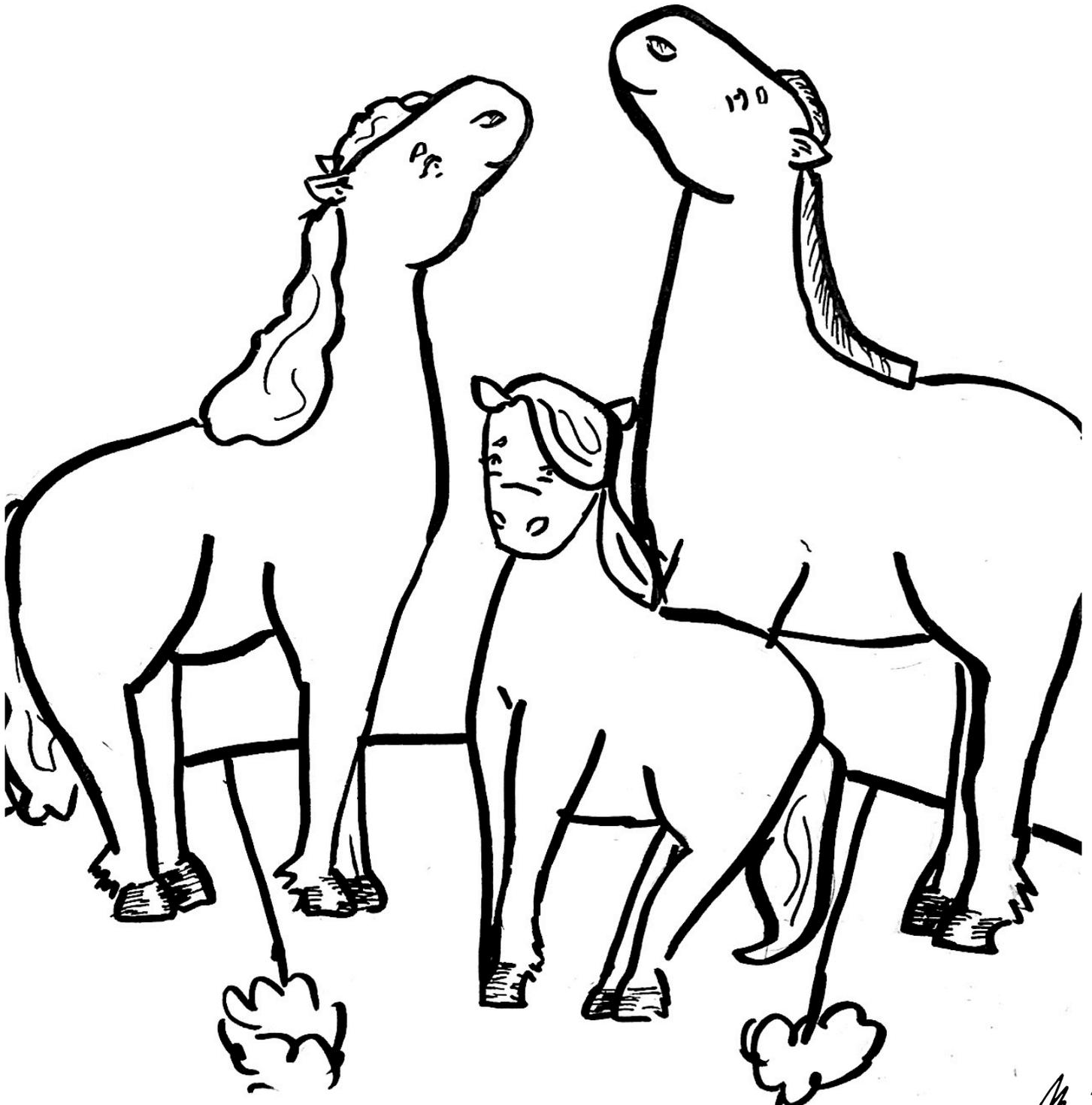


Cecilia and the Long Walk

a coloring book

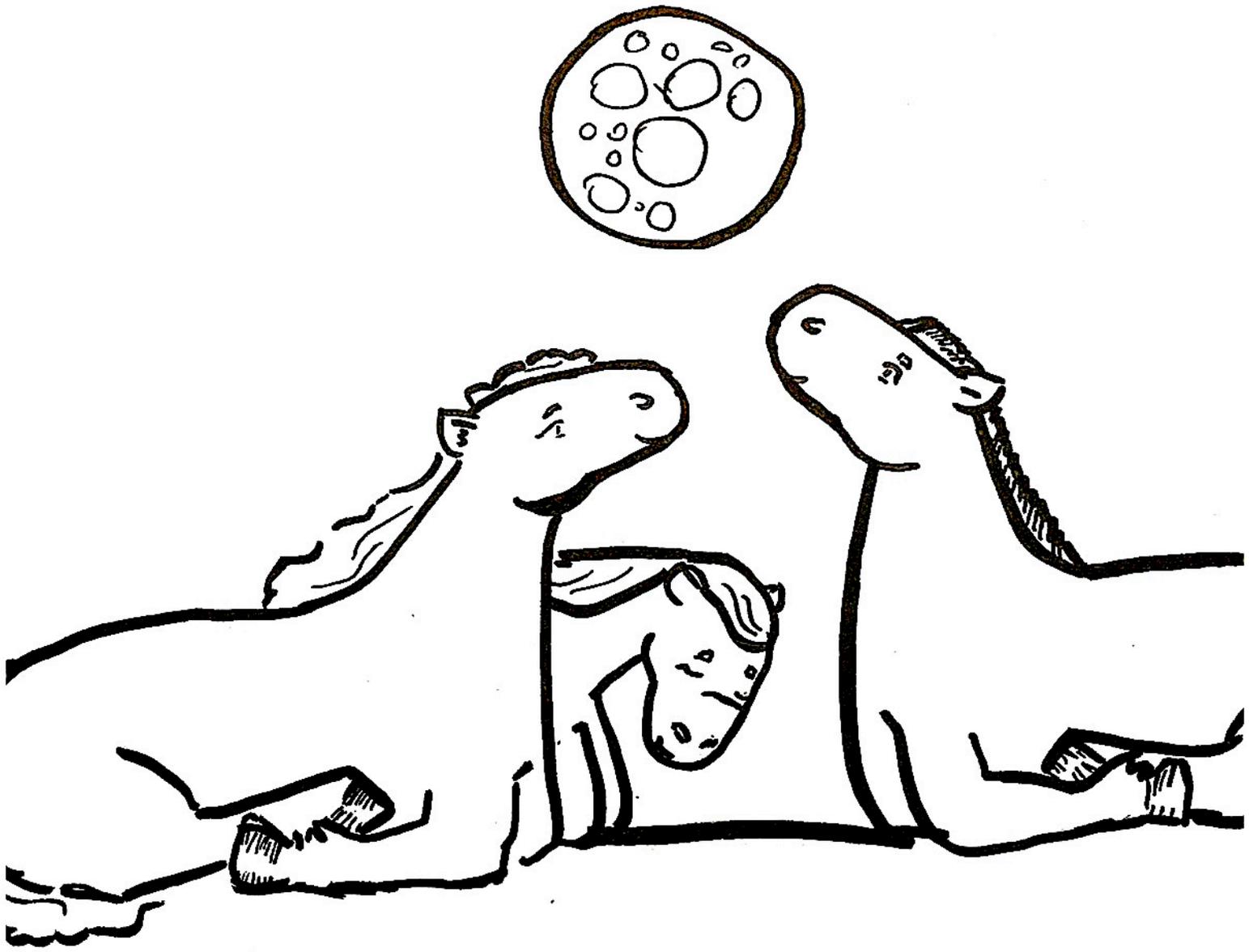


Majin

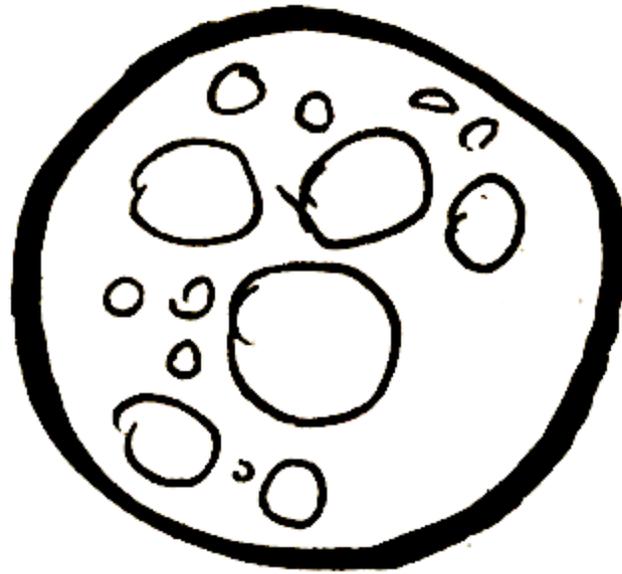


One day Cecilia the pony went on
a walk with her mamá and papá.

Mojito



Mojin



It was a very, very, very long walk, through days and
nights. She was tired, thirsty, hungry and grumpy
lots of the time.

