



Good Days and Bad Days
by Joanne and Laura Riebschleger

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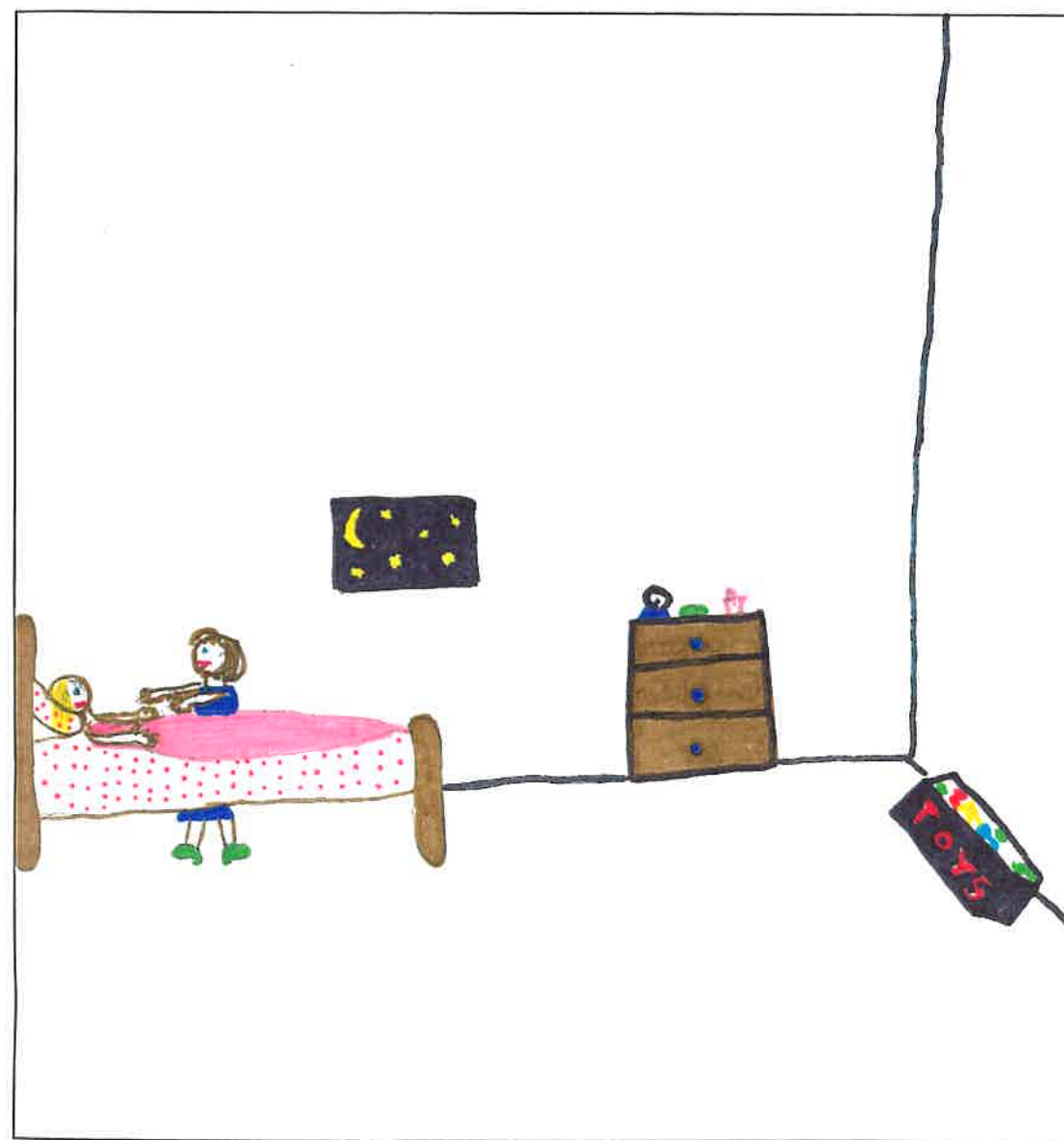
Dedicated to Donnie and Miranda



Nicole lives with her mother, Betty,
her sister, Brittany, and her dog, Max.
They live in a big blue house.



