



# Mommy's Imaginary Friend: Talking to Young Children About Depression

*Jessika Anne Allsop*

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"Mommy's Imaginary Friend" is a children's picture book written to help parents start the conversation about depression in a context children will better understand. This particular story focuses on a mother's depression and its effect on her young son. In this book the mother's depression is explained by the presence of her imaginary friend, Marvin, who is a goofy character that makes the Mom sad. "Mommy's Imaginary Friend" talks about some of the outward signs of depression that even children notice. The story weaves fantasy, imagination, and real life issues into one adorable children's book. For ages 2-6.

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