pierre is at school the next day he is not in a good mood. He is sad because mom was sad. He sulks at his desk. He does not want to talk to anyone and no one does.



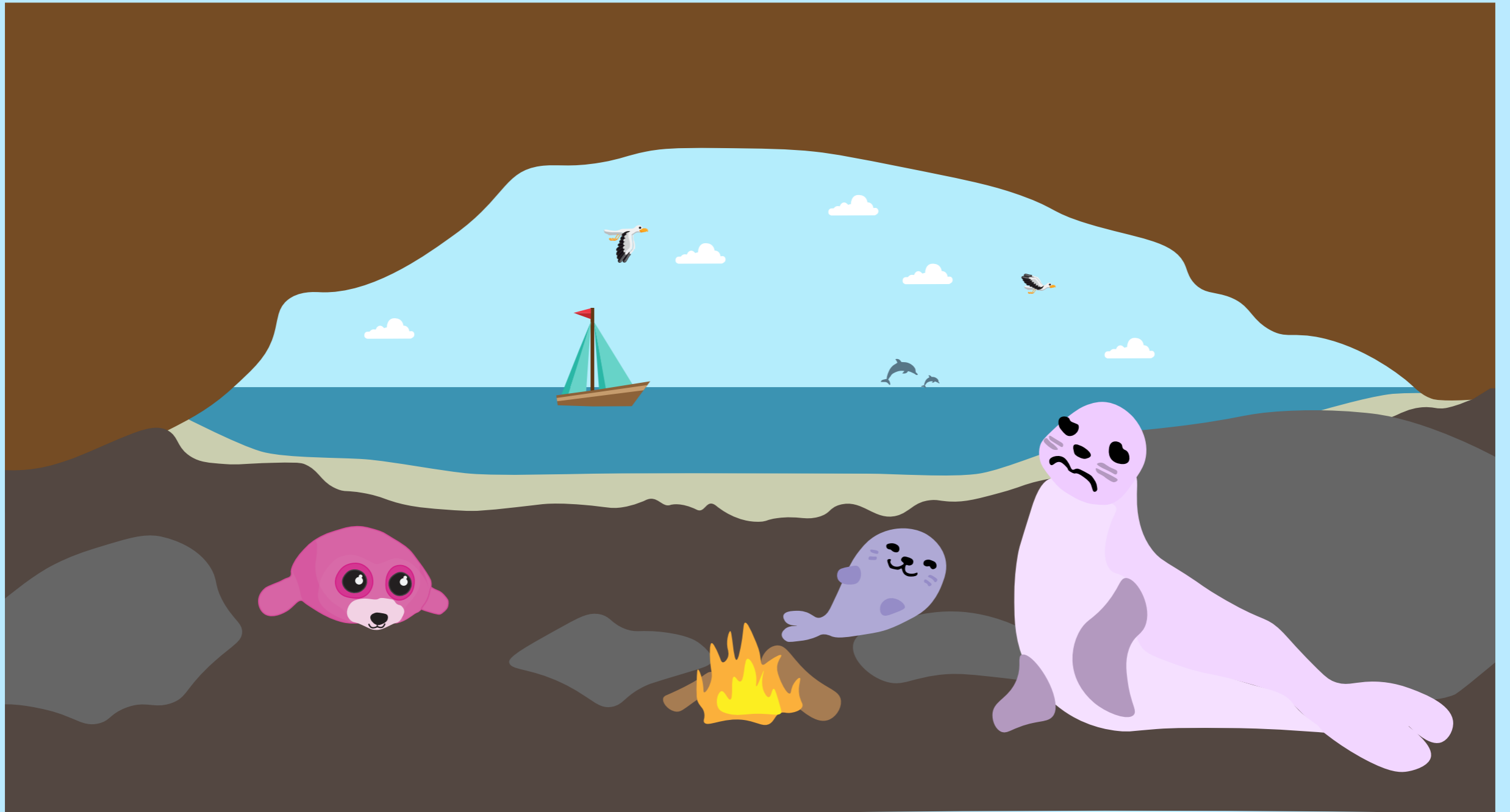


Today Pierre is going home by himself and is sad the whole way home. He doesn't want to go inside because he thinks that mom will be sad again. He doesn't know what to do.