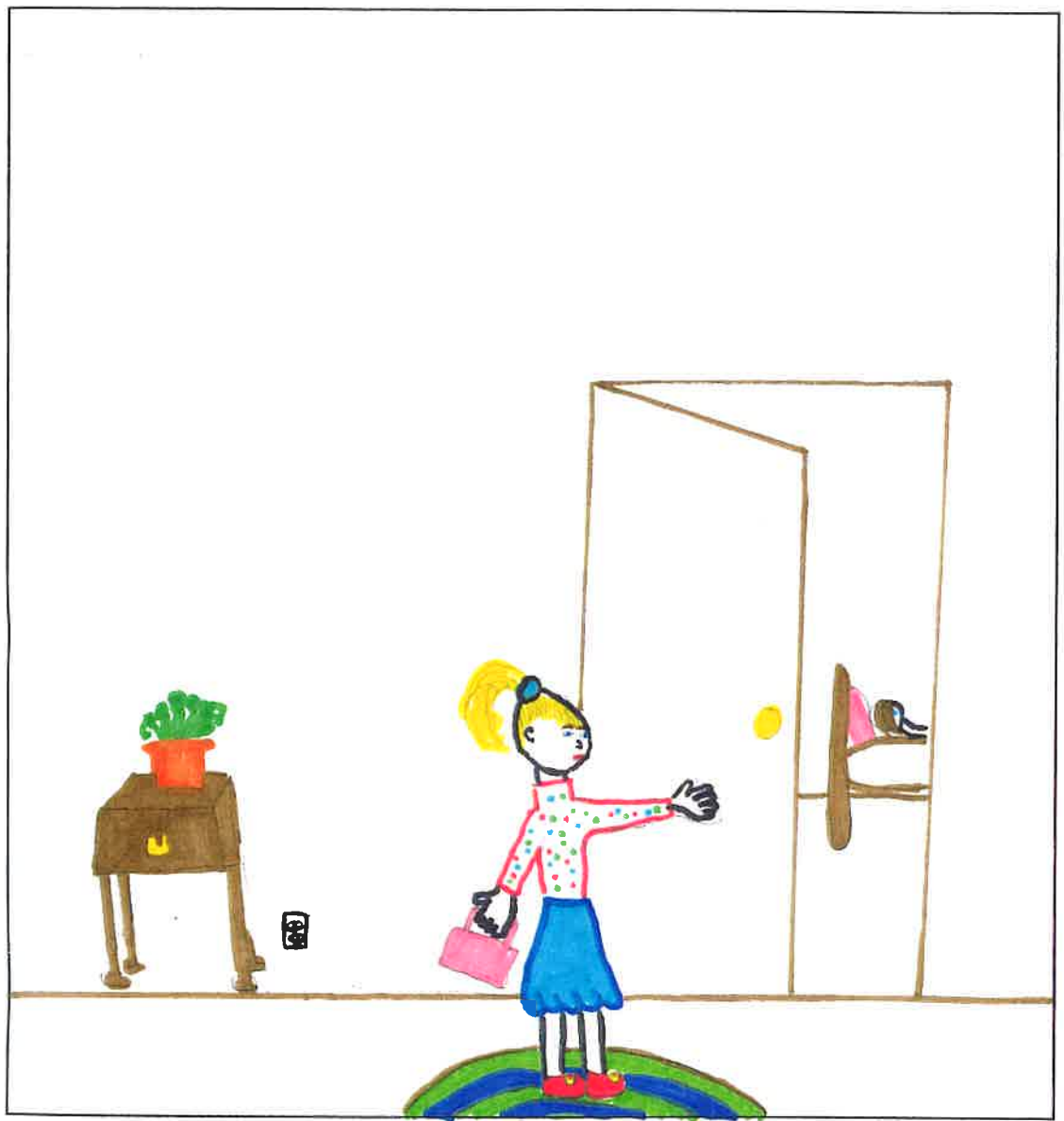
Today was a very good day.
They went to the beach.
They ate ice cream.
They made sand castles.



