



Heart Heroes: Unleashing Your Superpowers For Family Survival

By Lydia Sterry

Illustrations by Joel and Veola Sterry





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Hey there, brave hearts and super minds! Get ready for a magical journey where families become a realm of superheroes. In this enchanting book, we're unlocking the power of 'superpowers' to help you navigate the twists and turns of family life with a sprinkle of fun and lots of heart.

 Embark on Adventures with Your Superpowers! Discover the incredible abilities hidden in everyday challenges, from understanding shouting sharks to conquering foggy clouds of confusion. Learn to wield your 'superpowers' and turn family moments into exciting adventures! Discover the strength that resides within, even when faced with storms. This story isn't just about challenges; it's about finding your voice and standing tall, just like the brave heart in these pages.

 **Why Parents Will Love It Too?** Dear parents, embark on this whimsical journey with your little ones! "Heart Heroes" isn't just a story; it's a tool for creating understanding and resilience. Through colourful illustrations and heartwarming examples, it gently guides both kids and grown-ups to connect, learn, and grow together. Parents, give the gift of bonding and understanding. "Heart Heroes" is more than a book; it's an invitation to explore, learn, and cherish the magic of family. Let the adventures begin!

P.s It is recommended for children four and over.

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Once upon a time in the realm of families, there were magical 'superpowers' that could help little ones survive and cope better with their mum, dad, or the person looking after them.

Let's explore some of these incredible 'superpowers' that can be used when things get a little **tough**. Imagine your grown-up saying these words to you...

Example one:

To my little **worried** girl or boy with a **heart pumping fast...**

When **I shout for too long...**

Understand how it will eventually stop.

That my shouting is a sign I've hit my peak and I'll soon be much calmer.

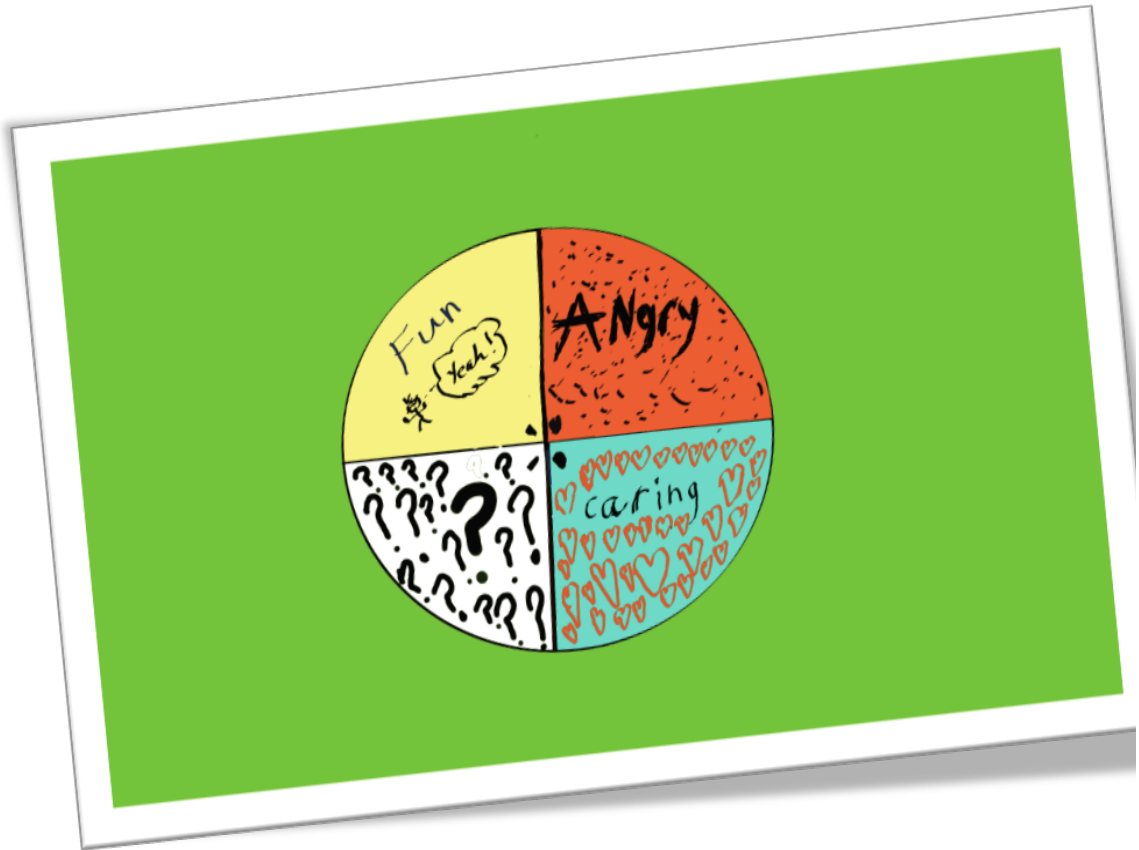
In these moments, remember I might be acting like a shark, but inside deep down, somewhere there's still a dolphin swimming around.