As Pierre gets home he sits on the front step.

“I wish mom could be happy like the other night, but I know she won’t always be...”

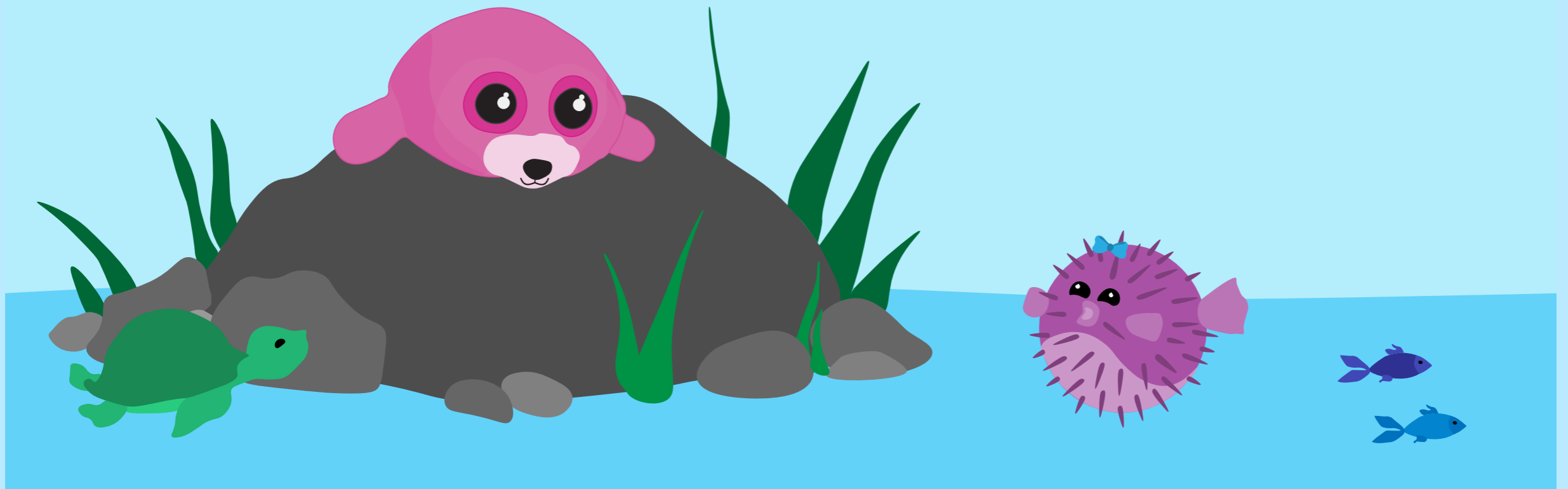




When Pierre goes inside, he sees his little sister and his mom in the kitchen. Mom is upset again but is not crying today. He doesn't want to make her even more upset. He doesn't know what to do.

