

# やっぱりおうちが いいな

## **It sure is good to be home**

**For children who fear going back home due to post-quake trauma**



**Some children fear returning home because they saw their houses sway and their possessions fall around them during an earthquake.**

**We made this picture book for such children.  
We hope it will be a resource for their families.**

**Kumamoto City  
Child Development  
Support Center**

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The earth caught a cold.

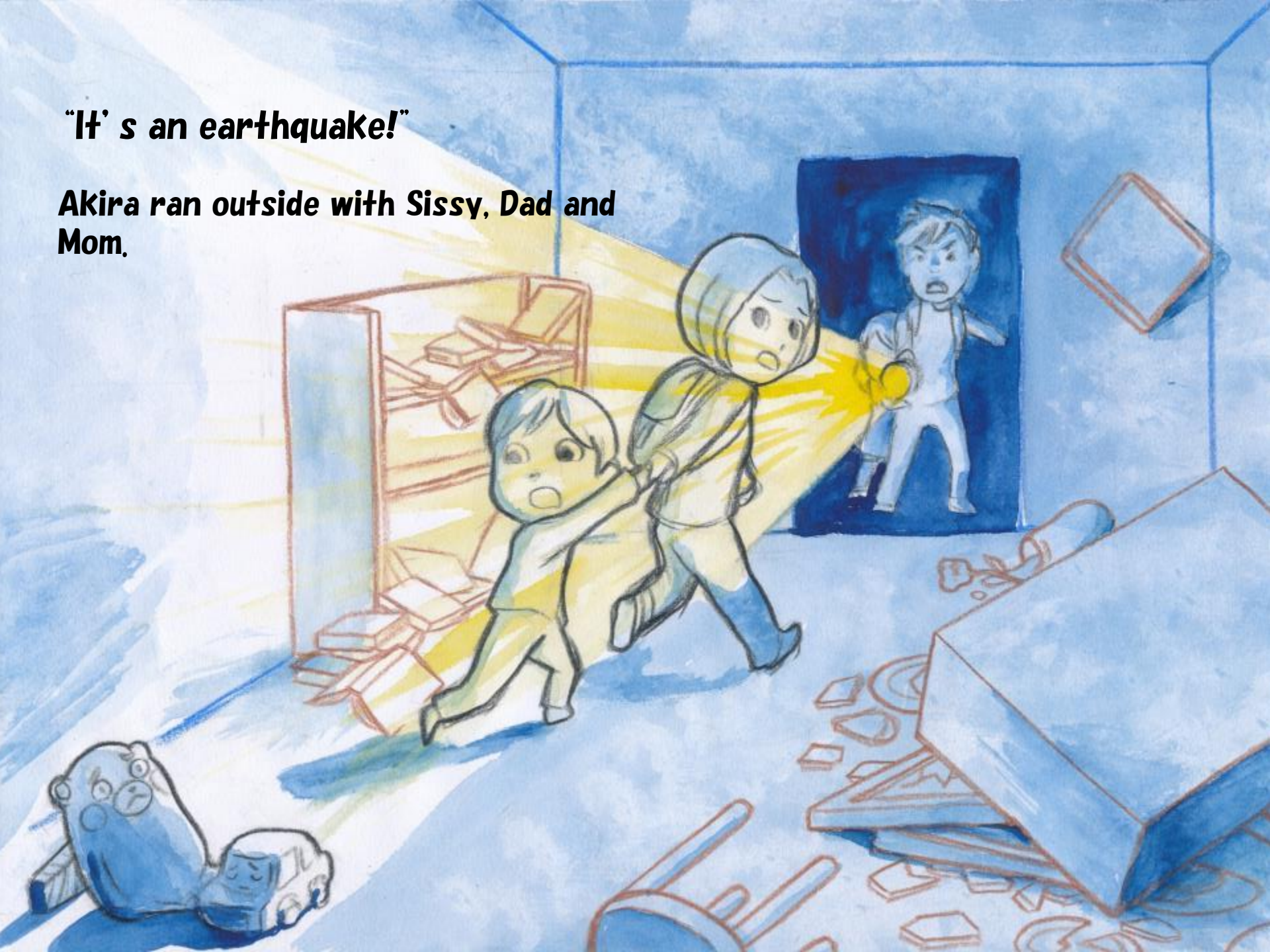
**“Achoo!”**



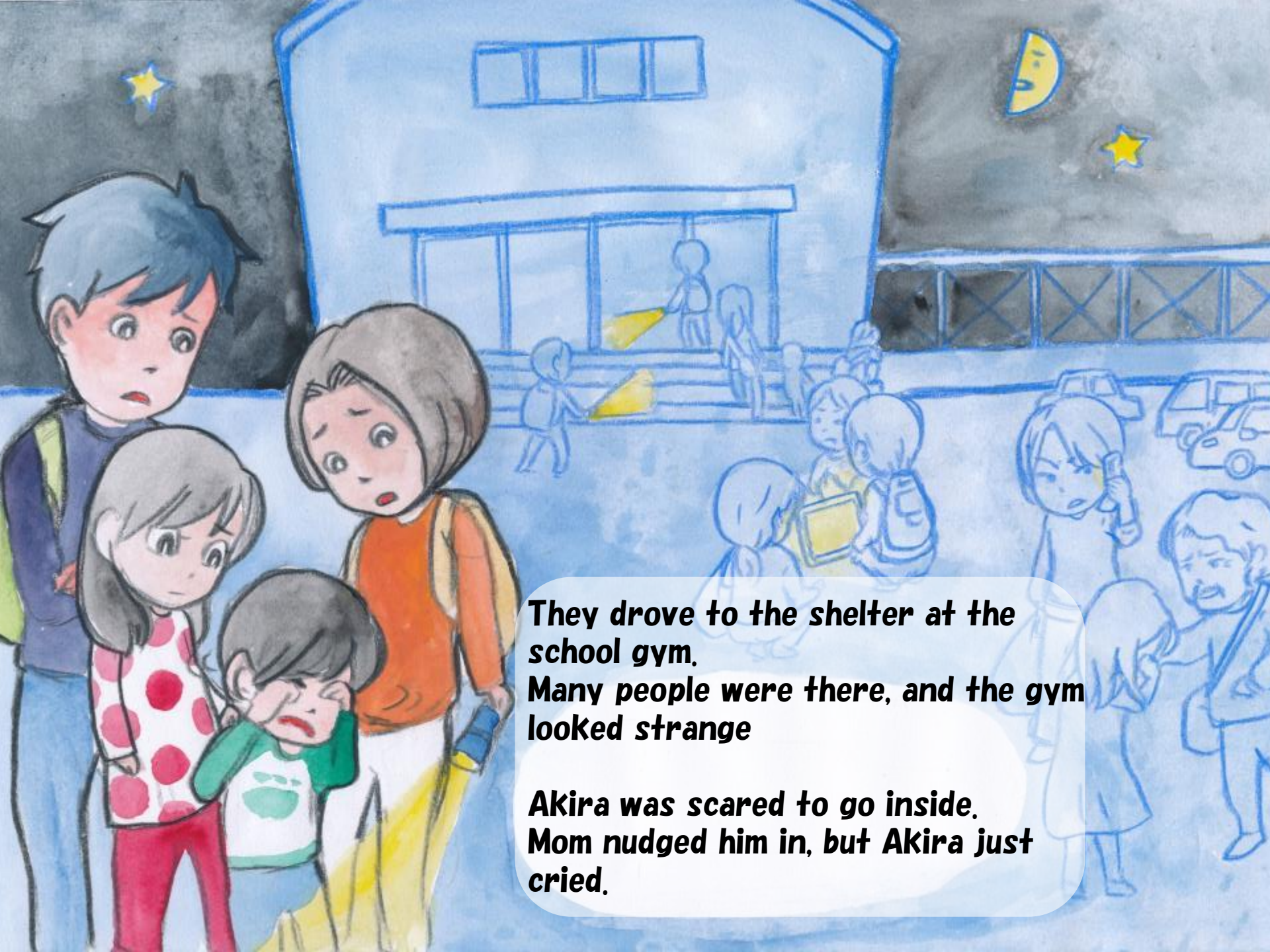


**"It's an earthquake!"**

**Akira ran outside with Sissy, Dad and Mom.**







**They drove to the shelter at the school gym. Many people were there, and the gym looked strange**

**Akira was scared to go inside. Mom nudged him in, but Akira just cried.**



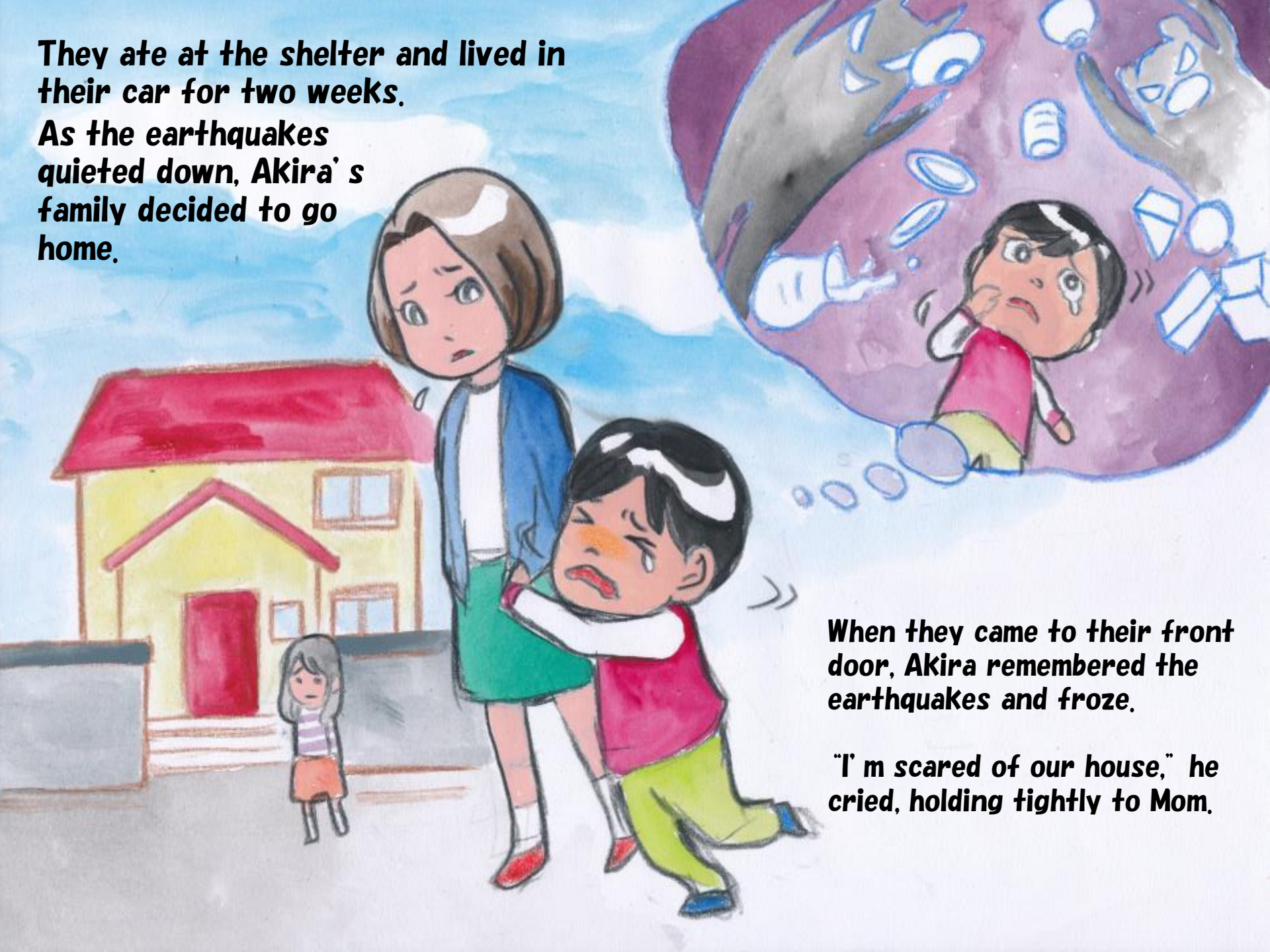
**They had no choice but to sleep  
in their car.**





**They ate at the shelter and lived in their car for two weeks.**

**As the earthquakes quieted down, Akira's family decided to go home.**



**When they came to their front door, Akira remembered the earthquakes and froze.**

**"I'm scared of our house," he cried, holding tightly to Mom.**





**Sissy gathered all her courage and went inside the house. It was more cluttered than usual, but it looked almost normal since Dad had already tidied up.**