Mojin

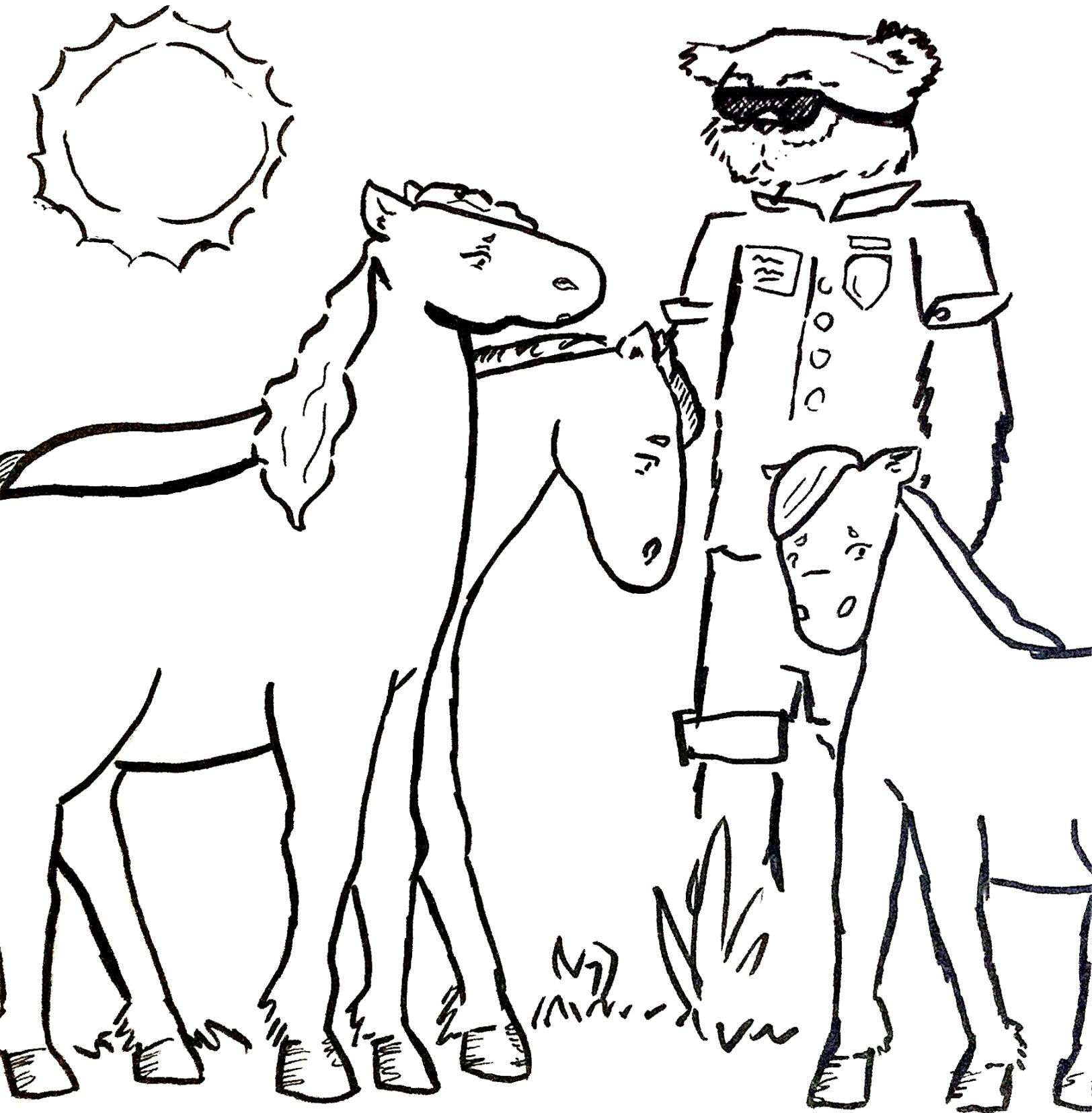


Finally mamá and papá said,

“We are here, we are at the border.”



Suddenly, a **BIG** bear in a uniform made them stop walking. Mamá and papá looked very scared and that made Cecilia afraid too.



Majin



