

# Mommy's Hurt

Written By:  
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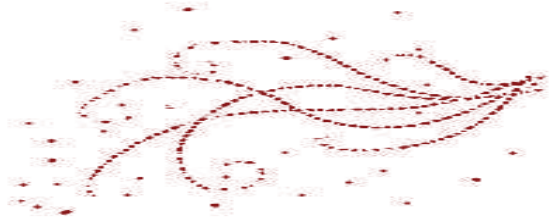
Being in pain is difficult.

Being young and not understanding why your parent has changed is frightening.

We've seen how children have suffered and we want to help.

We are not professionals, but we put this book together to help your children try and understand what you are going through

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My name is  
Amanda and I am  
8 years old.  
I like to do stuff  
like ride my bike  
and swing really  
really high.



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I like to play with  
my dog, Sam.



I also like to play  
soccer and really  
really like to win!

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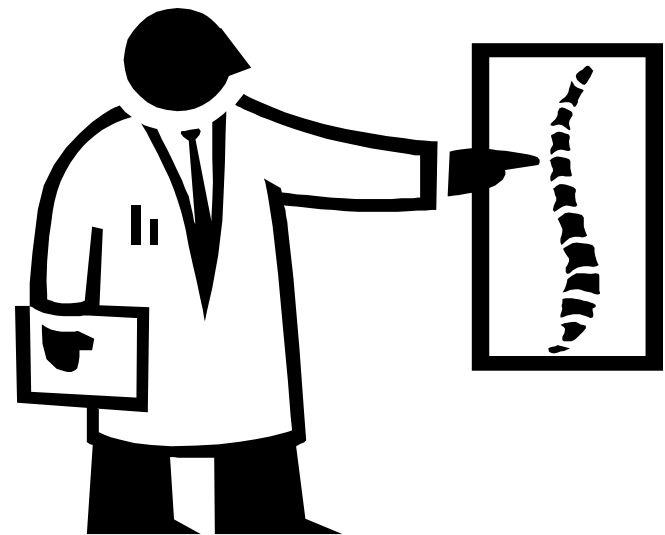
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Last year, my  
mommy got hurt.

She works for a  
store and the floor  
was wet and she  
fell.

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She hurt her  
back and now  
she stands  
funny.



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She can't ride  
bikes with me  
anymore because  
her back hurts.



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She can't go to my  
soccer games  
anymore because  
her back hurts  
when she sits on  
the bleachers.

I feel sad.

Other mommies  
are there.

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No one yells  
“Good job,  
Amanda”, and  
soccer isn't as  
much fun.



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Sometimes my  
mommy gets sad  
and she cries and I  
get scared.



She also gets  
angry a lot now  
and yells at me  
when I don't clean  
my room. Some-  
times, she yells at  
me even when I  
didn't do anything  
wrong.

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She never used to yell at me before.

Now sometimes she doesn't listen to me either.



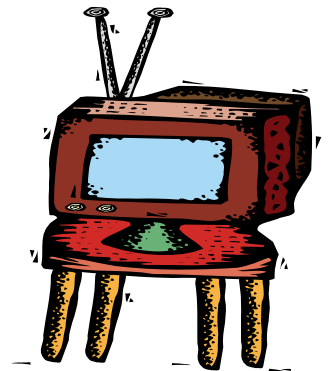




Yesterday, when I told her I saw Sam eat a frog and then throw it right back up, she didn't even laugh.

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Mommy takes pills when she hurts really bad. Sometimes, she goes to bed right after dinner and doesn't even watch TV with me.



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I thought it was my fault that she was so sad. Because I wanted Mommy to play with me and when she did, it made her back worse and it was my fault.



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Her friend, Sara, told me it wasn't my fault.

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Sara said it was  
because Mommy  
was in pain.

I tried to hug away  
her back pain but it  
doesn't work.



Sara told me  
that it takes time  
for Mommy to  
get better.

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She said Mommy  
may not ever be  
able to sit very long  
or ride bikes.



That makes me  
feel sad.

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That makes me  
feel mad, too. The  
funny thing is that I  
don't know who I  
am mad at.



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I do feel better now  
because Sara told  
me why Mommy  
has changed.



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Now, when Mommy  
gets upset, I know  
it's not my fault  
and I give her two  
extra special hugs.  
She tells me that  
helps her pain.

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I'm going to be a  
doctor when I grow  
up so I can help  
people like  
Mommy.

Mommy says that's  
great with her!





# The End

A  
Special Edition  
Produced  
By  
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