



Can I tell you about Loneliness?: A guide for friends, family and professionals

Julian Stern

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Can I tell you about Loneliness?: A guide for friends, family and professionals Julian Stern

Meet Jan. Jan is sometimes lonely. In this illustrated guide, he describes what loneliness feels like and how it affects him at home and school. He explains what he can do to feel less lonely, and how his teachers, family and friends can help him too.

Child loneliness is an area of growing concern. This book is an ideal way to start a conversation about loneliness with anyone aged 7 and above and to help children understand the importance of healthy solitude, as well as socialising. It also includes a useful list of recommended reading, organisations and websites for further information and support.

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