Mamá and papá told her not to cry, saying

“We have to go with this bear and you have to go with that bear.”

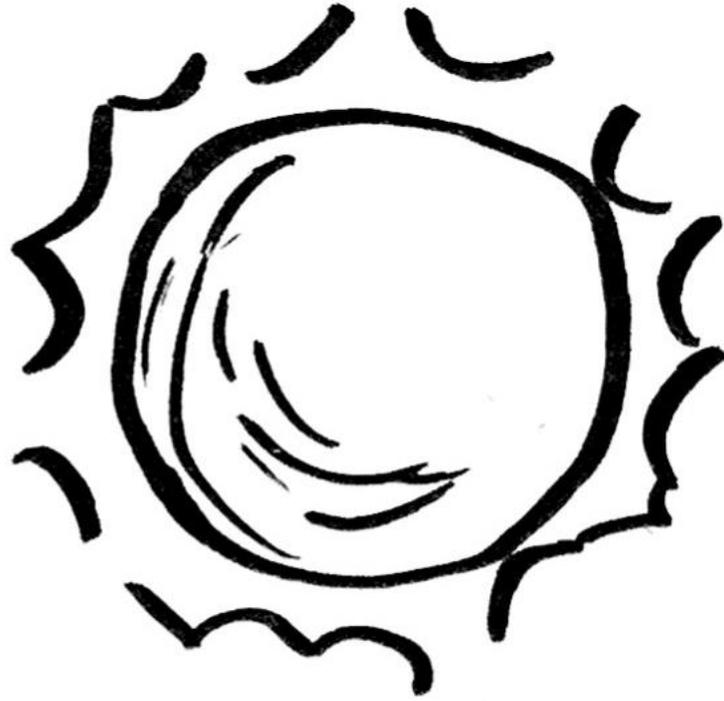


Another **BIG** bear led Cecilia away. She was very afraid but her mama and papa said, "We love you, Cecilia! We will see you soon."