Here's an example of what things you could say to your parent after this angry episode:

You could explain to your parent how these moments are like a slice of a BIG pie.

You know this moment is just one slice of all the other moments to come.

There might be an 'angry' slice, a 'fun' slice, a 'caring' slice.



You could try to draw this as a picture.

You might want to show your parent the picture and let them know how you would like this 'angry' slice of the pie to be a little smaller next time, say by turning the volume down a bit on their voice.

Example Two:

An example of your parent talking to you:

To my little **upset** girl or boy with a **saddened** heart...

When **I** say '**not so nice**' words...

Understand how I'm caught in a 'yo yo' where I'm repeating the words
that were said to me as a child.

In these moments, I'd like you to imagine ripping up these words into tiny
little pieces.

Then imagine watching the words fly over your head.

They mean **nothing**.

They are just jumbled up words.

Here's an example of what things you could say back to your parent after
this hurtful episode:

You could explain to your parent using a simple paper aeroplane.

You could make one or draw one and put the words you're hearing inside
it.

You could give this to your parent for them to look at.

This could be your way of telling them how these words are not okay, and
how you'd like them to try their best next time not to say them.

If your parents don't realise these words are hurtful, sometimes just telling
them might be worth a try.

Example Three:

Here's an example of your parent talking to you:

To my little **confused** girl or boy with a **lost** heart...

