

# An Unusual Situation





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Milo has lived a very unusual situation. Everything was different than before. He was very confused. He didn't know when it would be over.







Milo didn't like to be like this. He was always wondering when it would be over. So he tried not think about it, and to play, but he didn't want to do anything. Everything seemed boring.

At first, he thought it wouldn't last long, it would be only a few days. But it didn't change, things didn't go back to normal. He saw that Mum and Dad weren't acting like usual either. So, he started to wonder again.



Why was everything and everybody so different?

Milo wondered if it was because of him.



Milo started screaming and hitting in order to not think about the situation.



But, after, he always felt bad. He felt ashamed. He was creating problems for others, for Mum and Dad.



He also started having weird feelings in his body, like knots in his belly. Sometimes, he was also sad and he even wanted to cry. At other times, he felt very nervous and angry for no reason.



He started to not sleep well.



Milo was very confused about all of this; he didn't understand what was happening. But he was afraid to ask adults because adults looked nervous, too.

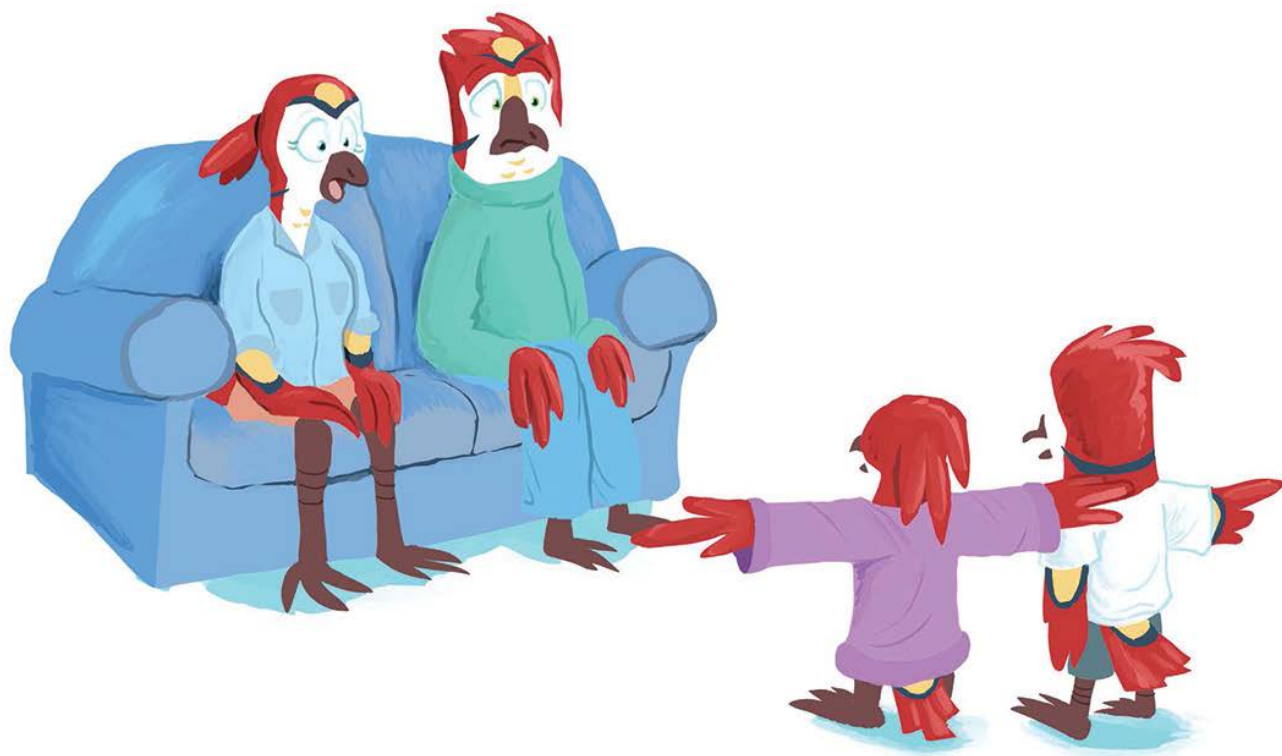




But he was not afraid of talking to his sister, so he asked her. She told him they could speak together to Mum and Dad.



At first, Mum and Dad were a little surprised by their questions but they understood that Milo and his sister needed to know.



So they explained the very confusing situation to Milo and the fact that they were afraid of it, too.



They spoke all together about it and they talked about how they could take care of each other.



Milo had a lot of ideas, and Mum and Dad listened carefully to him.



He also told them about the knots  
in his stomach and his tears.

After, they played and Milo was happy because it was the first time since the beginning of the complicated situation that they all played together.





After this conversation, Milo felt better because he understood now that it wasn't his fault. He also knew that Mum and Dad were nervous, too.



He wasn't the only one to be confused about the situation.

He also felt proud that Mum and Dad listened to him and his ideas about helping the whole family feel better.



They told him that it was important to share how he feels.



Milo thought it wasn't easy to ask questions and to tell adults how he feels, but he was relieved after doing it. He felt relieved; he wasn't as confused or nervous anymore.

Now he knows that he can always ask again if he starts to be confused or has other big feelings.





Nothing can change the confusing situation,  
(not even Mum or Dad), but Milo can do things, like  
speaking with adults, to help him feel better.



He can also draw, dance, write, or play to help him feel  
better.



Milo thought that you should know his story, because everyone can be confused sometimes and it is okay. it is just important to speak with people that can help you.











When Milo goes through a very unusual situation, he finds it hard to understand his feelings about what is happening. Milo learns ways to understand what is going on and that his family is there to help him figure out how to deal with the unusual situation together.

We all have things that happen to us which we don't understand, and Milo wants to share some ways that you can get through an unusual situation too!

