

Kite Day

The Ups and Downs of Mental Health



Lisa Varchol Perron

Illustrated by Sisi Kalla

The Invisible String meets *My Monster and Me*

Navigating worry, anger, sadness and disappointment, Mamú and her son fly their kite together. While her mood mirrors the kite's motions – gently rising, twisting in the wind, tangling in a tree and crashing to the ground – the pair continue to try. Despite the ups and downs, their love is, and will always remain, constant.

An honest yet hopeful glimpse into a child's experience with a parent who has bipolar illness or other mood-related struggles. This is a key socio-emotional learning book for young readers and loved ones navigating a mental health illness. Includes an informative spread aimed at young readers who are concerned about a loved one at the back.

LISA VARCHOL PERRON is a psychotherapist, specialising in child and adolescent development. Her previous children's books include *Patterns Everywhere*, and *My Love For You*. She is based in Boston, USA.

SISKI KALLA has illustrated more than 15 children's books, including the *I Love You This Much!* and *Let's Explore Snails!*, which won the Spark Award from the SCBWI. She is based in London, UK.

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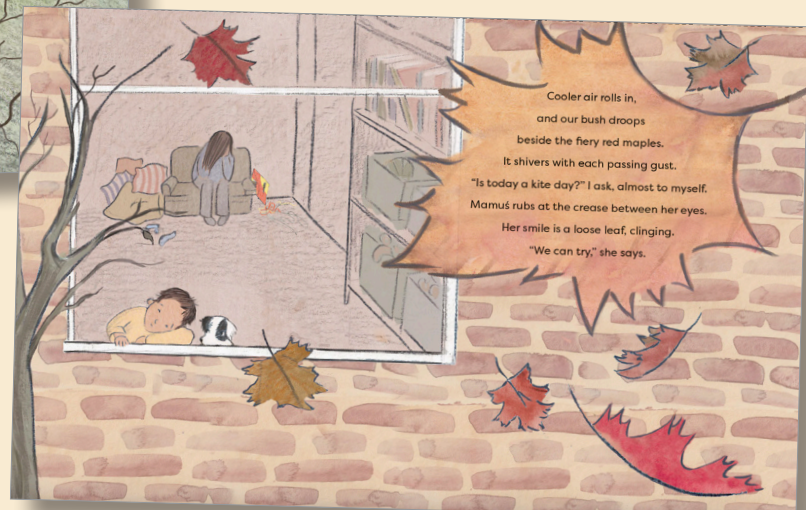
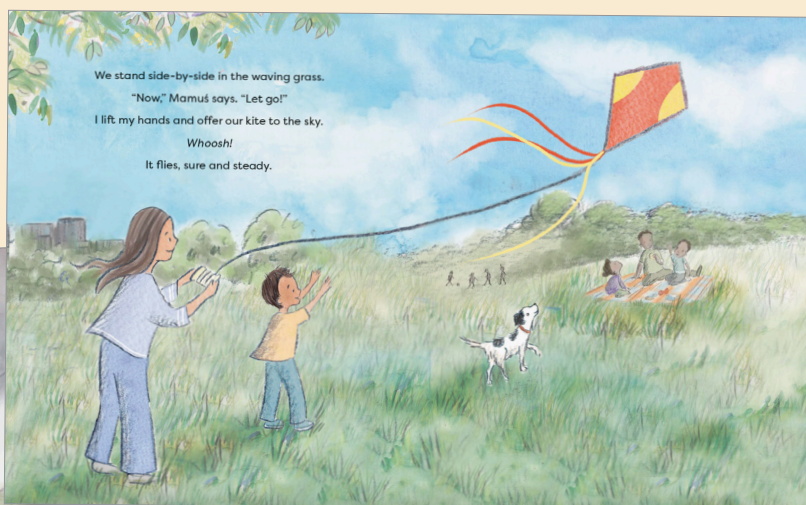
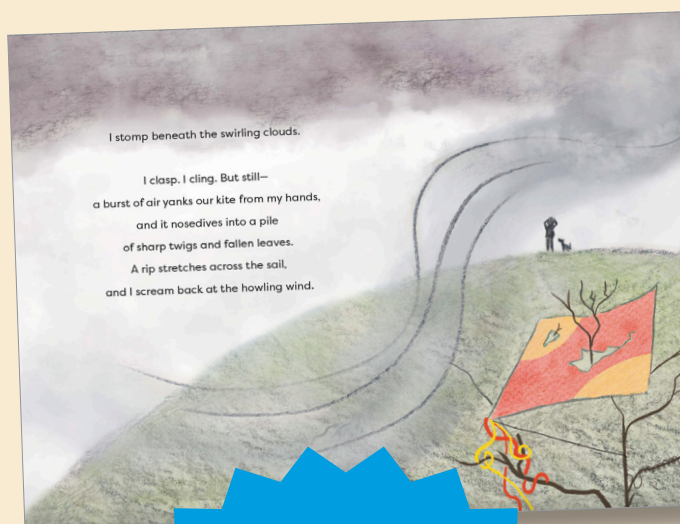
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Available in time for Mental Health Awareness Month [May]



Encourages honest conversations about mental health.