

Supporting Your Child with Whenever You Miss Me at

Christmas, Look for the Moon

A gentle parent guide by Penelope Willis

Christmas is full of excitement, but it can also stir up feelings of missing loved ones. This Story was written to comfort children with a simple reminder: “***Whenever you miss me at Christmas, look for the moon.***”

Here are some ways you can use the book at home to help your child feel close and reassured.

■ Make Reading a Ritual

Read the story at bedtime in a cosy, quiet space. Pause on the moon page and invite your child to imagine who else might be looking at the same moon.

■ Start Gentle Conversations

Try simple prompts:

- “Who do you think about when you see the moon?”

- “What helps you feel better when you miss someone?”

- “Shall we send a moon kiss to [loved one]?”

■ Create a Moon Connection Tradition

Step outside together on a clear evening and look for the moon. Talk about how the same moon is shining on the people you love, wherever they are. This can become a calming Christmas Eve ritual.

■ Try Comforting Activities

- Moon Drawing: Ask your child to draw the moon and the person they're missing. Display

It somewhere special.

- Moon Postcards: Write or draw a little note to the person they're thinking of and "send it to the moon."

■ Remember: Presence Over Perfection

You don't need to have all the answers. Simply sharing the story, listening, and holding space for your child's feelings is what matters most.

■ ****Whenever You Miss Me at Christmas, Look for the Moon**** is part of a series of gentle bedtime stories by Penelope Willis, written to comfort, reassure, and connect families.

www.booksbypenelopewillis.co.uk

Calming Stories for Little People