

Time for Each Other



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Introduction

The story of Reuben and Grandpa spans three generations and brings together examples of how we can all look after our brains and promote better mental health. Inspired by a generation of children who survived the trauma of being separated from their families and evacuated during the Second World War, the authors have presented a story of love, friendship and kindness.

In a modern world it really is possible to be happy when we make 'time for each other'.



Reuben went to see Grandpa.

“Hello Grandpa,” said Reuben.

“Hello Reuben.” Grandpa replied.



Grandpa was drinking a large glass of iced water.

“Why are you drinking all that water?”
Reuben asked.

“It helps to keep my brain afloat,” Grandpa
laughed.

“I’d have to go for a wee if I drank that
much!” said Reuben.



Grandpa went into the garden with a packet of seeds. “What are you putting in the ground, Grandpa?” asked Reuben.

“I’m planting some beautiful sunflowers. Would you like to plant some too?” said Grandpa.

“Yes please!” said Reuben.

“I love sunflowers,” said Grandpa. “They make everyone smile.”

“Reuben,” called Grandpa.

“Look at this tiny ladybird.”

“It’s got four spots and six legs,” said Reuben.

“And it can fly!” said Grandpa.





Grandpa had a big tree in his garden. He liked to swing upside down from one of the branches.

“Why are you doing that?” asked Reuben.

“I’m having fun!” replied Grandpa.



At lunchtime Grandma made a picnic.

“Let’s lay out a huge picnic blanket and eat our sandwiches,” said Grandpa.

“And some strawberries from your garden!” said Reuben excitedly.

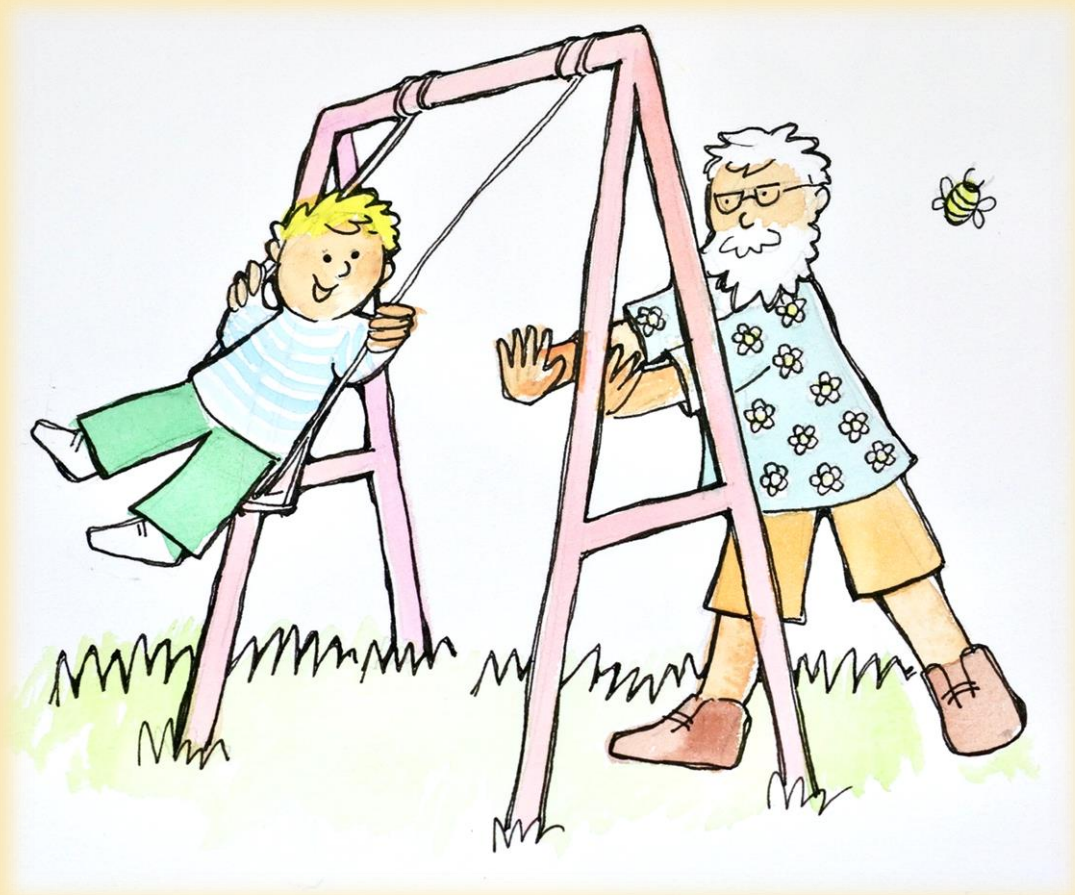
“And I’ve got some homemade lemonade.” called Grandma.

After lunch Grandpa took Reuben for a walk down the park.

“Let’s go on the swings!” said Reuben.

Grandpa pushed Reuben on the swing.

“What a wonderful time we’re having!” said Grandpa.



Reuben saw a man sitting on the bench who looked sad.

“Why is that man sad, Grandpa?” asked Reuben.

“That’s old Bob. His wife died last year,” Grandpa replied. “He misses her very much.”





“Is he always sad?” asked Reuben.

“Not every day. But it’s not wrong to feel sad.” said Grandpa.

