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Fog in the Head

Explaining Depression to Children

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A reassuring, illustrated story that provides guidance to both parents and children when tackling the tricky but necessary issue of depression.

When a parent, friend, or family member suffers from depression, children, even toddlers, can feel the distress. And if it becomes taboo to discuss the illness within the family, a child will always wonder if it is their fault. This illustrated book helps parents talk about depression to children. The explanations, pictures, and writing are reassuring for both parties. Depression is an illness like any other, which can be treated while providing children with the right support, understanding, and love.