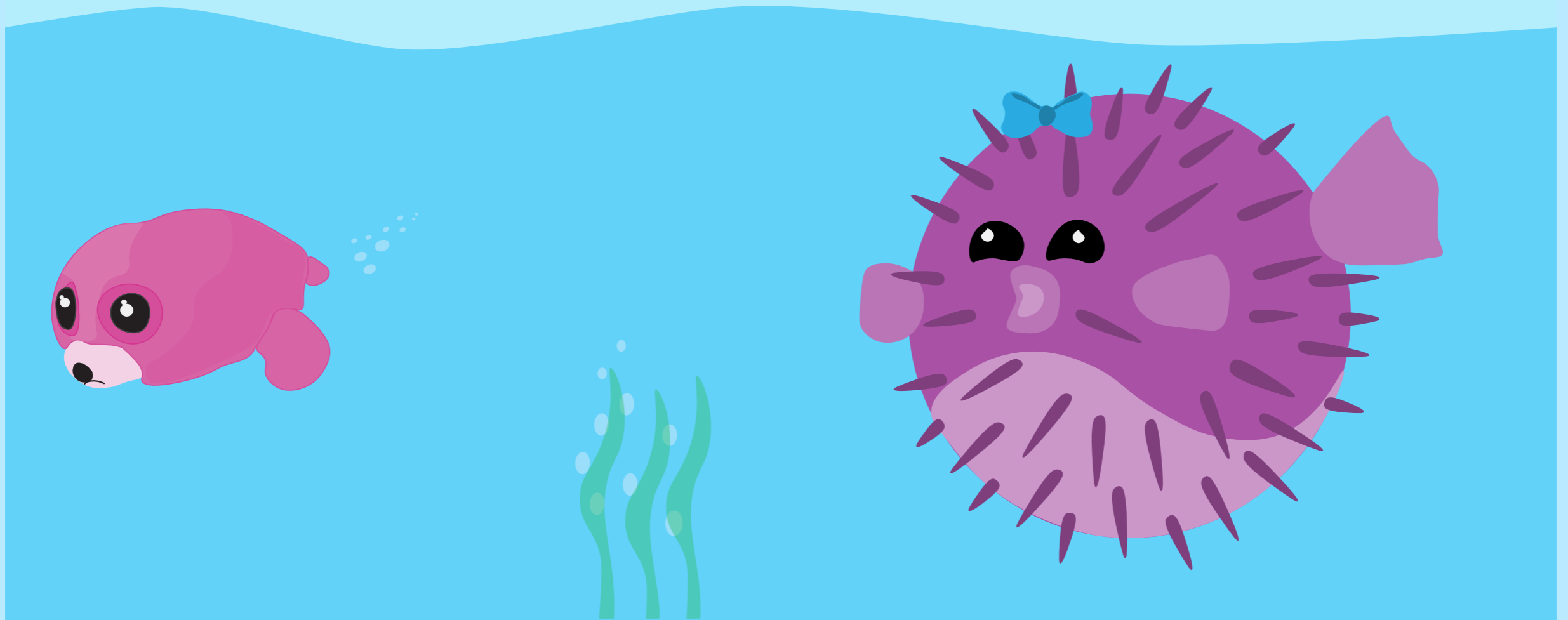
When Pierre gets to school the next day, he sees his friends.

“Hey Pierre where have you been? We want to go to the park after school. Do you want to come?”



Pierre thought that he would love to go but knows his mom will be upset. He told his friends he can't go. He was sad.