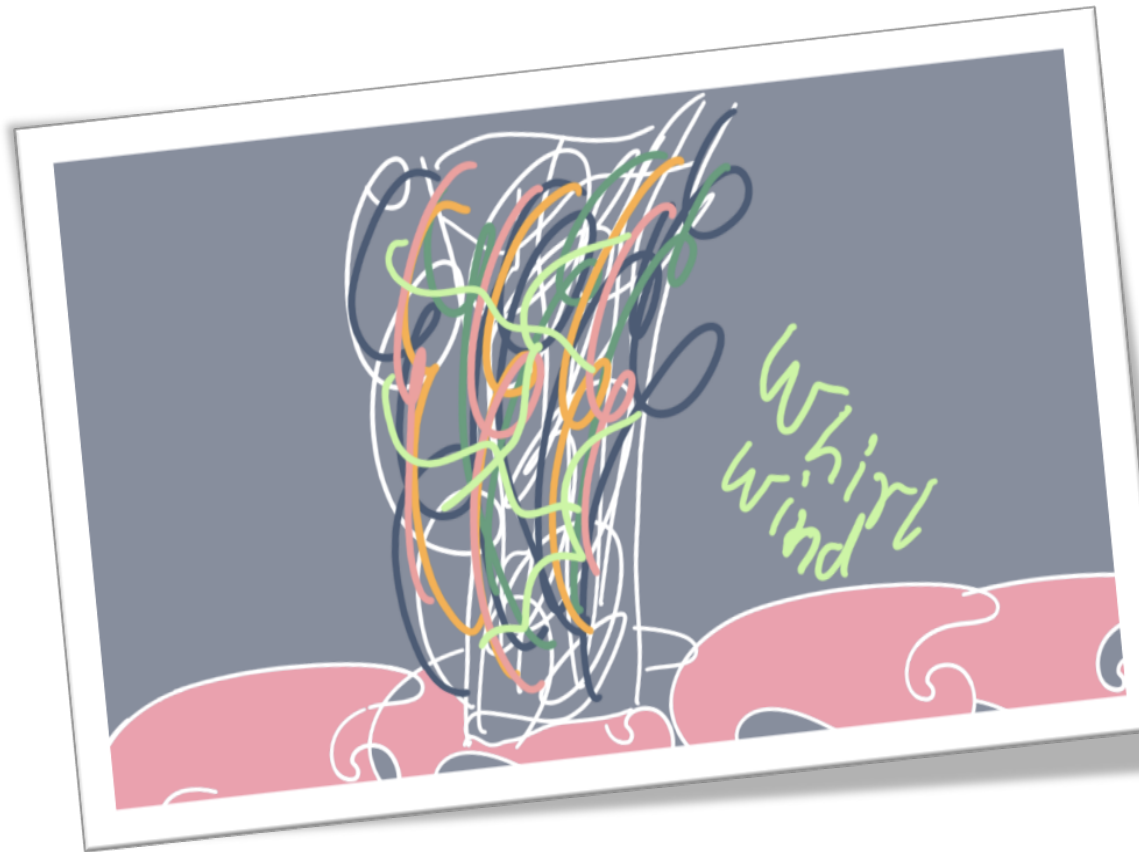
When **I ignore you...**

Understand how this is not on purpose.

My focus is just elsewhere for the time being.

Remember it does NOT mean 'I hate you,' 'I don't love you,' or anything
else like this.

It simply means I'm caught up in my own thoughts which can feel like a whirlwind sometimes.



But remember how when you feel you're being ignored, it can mean many things.

Normally, a huge chunk of these thoughts are about you and your future life.

In these moments, I'd like you to imagine how I'm thinking about your school lunches, your school camp, your swimming clothes, your washing, your bed sheets... and how all these thoughts are actually about you.

Here's an example of you talking back to your parent:

You could explain to your parent that all this looks like a whirlwind to you.

You might want to draw a picture of a whirlwind for them to look at.

You could use this picture to help them understand how they've been a little caught up in a whirlwind and have not been very 'present' with you.

You could add how there's little focus on you, how it hurts and how you would like some more one-on-one time.

Example Four:

Here's an example of your parent talking to you:

To my little **frustrated** girl or boy with a **disconnected** heart...

When **I don't understand you...**

Understand how I'm human and will struggle to understand both myself, you, and many others sometimes.

But, remember how you are still very much connected to me, and I still love you even in all the fogginess.

In these moments, I want you to imagine a foggy cloud between both of us.

But where we can still hold each other's hands and reach in to be connected to each other.

This little cloud of confusion doesn't separate our connection.

Here's an example of you talking back to your parent:

You could explain to your parent all this by drawing a big cloud of fog.