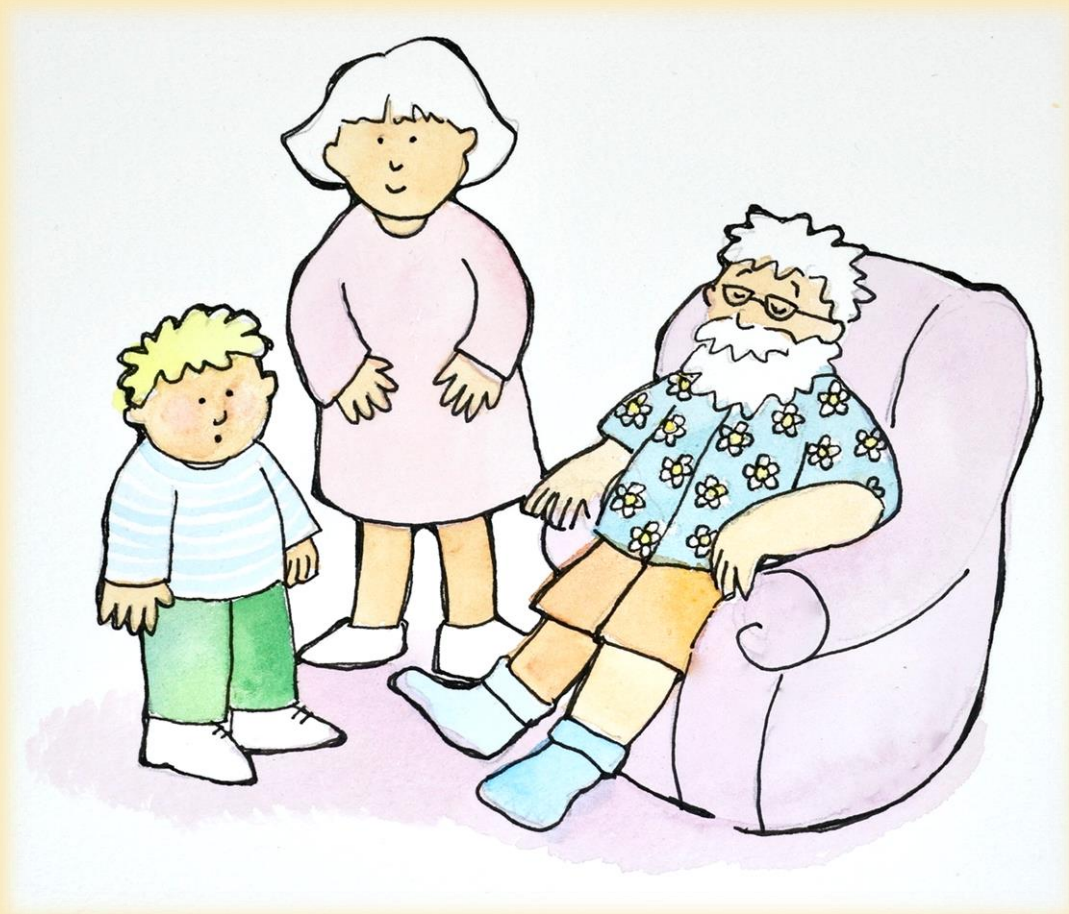
“Do you ever feel sad, Grandpa?” asked Reuben.

“Sometimes. When I do I talk to Grandma. She holds my hand and we go for a walk.” Grandpa replied.

When they got back to Grandpa's house,
Grandpa sat in an arm chair and fell asleep.

"Grandma," asked Reuben, "Why is
Grandpa sleeping?"

"He needs sleep. Sleep is good for you."
explained Grandma.





Grandpa woke up.

“I smell baking.”

“Grandma and I made some chocolate muffins for you!” said Reuben.

“Splendiferous!” said Grandpa. “My favourite!”

Grandpa gave Reuben and Grandma a big hug.



Grandpa, Grandma and Reuben did lots of things together to help look after their brains. Can you think of any?

What did Grandpa drink?



Lots of water.

Water is very good for you.

What did Grandpa and
Reuben plant in the garden?



Sunflower seeds.

It's great to have something
you are interested in doing.

What did Grandpa and Reuben
find in the garden?



A ladybird.

Look around and enjoy nature.

What did Reuben want to eat from
Grandpa's garden?



Strawberries.

Healthy food is good for you.

What did Reuben and Grandpa do
together after lunch?



They went to the park together
and played on the swings.

Having fun with someone else
is a good idea.

What does Grandpa do
when he feels sad?



He talks to Grandma.

It's good to tell someone who loves
us how we feel so they can help us.

When Reuben and Grandpa arrived
back home from the park, what did
Grandpa do?

He had a sleep in his armchair. Sleep
helps give us energy.



What kind thing did Reuben and
Grandma do for Grandpa?

They made him his favourite cakes.

Finding ways of being kind to
someone else can make them and
us feel good too.



How can we show others
we love them?

Give them a hug.



Good ideas to look after your brain when you are young.

1. Eat healthy food and drink plenty of water.
2. Aim for around 9-11 hours of sleep each night.
3. Talk to someone who loves you about how you feel, whether happy or sad. It's ok to feel sad sometimes and it's good to talk about it.
4. Find a local park or field to have a run around in or go for a walk locally for fresh air at least ten minutes a day.
5. Get involved with an after-school club or meet up with a friend and do something you enjoy.
6. Find an activity you can do as a family in the week. Play some games or have a picnic in the garden are great ideas.
7. Try doing something kind each day to cheer someone else up and make them smile.

Authors



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David lives with his family in Sussex and supports families touched by autism. He is passionate about the education of children with additional needs and is the author of several books and guides. David was awarded an MBE in 2020 for services to children and young people with autism.



Hannah Rowe BEd

Hannah graduated in Primary Education at the University of Winchester in 2017. She lives in Sussex with her husband and two boys. Hannah loves music, art and baking.

Illustrator



Julie Wharton

Julie graduated from Nottingham Polytechnic with a degree in Information Graphic Design in 1990. Now thirty years later, she is a Senior Lecturer in additional needs at the University of Winchester. Julie loves being with her family and friends.