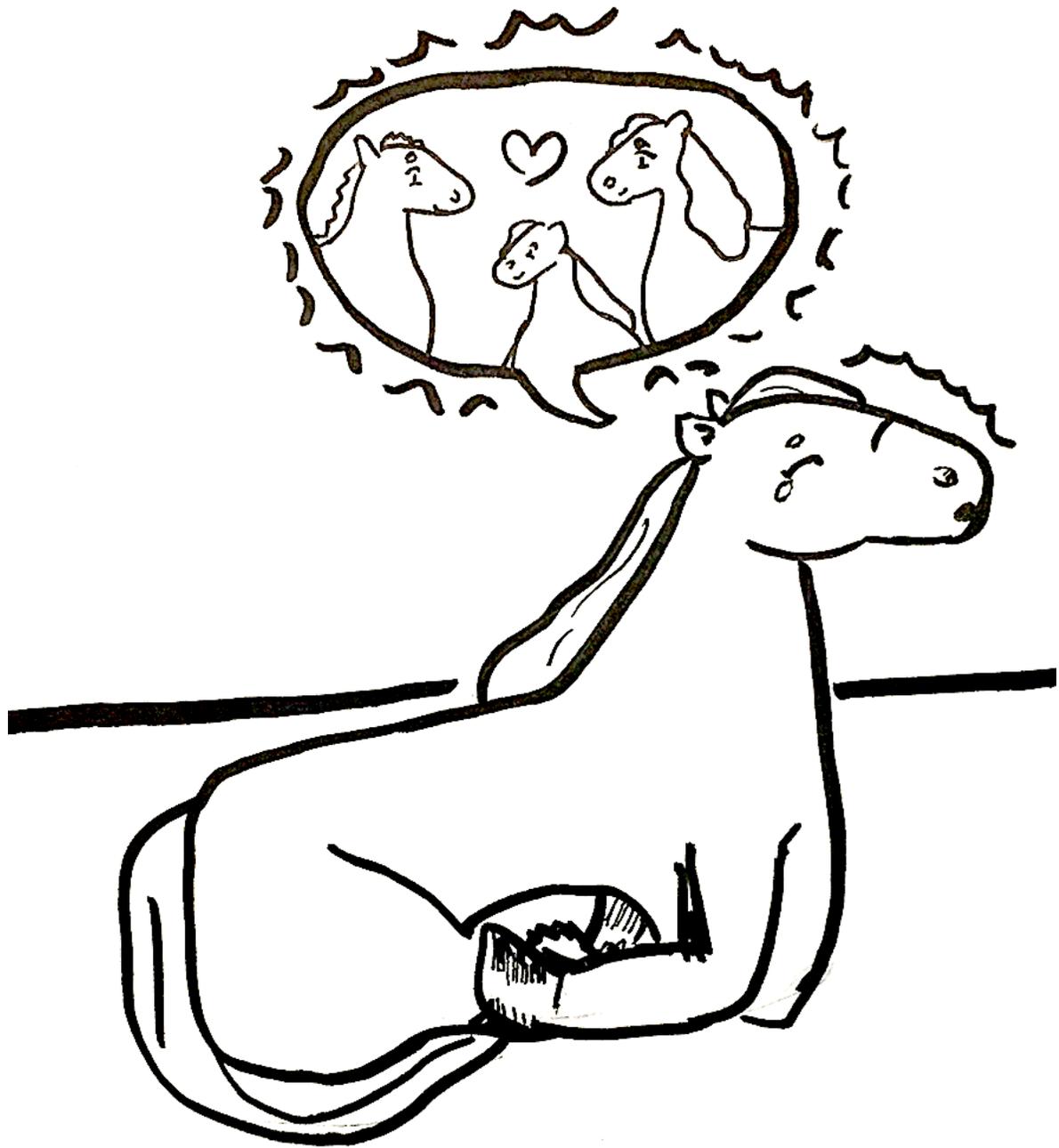
Mama began to cry and that made Cecilia cry, too...

she didn't like these bears!





At first Cecilia pretended she was on an adventure,
but soon she became lonely and missed her
mamá and papá.