**Sissy showed Akira his favorite teddy bear. "See, Kumamon is waiting for you inside."**





***Akira gathered his courage and went inside, one step at a time.***





**All the toys - his  
Kumamon, trains, and  
cars - were there  
clapping their hands  
to welcome Akira home.**





**Akira started playing with  
the toys right away.**

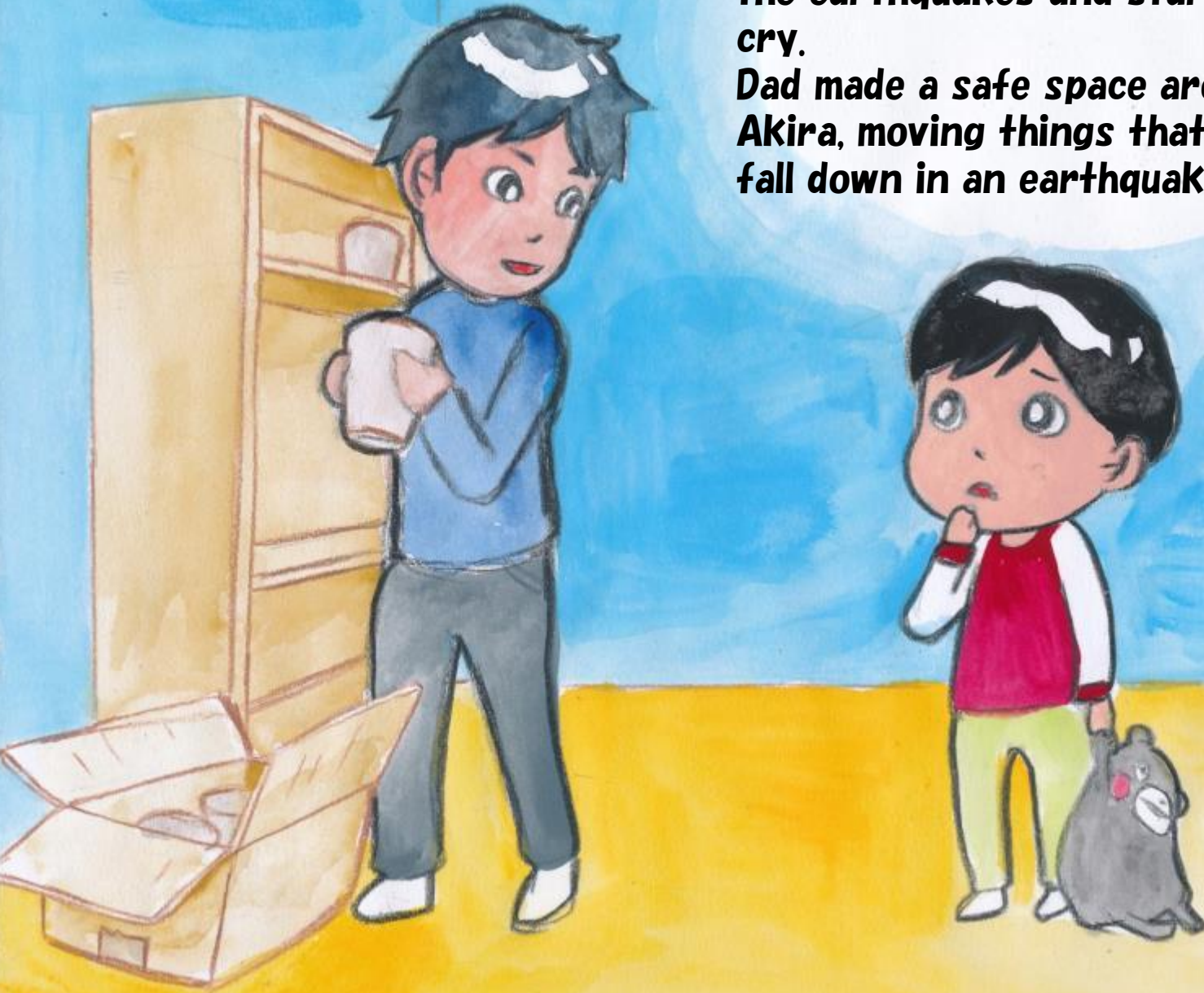
**"It sure is fun at home!"**





**As night fell, Akira remembered the earthquakes and started to cry.**

**Dad made a safe space around Akira, moving things that might fall down in an earthquake.**







**Mom said,  
"If a quake hits again, hide here. It's  
alright because we will escape all  
together," and hugged him tightly.**

