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MY BIRTH DRAWING BOOK...

... is not just another drawing book. It is a healing tool which can support our children as they can naturally communicate their personal pre/perinatal experience and find a way to reach a new homeostasis. As a parent or educator or health professional observes the child trace or paint the pictures and at the same time listens to the stories she or he narrates as she or he works on the pictures, a new understanding can surface. Children usually express their mental and emotional inner experiences when drawing, in their effort to represent their reality based on a mental image. Encouraging our children to share as much as they wish to and follow the narratives without corrections or suggestions can be very healing.

At the same time, the images chosen to be traced provide a healthy template as to how we could possibly escort our unborn children or how this primal experience can be different. Most of us unfortunately did not have that. And we may feel sorry or angry for this. However, remember the silver lining of the cloud. There will be a moment when the wisdom will make its presence clear and then, everything will be interpreted in a new way. (Drawing prompts in 14 languages)

RECOMMENDATIONS

... It can really help promote children's autobiographical memory and consciousness beginning from life in the womb. I love the idea of the child creatively 'leading' the parent (and teacher, therapist and whoever concerned) into a journey through his/her womb and birth experiences. I also love the idea of the drawing giving the child the visual input and the blank space to freely narrate his/her story. And there is obviously much more to describe and value.

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The Birth Drawing Book has been created and designed with a great, clever mind. This book is about how the child expresses his/her birth story by using drawings. What a spontaneous and creative way to think... It is not only about birth story-telling but it also helps to increase the child's visual and motor development and to connect the birth story with the daily life (drawing) activity.

I am a psychotherapist and psychodrama trainer who gives so much value to using art and action in a creative way. I am sure parents will get a benefit and earn more understanding about prenatal and perinatal stories told and drawn from the children's perspectives. I believe this will fill the gaps (like connecting the dots in the book) in parents' memories and may harmonise some feelings about their birth journeys. Joyful, fun, colourful and educative at the same time... the book itself is a healing agenda... What a genius!

*Neşe Karabekir
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I read the book. I love it as it offers many clear messages and simple knowledge.

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I have read the book. It is beautiful and gives an insight to the people who will receive the book regarding the significance of this early experience. A beautiful, well thought book. Thank you for introducing it to us.

*Dr Ankita Marjadi,
Homoeopathic physician at Arogyada clinic, India
Author of "Knock Knock Let's Talk".*