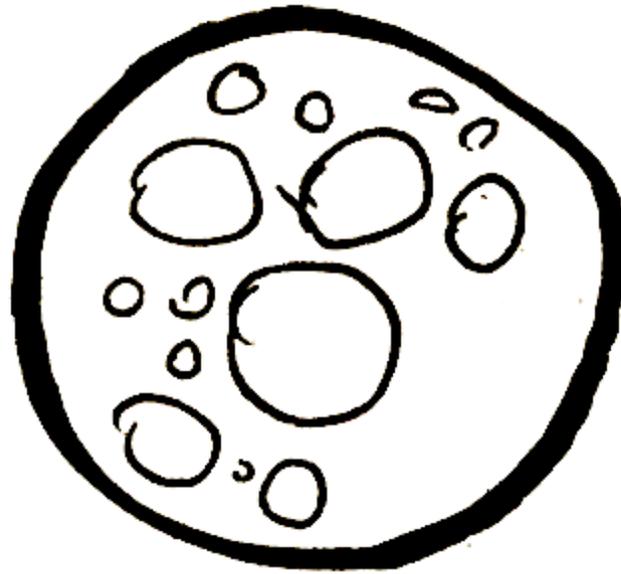
Majie



She wondered if she had done something to make them angry, but then she remembered that mamá and papá said they loved her and hugged her for a very long time before they left.



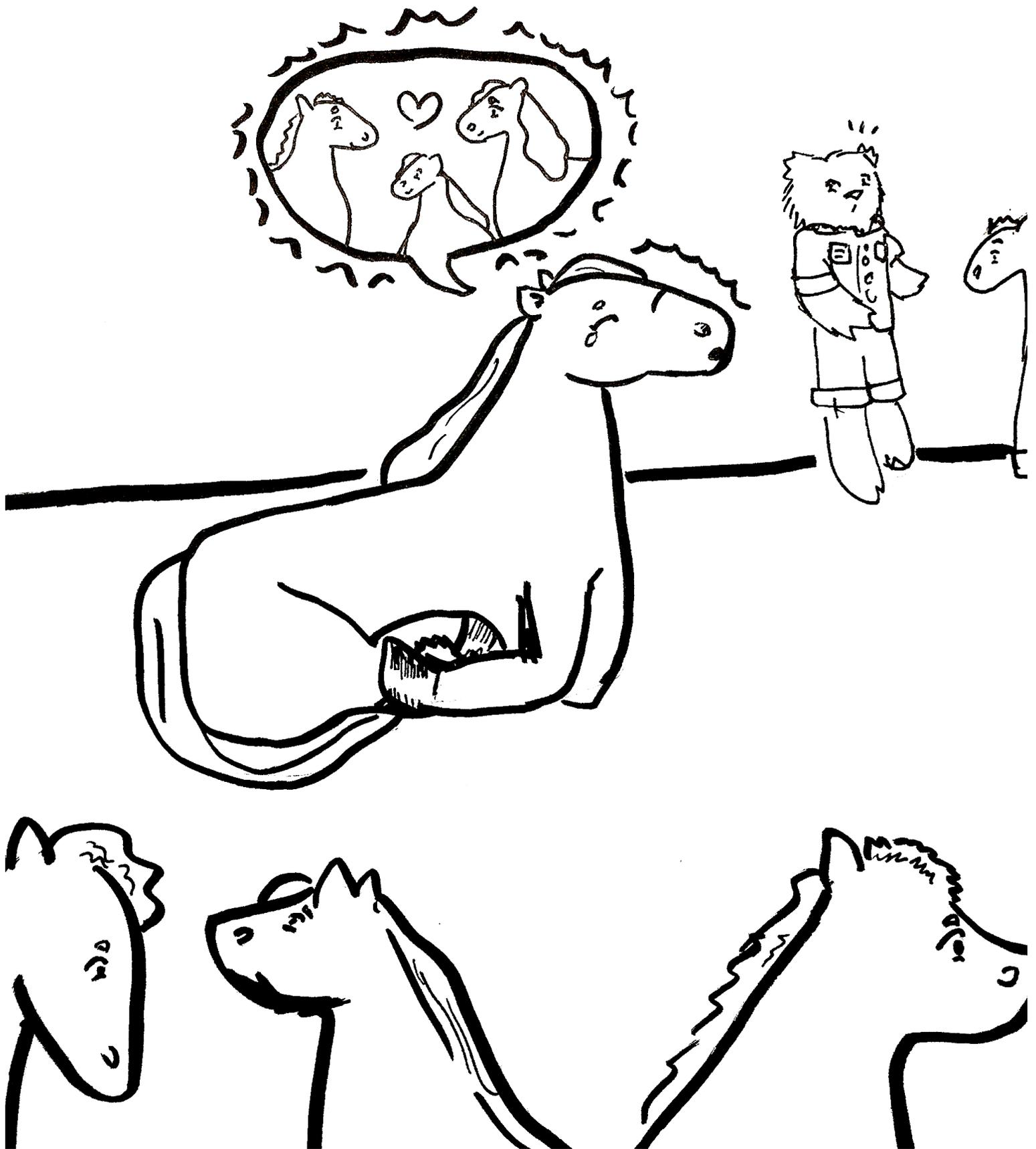
After a really, really, long time, Cecilia was taken to a place that the bears called a shelter, where there were many other ponies like Cecilia.