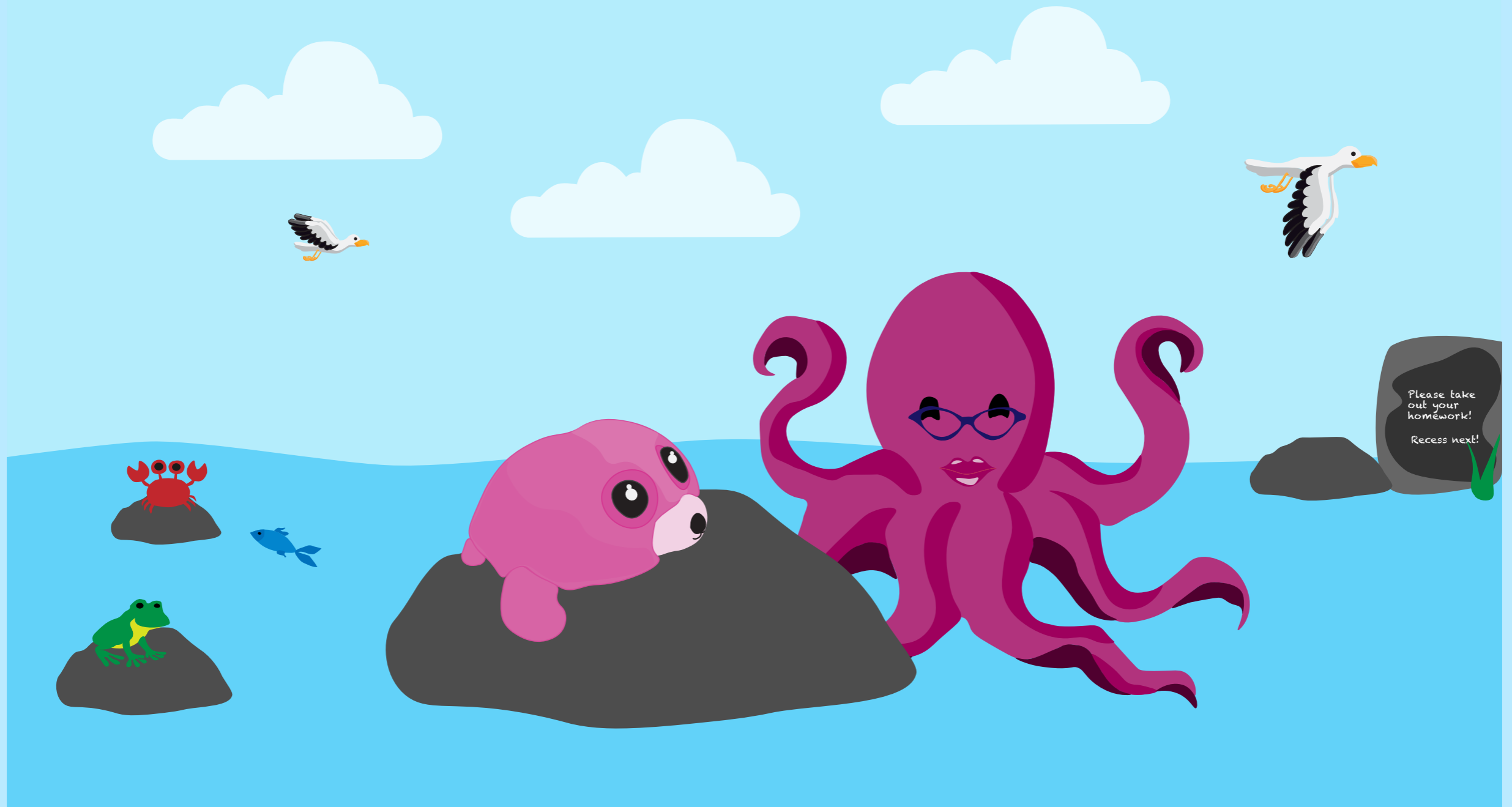
“What is wrong Pierre?” asks Puffy. Pierre is scared to tell her what is really going on. What if she judges him because mom is sad?



“Nothing Puffy leave me alone!” Pierre swims away and Puffy seems confused.

In class, Miss. Tentacle comes around to collect last night's homework, but Pierre didn't have his done.

"Where is your homework Pierre?" Pierre knew that he didn't have it done because he wanted to make sure mom was okay last night. "I didn't do it Miss. Tentacle," Pierre said with a sad face.



Miss. Tentacle could tell something was bothering Pierre but she didn't know what. She decided to find out.

When all the students went out for recess, Miss. Tentacle told Pierre to stay behind.

“Pierre, you seem upset. What is the matter? You can tell me anything.” She said. Pierre hesitated at first because he didn’t want to get in trouble for talking about mom, but he didn’t know what else to do!



