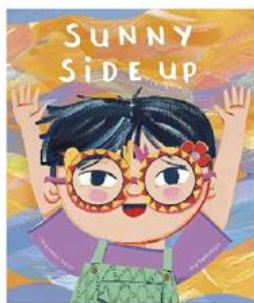


READING ZONE Q&A with Clare Helen Welsh

1. Can you tell us a little about yourself and the kinds of picture books you write?

I am a former primary school teacher and mental health champion turned children's writer. What I love about picture books is the range! Funny, educational, empowering, emotionally-charged - I write all kinds of books in all kinds of styles. I am possibly best known for my Books That Help - books that help families navigate the ups and downs and challenges of life... or my tasteful (and educational) toilet humour books about Lenny the lemur!



2. What is your new book, Sunny Side Up, about?

Sunny Side Up is about a child who finds a pair of glorious glasses... a pair of sunny-side specs that help them see the good in situations. The glasses can turn bad moods into good moods, and a goodbye into a hello... sometimes things aren't as bad as they first seem. The child finds out there is a brighter side to life and that there is often more than one way to look at a situation.

However, sometimes there isn't a sunny side. The main character also learns it's ok to take your sunny-side specs off and put them to one side, for however long you need.

3. What inspired this story about seeing the world in a positive way?

Ellie Farmer, editorial director at Little Tiger Press, asked me if I'd be interested in creating a book about gratitude and the different ways of looking at the world - a sort of Cognitive Behavioural Therapy book for children.