There were a few nice bears, but they didn't smell like mama
and the food didn't taste as good as mama's and the bears didn't
sound like papa. The bears were talking a lot, but the words didn't
make any sense.



"I miss mamá! I miss papá," said Cecilia
and she began to cry.



Finally, a nice bear came to talk to her. "Cecilia, I know you are scared and missing your mamá and papá."

He told her she would be okay.



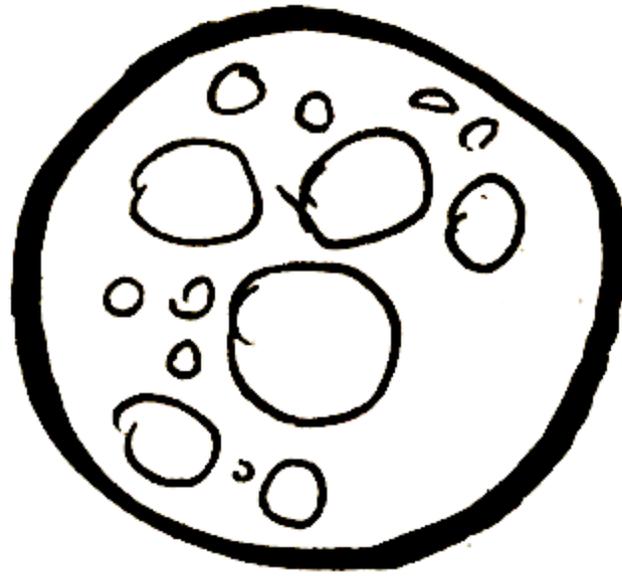
He explained, "Some bears made a really bad mistake. They took you away from your mamá and papá, but there are a lot of other bears helping to keep you safe now. Your mama and papa are thinking about you. They are doing everything they can to come and get you. They love you."



Mojin



Cecilia still felt scared, confused, and angry,
but now she felt a little less lonely.



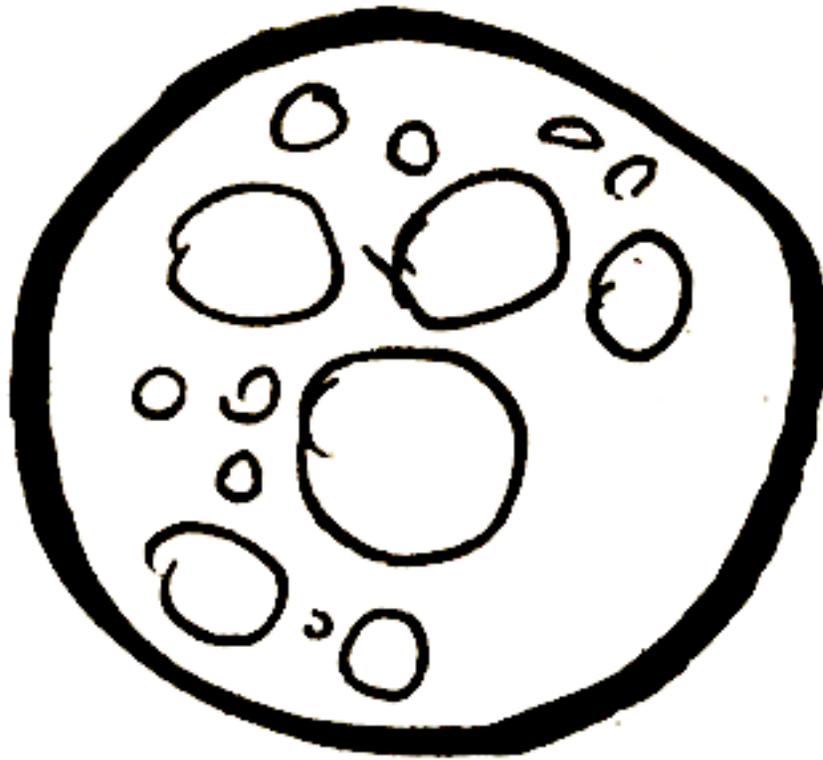
That night, she saw the moon in the sky and remembered the long walk with her mamá and papá. "We cuddled together in the dark under the moon," Cecilia the pony remembered. She thought about how her mamá hugged her close. She remembered her papá's gentle voice.