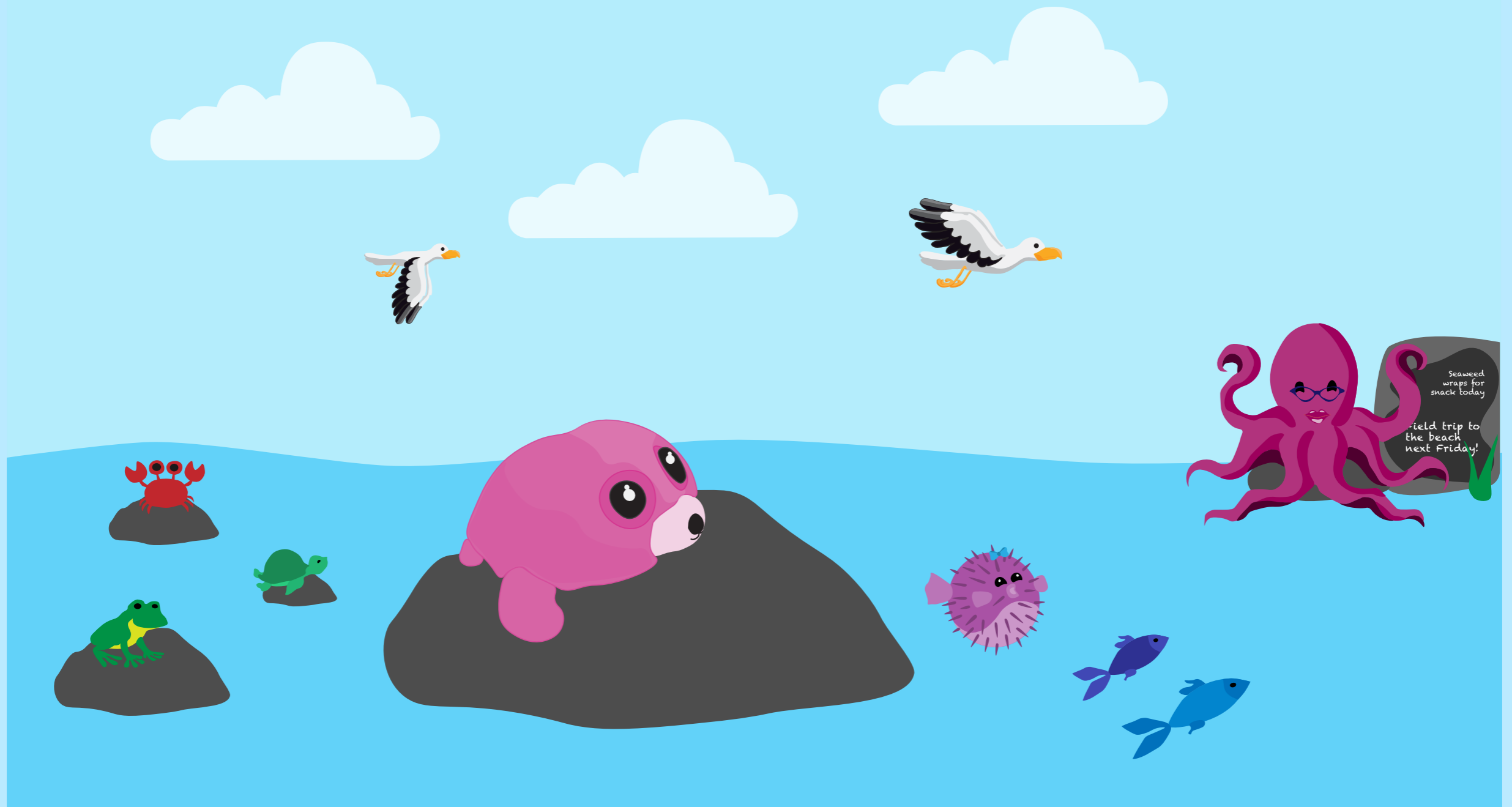
“My mom is sad. What if it’s my fault?” Miss. Tentacle realized that Pierre was very worried. She thought for a moment what to say and this is what came to mind...

“Pierre, sometimes parents feel sad because they have a lot on their mind. They feel overwhelmed by their own troubles. Your mom might be happy one day or sad the next, but that does not mean you did anything wrong.”



“A lot of mom’s and dad’s feel like that sometimes but it’s not because of their children. Your mom loves you very much but sometimes she will feel sad. All you can do is show her that you love her and work hard in school.”

Everything that Miss. Tentacle said made Pierre think about what to do about mom, but he realized he can't do anything. He's just a young seal and if mom needs help, she will find it.



If Pierre is ever worried again, he'll talk to Miss Tentacle.



When Pierre got home that night his mom was still sad. Pierre knows that his mom will be sad sometimes but that's not because he did something wrong. Pierre will always want his mom to feel happy, but he can't control how she feels. All he can do is show her that he loves her and continue to work hard.



“I love you mom,” says Pierre.

“I love you Pierre, sweet dreams,” says mom. And Pierre fell fast asleep.

the end.

