Luna’s Red Hat
An Illustrated Storybook to Help Children Cope with Loss and Suicide
By Emmi Smid
Reviewed by Ginny Sparrow

Most know it’s best to tell children the truth, in age appropriate terms. Unfortunately this wisdom often gets set aside when it comes to suicide. Society still fears the word, still fears the stigma and works to protect our young from the subject of mental illness. But when suicide hits home, as it does for young Luna when her mother takes her own life, honesty is imperative to her healing.

In this beautiful, concise, illustrated book, facts are given to Luna using language parents will find a wonderful resource for speechless moments of inquiry from their children. The conversation Luna has with her father takes place a year after her mother’s death. The father is open and honest about his own grief and gives her permission to feel sadness, but also to remember her mother’s kindness. The father explains mental illness in a way (“She didn’t look ill, but that was because the illness was hiding inside her head.”) that can be used to any aged audience.

Says Miranda Smith, M.Ed, LPC, ATR-BC of The Link Counseling Center, “What a beautifully illustrated story! I really like that the Dad is able to connect with Luna at such an age appropriate level about the loss and suicide of Luna’s mom. I would recommend this to help with coping with loss and suicide of a loved one.”

Luna’s Red Hat will be a staple in The Link Counseling Center’s bookshelf.