Cecilia whispered,

"Goodnight, moon! Goodnight, mamá, Goodnight, papá! I love you."

And then she fell asleep.



Mojin

Here is a place for your drawings:

Acknowledgements

Warm thanks to the many people who worked hard to bring this project to life in a short amount of time, including Johanna Ancheta, Dr. Deborah Weatherston, Alaska Head Start Mental Health Consultant Reflective Consultation Group, the Central Office of Alliance for the Advancement of Infant Mental Health, Professor Ribaudó's SW 696 S/S Class 2018, Jesus Alcántara Méndez, Ita Reyes, Laura Saavedra Hernández, Jimena Valdes Figueroa, Violeta Zarco Iturbe, Susan Perdomo, Diba Ancheta de Perdomo and Drs. Kate Rosenblum and Maria Muzik.

About the Creators

Julie Ribaldo, LMSW, IMH-E is a Clinical Associate Professor at the University of Michigan School of Social Work. She has practiced for 35 years with a focus on parent-infant relationships; and assessment and treatment of infants, toddlers and young children. Professor Ribaldo has a Post-Graduate Certificate and Endorsement as an Infant Mental Health Therapist and Distinguished Mentor. She was the 2013 recipient of the Selma Fraiberg Award for outstanding contributions to Michigan infants and their families. She lives with her supportive husband, Lou, and has an adult son, Chris, who long ago taught her about the wisdom of young children.

Sara F. Stein, LLMSW, MS, RYT is a doctoral candidate in the Joint Social Work and Clinical Psychology program at the University of Michigan. Her research seeks to identify risk for experiencing chronic intimate partner violence in adulthood, including early developmental trauma and traumatic stress, in order to develop more effective treatment interventions. Sara is a psychotherapist at The Women's Center of Southeastern Michigan with an emphasis on the treatment of trauma. She received a master's degree in social work and a master's degree in psychology from the University of Michigan, completed master's work in gender studies at El Colegio de México in Mexico City, and obtained her bachelor's degree from Wellesley College. Sara loves spending time with her dog, Luis Miguel, that she adopted during her time living in Mexico City and she is an avid yogi.

Paige Safyer, LLMSW, MS is a doctoral candidate in the Joint Social Work and Developmental Psychology program at the University of Michigan. Her research focuses on the physiological and affective processes that contribute to the development of the self within the caregiving context. Paige is a clinician at the University Center for the Child and the Family at the University of Michigan and The Women's Center of Southeastern Michigan. She received her bachelor's degree from Bryn Mawr College, and her master's degrees in Social Work and Developmental Psychology from the University of Michigan. Paige enjoys mystery novels and documentaries, as well as long walks and other outdoor adventures with her dog Moxie. She is passionate about the importance of listening to children and respecting their voices.

Maja Rosenblum-Muzik is 11 years old and lives in Ann Arbor, MI. She has loving parents and an older sister. Maja likes learning and school, she loves reading and being creative, and especially loves cooking and baking, and inventing new recipes. Maja also loves drawing and maybe one day may be an artist. Above all, Maja believes in fairness and love in this world.