

FAMILY

AND FEELINGS

Helena Haraštová
Illustrations by Katia Gaigalova

**LEARN
HOW TO DEAL
WITH YOUR
FEELINGS!**

FAMILY AND FEELINGS

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Albatros





What a busy day! Veronica's parents are throwing a big party. It's because two new babies are about to join her family. Veronica isn't sure how she feels about this. She keeps wondering if her life will change. And if so, how? After the babies are born, will Mom and Dad still be her parents?

Looking out at the friends and family, Veronica counts the faces she recognizes. Some people she knows, some she doesn't. Do they all have families too? And are their families the same as hers? Or different?

After the twins are born, though, Veronica welcomes them home from the hospital by gently petting them. Then she hugs Mom tight. Her parents are still here for her! They will surely find space for the two new babies as well.



SOMETIMES FAMILIES CHANGE

They get bigger ...



... they come together ...

... or they get smaller.



But we always belong together.



Veronica would like to be with her parents all the time. But now Dad is leaving for work. "Dad, come and play with me some more!" she yells.



She **misses** him already.

When we don't see our loved ones for a while, we might...



Call them or see them in a video call.



Mail a postcard.



Draw a heart on our hand, as a reminder of our love.



Find fun things to do alone.

BEING PART OF A FAMILY



No two families are the same.
Yet all families have lots in
common.

Whatever our family is like, all its
members care for and help each
other. We are like a team.

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Look – a backyard party is happening today! Soon Veronica's mother will have twins. But Veronica is not too happy about it. In fact, she's worried: How will her family change? What if her parents love the new babies more than they love her?

We all feel uncomfortable in our family sometimes. Even though we are close, we sometimes feel differently than each other or don't understand each other. Are you curious to know how Veronica coped with the arrival of her new little siblings?

Join Veronica as she experiences the full range of emotions that come with family life – and find out how to deal with them yourself.



See more

Also available



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HOW ARE
YOU FEELING
RIGHT NOW?



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