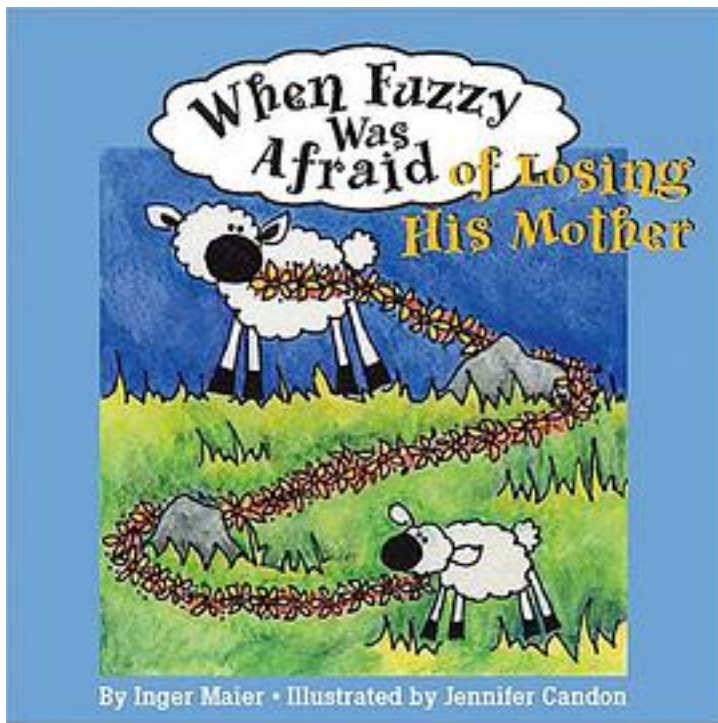


When Fuzzy Was Afraid of Losing His Mother



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While Fuzzy the Little Sheep is out playing with his friends, he falls and skins his knee. He searches for his mother, can't find her, and feels scared and alone. He soon finds her, but thereafter he is afraid to let her out of his sight. She has several ideas to help him cope with being away from her, which he practices, and eventually he is able to play comfortably with his friends and not be near her. When Fuzzy Was Afraid of Losing His Mother is designed to help young children develop constructive alternatives to unnecessary worry thoughts. Fuzzy is afraid to let his mother out of sight, and worry scripts have become his reality. His mother gently encourages and reassures him, while giving him practice in simple imagery, coping scripts, and step-by-step behavioral

changes. Fuzzy's fears are depicted in ways that the young child can recognize. Examples of coping strategies are interwoven with humorous imagery, self-soothing thoughts, and realistic expectations.

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