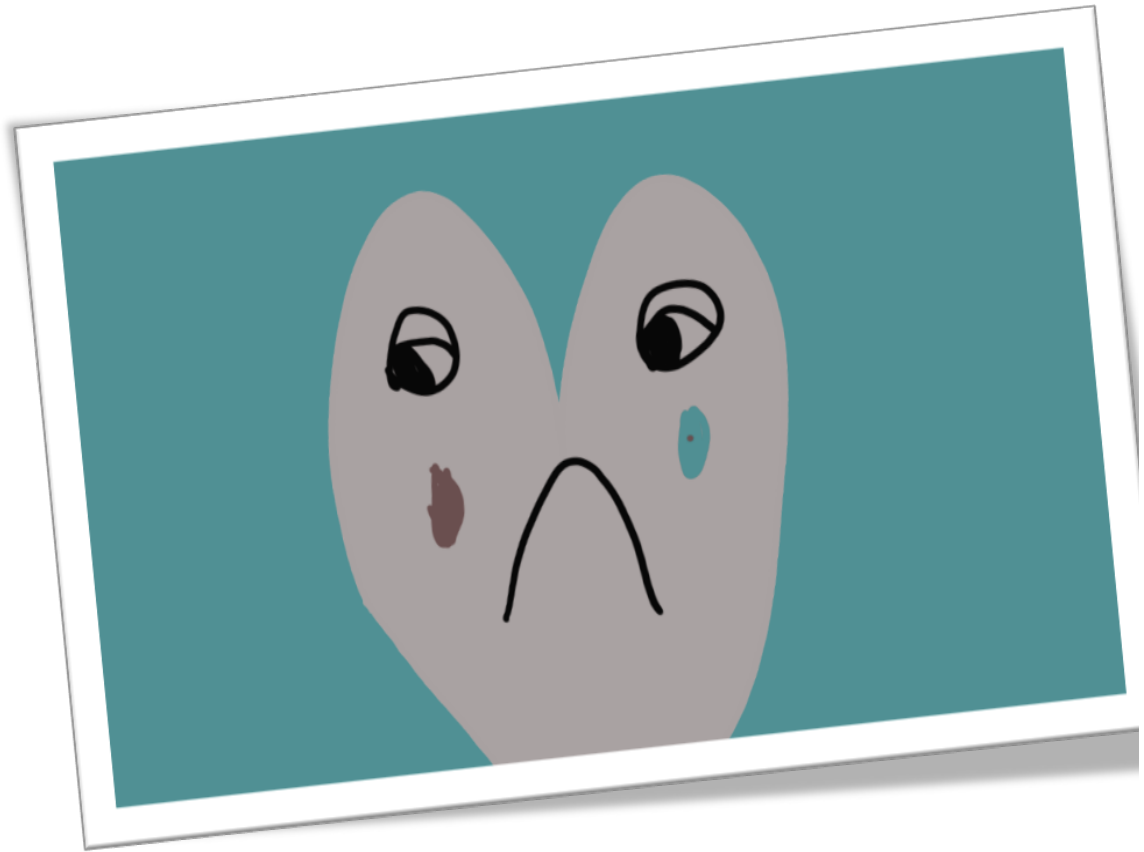
You could try to draw the cloud with **arms reaching** in towards you.

You could explain your picture to them to help them understand what this disconnected feeling feels like when they don't understand you and how much it hurts.

Example Five:

Here's an example of your parent talking to you:

To my little **lonely** girl or boy with a **grey** heart...



When **I** make mistakes...

Understand how I'm learning on the job.

As a parent, I'm on a BIG learning curve, one that I'm going to get right and wrong sometimes.

Remember during the times I get it wrong; I always have your best interest at heart.

In these moments, I want you to imagine an up and down curve and how we're just on the down part of the curve in that moment.

And how this wavy up and down curve is a **natural** part of us growing together.

Here's an example of you talking back to your parent:

You could explain to your parent all of this by drawing an up and down curve.

You could add in all the mistakes your parent has made so far.

Then you could try drawing around it all the things they've got right.

You could let them know about both, so they'll hopefully try to keep doing more of the things they got right.

But remember to understand how getting it 'right' all the time doesn't happen in real life.

And how it's natural for this to feel **really sad** for that burst of time.

Example Six:

Here's an example of your parent talking to you:

To my little **muddled** girl or boy with the **aching** heart...

When **I disapprove or point something out to you...**

Understand how I'm not saying this to hurt you.

That's the last thing on my mind.

Remember how I don't think for one second 'you're a bad or terrible person'.

You're not.

You're learning on the job too.

Being a kid naturally comes with all its mistakes.

I make so many and continue to.

In these moments, I'd like you to imagine your heart has lots of padding around it and keeps you protected during these times.

Here's an example of you talking back to your parent:

You could explain to your parent all about your aching heart by drawing a heart with padding around it.

You could use this drawing to try to explain how your padding is feeling a **little thin**.

You could explain how when they point things out too much, it **bruises** your heart.

Example Seven:

Here's an example of your parent talking to you:

To my little **hot-headed** girl or boy with an **angry** heart...

When **I'm not present**...