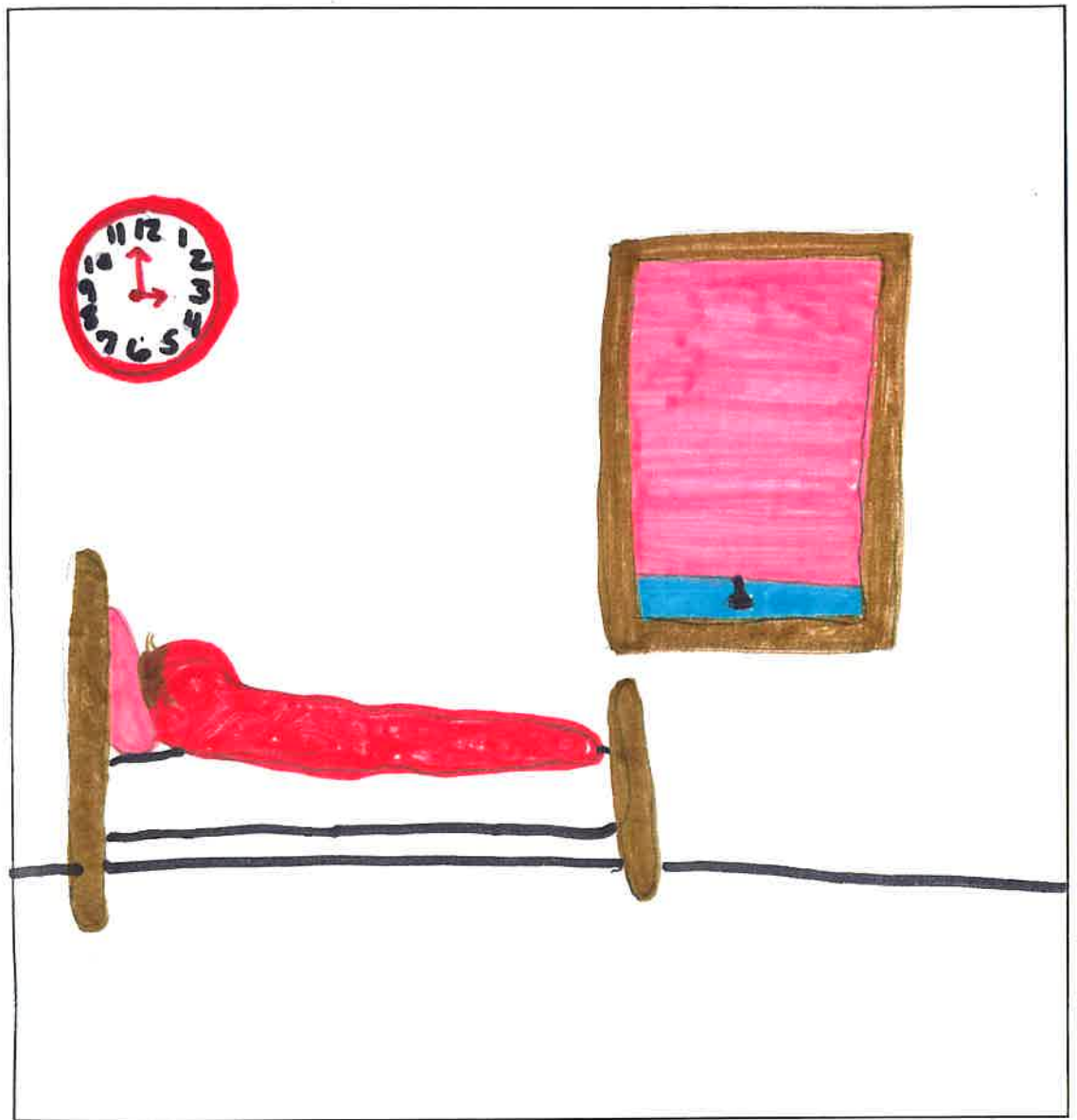
On good days, Nicole talks a lot
with her mother. Mom tucks Nicole
in bed at night. She hugs Nicole.



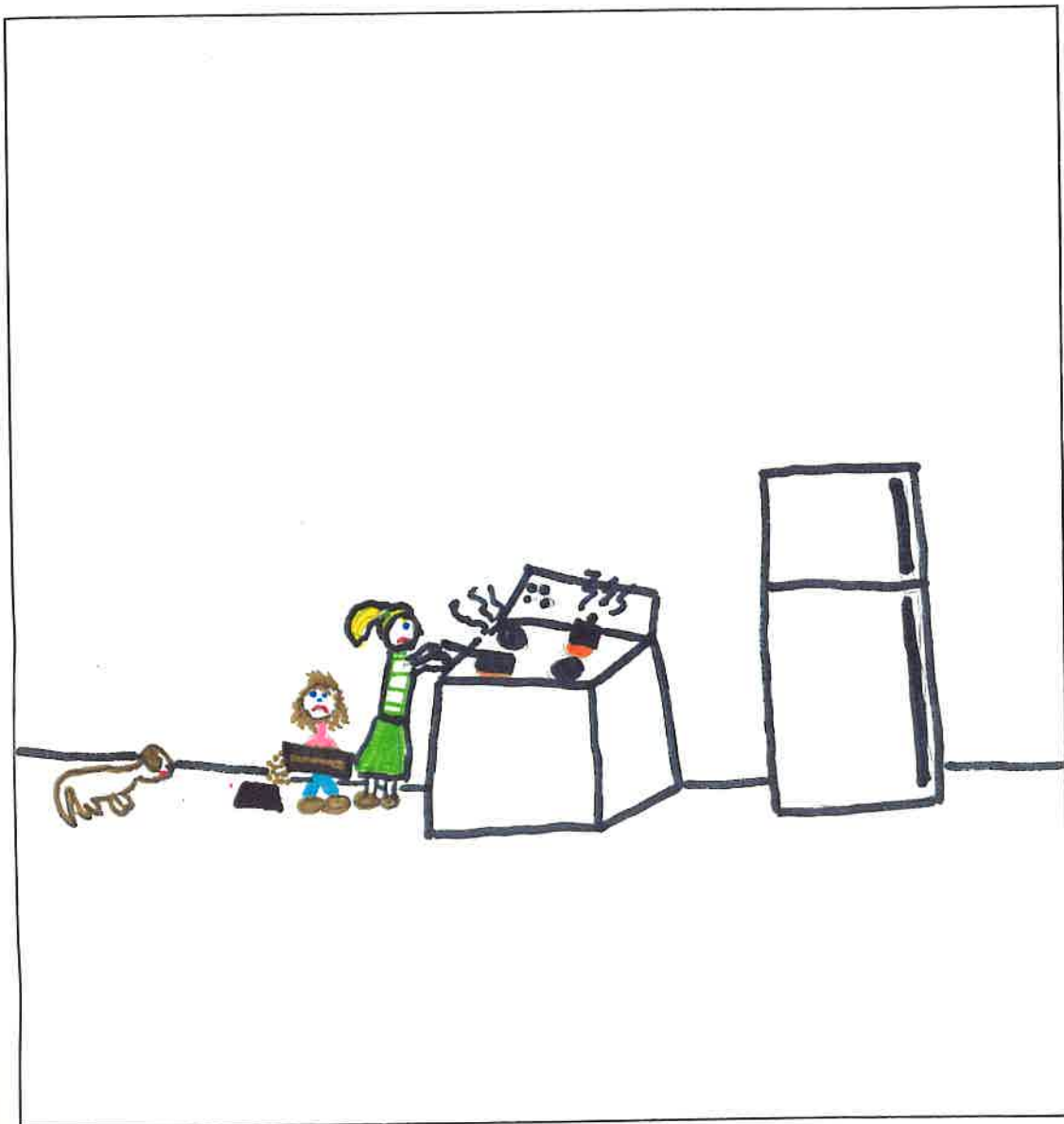
On good days, Nicole feels happy.
She plays with Max, Brittany,
and Mom. Everyone gets along great.



