

# KOALA LOU

When Koala Lou's mother becomes so busy that she forgets to tell her firstborn how much she loves her, Koala Lou enters the Bush Olympics, intending to win an event and her mother's love all at one time.

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Ages: 3-7

Themes: Recognizing feelings; talking about their feelings

Sometimes it's hard for all of us to talk about how we feel but it's important for children to know that there's someone for them to talk to about their feelings, especially when they're feeling insecure. Here are a few ideas that "open the door" for a little conversation with your child about feelings:

- Crying is a way to express our feelings. Why do you think Koala Lou cried after the olympics? (Because she didn't win 1<sup>st</sup> prize). What made her feel better? (To know that her mother loved her even if she didn't win 1<sup>st</sup> prize)
- Can your child tell you about something that made them feel like crying? What made them feel better?
- Can your child think of a time when someone they know cried because they were happy? (when he or she received a special present or maybe at a friend's wedding)

You might want to remind your child that we can't always tell how someone is feeling by their facial expressions. Words are important, too!