



Fluffy plays again

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Theme: Feeling safe again after trauma

Appropriate age group: Pre-school children and children with developmental delay





Fluffy plays again

Fluffy was a happy, friendly, cuddly puppy. She lived with her Mom and Dad and lots of brothers and sisters. Fluffy liked to play with her friends. Her favourite games were catch-catch and hide-and-seek.

One day Fluffy was playing hide-and-seek with her friends. It was her turn to keep her eyes closed and count to 50 while all her friends ran away to hide. "One-two-three-four-five ...", she counted, and then all the way to "48, 49, 50". When she got to 50, she called: "Ready or not - I'm coming to find you!" and she opened her eyes.

Fluffy got a big fright when she opened her eyes. A big tall man was coming towards her and he was shouting at her. Fluffy felt really scared. All her friends were hiding so she was all alone. She didn't know what to do. Next thing the man grabbed her by the scruff of the neck. He was really hurting her. Fluffy cried in her little puppy dog voice. She wished her Mommy and Daddy would come running to chase the horrible man away. But he kept on shouting and hurting her. It felt like a very long time before the man went away. Fluffy lay there whimpering and shivering. She was too scared to move.

The sun was going down when Fluffy heard her Mother calling: "Fluffy, where are you? Fluffy, Fluffy, where are you, my puppy?" She made a very small whining sound and her Mother came running. She gave Fluffy a big hug and said: "I've been looking for you everywhere! Never mind, you're safe now, my puppy - let's go home before it gets dark."

Mommy helped Fluffy to get up and took her home to their warm house. Fluffy lay down in her bed and Mommy put a nice warm blanket over her and made her some nice puppy tea. Fluffy told her Mommy all about the scary man. She still felt a bit shivery and scared. That night Fluffy slept right next to her Mommy. She had a bad dream about the horrible man but her Mommy hugged her tight until she went back to sleep.

The next morning Fluffy's friends came to play but she didn't feel like playing. She wanted to hide under her blanket. Mommy sat next to her and said: "I know you still feel a bit scared but you're safe now, my puppy. I've got a plan to help you feel safe and then you can play with your friends again. They are missing you." Mommy took Fluffy's blanket and carefully chewed off a corner. She tucked it under Fluffy's collar. She said, "There you are. This can be your safety shield. If you feel scared, just smell this little piece of blanket or rub it. It will help you feel safe again."

That afternoon Fluffy's Mommy went outside with her and stayed nearby while she played with her friends. But soon, Fluffy was running around with her friends. Her Mommy could see that her tail was wagging with happiness. If she felt a little scared she rubbed her collar with the piece of blanket.



Possible discussion points:

What can you do when you feel unsafe?

What grownup can you go to if you have a problem?