

Tatjana Gjurković & Tea Knežević

When angry, kitty has a tummy ache

Illustrations:
Jelena Brezovec



Basic emotions:

ANGER

+

Advice for parents
and caregivers

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Ljufnja i psihosomatske tegobe kod djece

If you have picked up this picture book, you have certainly encountered the emotion of anger in your child or the child you care for.

Anger is one of the so-called basic emotions. Basic emotions occur in all cultures and from the earliest childhood. By the end of the 6th month of life, a child expresses all four basic emotions (anger, fear, happiness, sadness).

Anger is an emotion extremely focused on others, it can be very strong and intense, and it seeks to be expressed "outwardly". It manifests itself through changes in the body, which encourage tension and more impulsive behaviors. As it is much easier to notice a child's behavior than his emotions, adults are often not aware that behind unwanted behavior are a child's unfulfilled emotional needs.

Sometimes a child suppresses anger or doesn't have the skills and emotional capacity to process stressful situations in a healthy way. Such a child can develop psychosomatic problems in the form of illnesses such as headaches, stomach-aches, nausea, fatigue and other physical symptoms.

This picture book contains a therapeutic story about a cat who had a severe stomach-ache due to accumulated stress and anger. The story will help your child recognize the emotion in themselves, name it, and get a practical example of how to process the discomfort they feel in their body, in a healthy way.

At the end of the picture book, there are tips for adults that will help you understand your child's emotional needs and provide them with help in processing challenging emotions.

Even just reading, your soothing voice, attention, and the closeness you establish with the child you are reading to, is a big step on the path to your little one's healthy development.

Enjoy those moments together. ♥

”

Hi! I am a city kitty and just like any cat I looove to sleep.
Do you like to sleep too? Oh, good!

But it's not time for bed yet. It's time for a story, and that
story is about me. It's about what happened once when I
got really, really angry at my friend. I got so angry that my
stomach started to hurt.

Get comfy and listen to my story...





A city kitty was sleeping curled up on her favourite roof and purred. Like any other cat, she preferred a long morning nap, enjoying warm morning sun.

However, one dove loved to sing loudly in the morning, and every day she woke the cat from her sweet nap. She woke her up that sunny morning too.

– Oh, it's her again! Can you be quiet for a moment?! – kitty murmured in distress, but so quietly that nobody could hear or understand her.

– Goo-goo, gaa-gaa, goo, gaaa. Goo-goo, gaa-gaa – the dove was singing.

„Shut up!” kitty thought to herself, feeling very upset. She curled up her body tighter and covered her ears with paws. Kitty wanted the dove to stop singing, but the bird didn't know that, so she continued her morning concert.



GU GUUU



Then the dog and the mouse approached kitty happily and asked her:

– Kitty, do you want to play with us?

– No – she mumbled so quietly that they could barely understand her.

– Okay – said the dog, and jumped with the mouse onto the terrace, from where they could listen to the dove's morning concert.

– Oh, I feel pain in my tummy! – kitten was complaining to herself.

Every morning when dove was singing, kitty felt pain in her stomach. Sometimes pain didn't go away all day, so she couldn't play with her friends.

