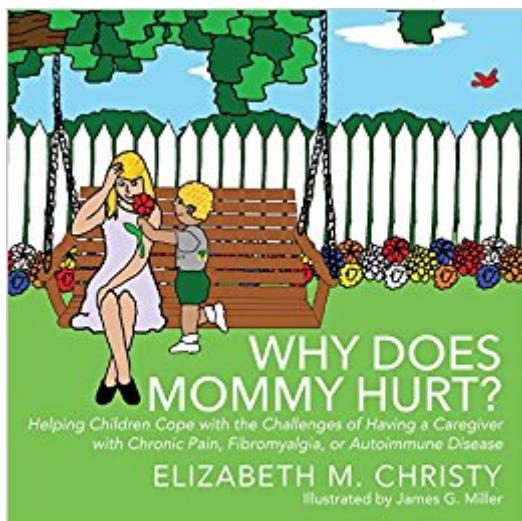


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# Why Does Mommy Hurt?: Helping Children Cope With The Challenges Of Having A Caregiver With Chronic Pain, Fibromyalgia, Or Autoimmune Disease



## **Synopsis**

The children of people with chronic illness and pain suffer quietly. "Why Does Mommy Hurt?" is a joyful, yet honest, portrayal of family life burdened with chronic illness. This is a delightful story told by a young boy learning to understand and cope with his mother's illness. The story creates natural opportunities for families to talk about both the symptoms of chronic illness, and how they affect family life. Even more importantly, the story puts power into the hands of the children. It also offers a helpful "Tips and Resources" section for parents! A portion of the proceeds benefits the National Fibromyalgia and Chronic Pain Association (NFMCPA). This book is appropriate for a wide-variety of illnesses associated with chronic pain, such as: Lupus, Lyme Disease, ME, CFS, Fibromyalgia, Arthritis, Multiple Sclerosis, Cancer, Depression, Autoimmune Disease, and many others.

## **Book Information**

Paperback: 22 pages

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Average Customer Review: 4.4 out of 5 stars 31 customer reviews

Best Sellers Rank: #369,757 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #299 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness #512 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## **Customer Reviews**

"This is a must-have book for anyone living with chronic illness that has small children" -HealthCentral.com "Explaining chronic pain to a child can be difficult, especially when they relate being sick to something easily overcome, like a cold." - Loudoun Times Mirror (Front Page Article)

Ã¢ Turning Suffering and Pain into Joy and Hope; for ChildrenWhyDoesMommyHurt.comThe

children of people with invisible illness suffer quietly.Ã  Ã  As soon as my son, now 3.5, began to communicate, I tried to explain, in words that he could understand, why mommy was unable to play as much as he wanted me to, why I couldn't stay awake longer than a few hours, and why I grimaced and cried from pain so frequently.Ã  Ã  How can one explain to a young child, when this is his "normal," that I wish things could be different for him? That he has done nothing wrong when I am crying. That I desperately want to get down on the floor and play blocks, but I literally CAN'T. The guilt of raising a child under these circumstances is overwhelming.Ã  Ã  I often force myself to smile, play, and be strong for him.Ã  Ã  To walk him a mile and a half to the playground and back, only to lock myself in my room in tears of exhaustion upon arriving back home.Ã  Ã  To play catch, legos, playdoh, color... all of the joys of childhood, joys that take so so many "spoons".Ã  Ã  After putting him to bed, I often leave his room and immediately lay down in the hallway and cry; exhausted and overwrought with guilt. "I'm not doing enough. I can't do enough. I will never be good enough for him."In order to help my son cope and understand my disease,Ã  Ã  I searched the far reaches of the internet for a childrens book on Fibromyalgia, chronic pain, or even just having a sick parent in general. I found absolutely nothing.Ã  Ã  Shocked and appalled at the void,Ã  Ã  I chose the obvious solution;; I wrote my own.Ã  Ã  I had written a few books for him already; one called "Jimmy's Family Story book".Ã  Ã  Using photograms, I told the story of his mommy and daddy in our younger years; how we met, our wedding, his birth, and his grandparents, cousins, aunts and uncles.Ã  Ã  It quickly became his favorite book; no surprise for a toddler- "a book about ME!") At first, the plan was just to write this new book solely for my son.Ã  Ã  However, I could not stop thinking of the millions of other children in the same situation, and the other parents, as desperate as I was.Ã  Ã  I knew something had to be done to help those families. Thus began the saga of "Why Does Mommy Hurt?"[WhyDoesMommyHurt.com](http://WhyDoesMommyHurt.com)

This is lovely book that all parents struggling with chronic pain, fatigue, depression, or any disabling medical condition can use to help their young children understand why they are the way they are. It can help prevent kids from blaming themselves and can reduce anger and frustration. It is wonderfully written and the bright, colorful illustrations really bring it to life.

Nothing wrong with the book, but expected a bit more detail and explanation. My daughter is 5 and everything in this book is stuff she already knew. Wouldn't have spent \$10 on it if I knew how it was.

Provided the perfect conversation starter for my 6 year old about her grandmother's fibromyalgia.

We've discussed it before, but, having a book written about it made more real. I hope to share it with her cousins, too.

This is by far the best book we've found to help a parent with fibromyalgia, chronic pain, auto-immune disease, or really any painful condition to talk about it with her (or his) kids. It actually gives the parent and the children specific, actionable strategies for coping with such a frustrating, long-term condition. Am telling friends and colleagues who are either health professionals or chronic pain sufferers to buy this book if they have children. Many thanks to the author for sharing her experiences and advice.

This has really helped my kids connect with my illness. However, the graphics leave much to be desired.

This book is very cute! It was difficult to find a book on this topic for kids so I was glad to come across it. I would say it's for about 8 years old and under. For children older than that they pretty much have what the book covers figured out. It doesn't go into details of what hurts or why so this book could be used for all kinds of illnesses.

It's perfect! Just the right things to say to my child and it's all so true! Mommy loses her phone and keys all the time, daddy and grandma step in to play when mom can't. So glad I bought this:)

This book has been a help not only to my children (6 & 12) but also to the adults in my life. I highly recommend it to anyone who is struggling with explaining any kind of chronic illness.

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