

I'd had CBT after my breast cancer treatment, and it was life changing. One thing that stuck with me was the idea that if you can't change the situation, change your thoughts. I decided to zoom in on the idea that you can re-frame the way you see the world, and in turn, the way you feel. Also, there is a house near me called Sunnyside. I used to pass it every day on the school run, so it was only a matter of time before it snuck into a story!

**4. Was it a challenge to convey this message to young children? How did you decide to approach it?**

I knew I wanted a tangible, visual metaphor to help explain the concept to children. Quite quickly I came up with the idea of a pair of glasses as a means of challenging the way we see the world and the way we think. That was the easy part!

What was harder was coming up with simple examples that children could relate to. Ellie encouraged me to write a long list of possibilities, which editor Perry Emerson helped me to cut back. Here are some that didn't make it into the book:

*Losing becomes...winning.*

*Old becomes... young again.*

*Splitting up might mean getting more love not less.*

*And gone... could be closer than you think.*

**5. What kinds of discussions do you feel the story could prompt with children?**

I would love it if Sunny Side Up encouraged children (and grownups) to think more about thinking! Thoughts create feelings and feelings create behaviour. What we say to ourselves really matters - it affects how we feel, how we treat others and how we approach life. I'd love to show readers of all ages that they can train their brain to see the good in things.

I'm a firm believer in positive thinking. That's not to say I don't acknowledge when times are hard, but the brain likes to make habits - what we notice, we get more of. I've found having a generally positive outlook on life makes me feel good and is good for me, too. Of course, it's not always possible.