But some days are bad days.
Mom gets depressed.
She cries and cries. Nicole cannot
talk to Mom after school.

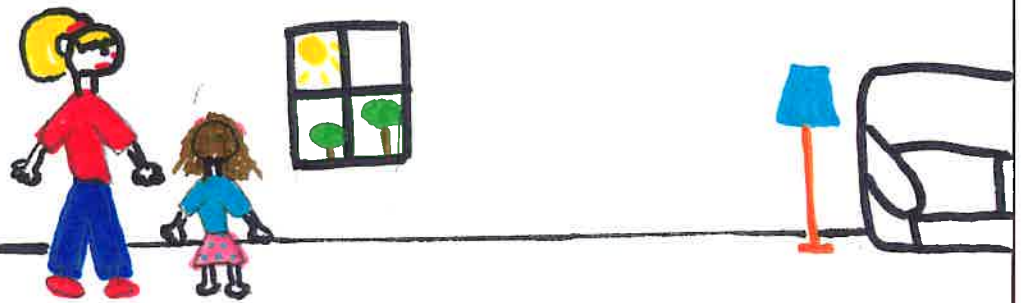


On bad days, Mom stays in bed
all day long. She won't play games
or go to the beach.

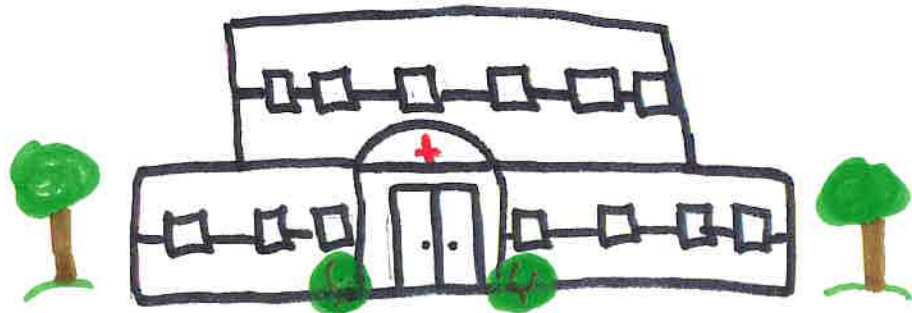


Mom doesn't even get dressed.
Nicole makes dinner.
She takes care of Brittany and Max.
Everyone feels sad and lonely.

NICOLE AND BRITTANY



MOM



One time, Mom got so depressed
that she stayed in the hospital
for two weeks. Nicole felt worried
and mad.



Nicole and Brittany had to stay with Aunt Helen. Nicole thought she made Mom depressed when she was too noisy.



Aunt Helen said it was not anyone's
fault that Mom was in the hospital.
She took Nicole to dance class.



After the hospital, Mom had to take
medicine for depression.
Sometimes Mom went to talk to
a social worker.



Now there are still good days
and bad days in the big blue house.
Nicole likes the good days best.

The End

About the Authors

Joanne Riebschleger is a social worker.

Laura is her 12 year old daughter.

They live in Houghton Lake, Michigan.

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