Understand how I'm trying to balance my 'alone time' and 'my connection time'.

I'm not trying to ignore you on purpose.

Remember how during these times I'm recharging my batteries so I can build up my energy for all the other times I spend with you.

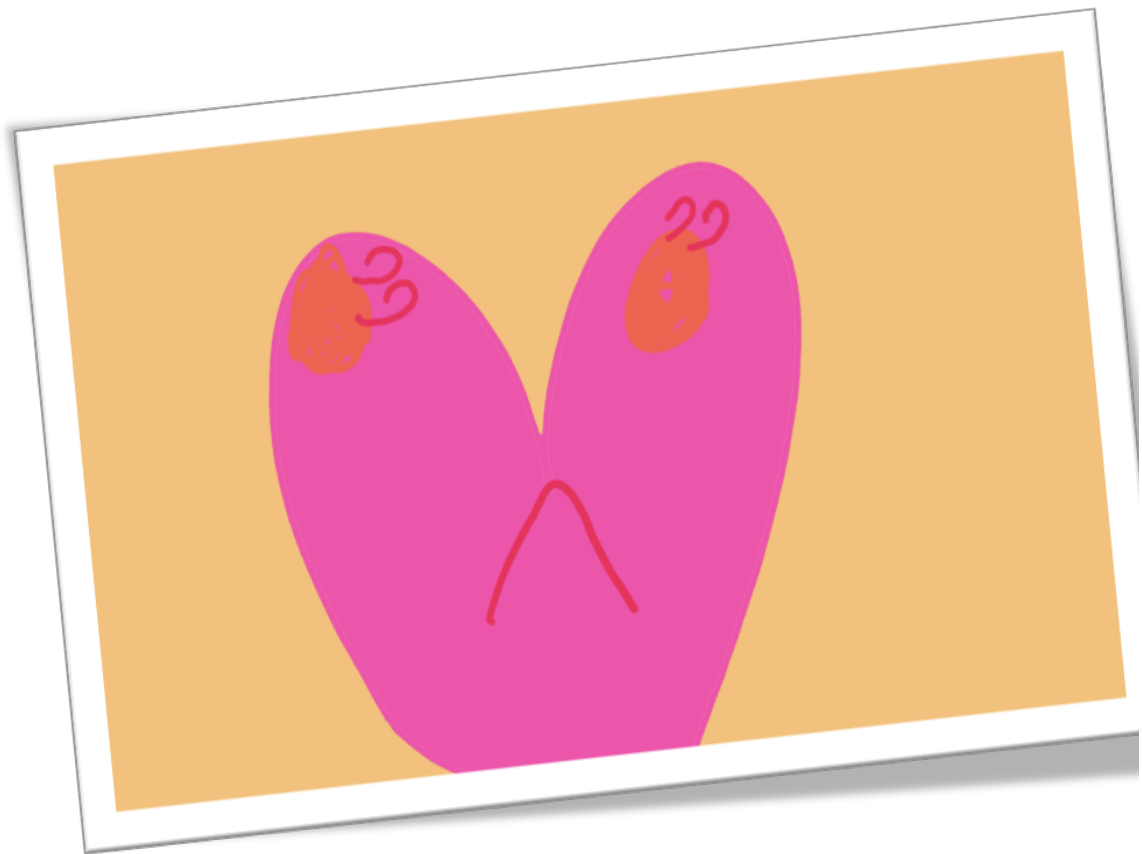
In these moments, I'd like you to understand how I'm not trying to distance from you to upset you.

Example of you talking back to your parent:

You could talk to your parent and explain how what you're going through is like going to the zoo.

It's where the gate is closed and you're **not allowed in**.

You know the gate will open eventually and that it won't always be shut but it still feels sad.



Try to draw a picture where you're showing how your connection **'gate'** is closed with your parent.

You could use this picture to help your parent see things more clearly from your eyes.

Asking for more connection time might be worth a try to see if the gate is **open** or not.

I hope this helps you to create a small dent in any of your pockets of **pain** and shows you how to switch on all your superpowers to support the

most important person in all of this – **YOU**.