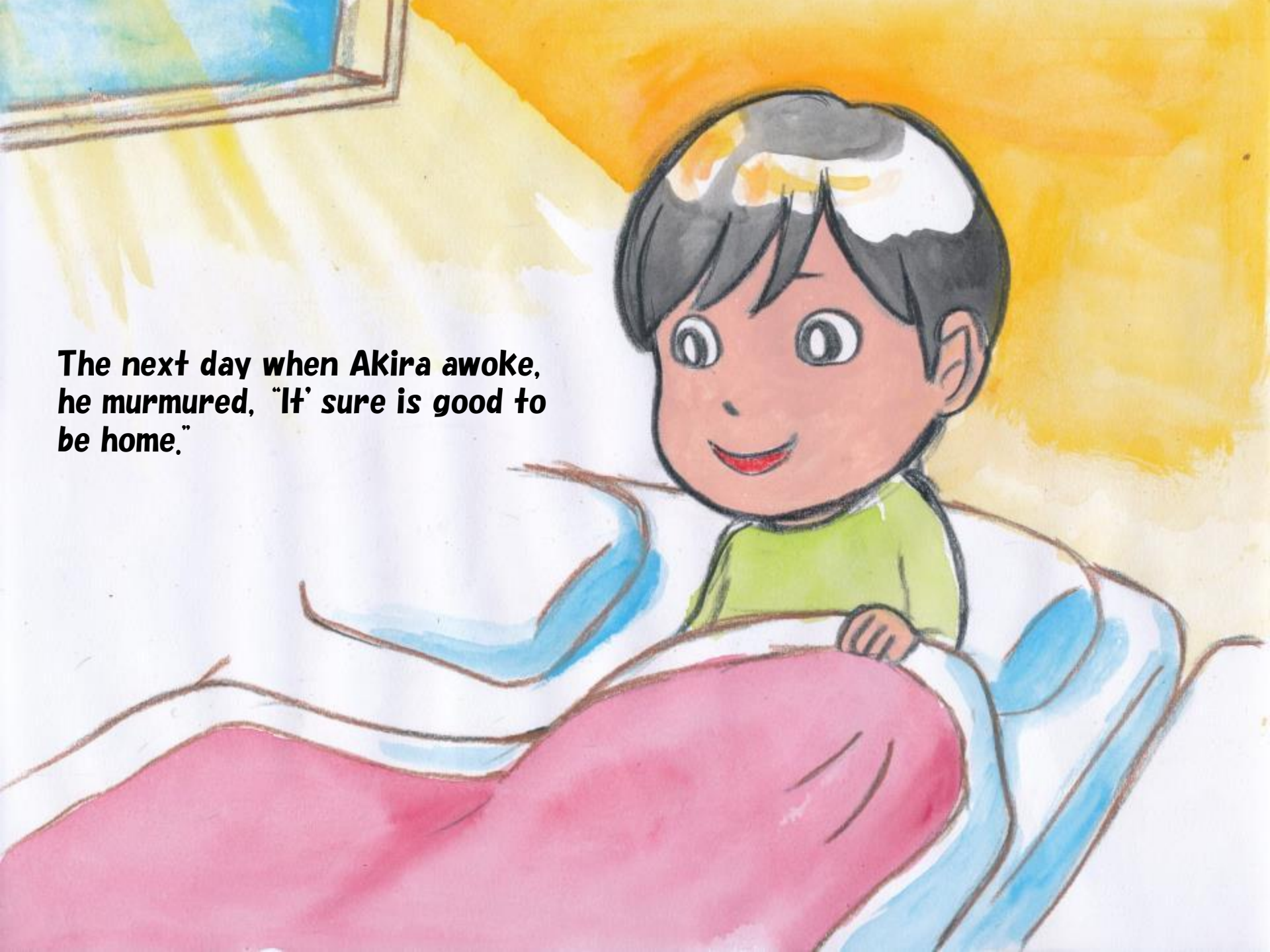


**That night, Dad, Mom,  
Sissy, and Akira all slept  
together side by side.**





**The next day when Akira awoke,  
he murmured, "It's sure is good to  
be home."**





**Sometimes, the earth  
sneezes.  
When that happens, Akira  
says,**

**"Dear Earth, get well soon."**





## **To family members of children who have experienced an earthquake:**

**There are cases where children are so afraid of another earthquake striking that they won't be able to go back home. Please pay attention to the following advice:**

- 1. Go back to your normal living routine as much as possible. It may be good to place familiar toys nearby.**
- 2. Create a space where children feel safe. For instance, secure an area where nothing could fall or drop during a quake.**
- 3. Communicate the plan of action in the event of an earthquake, including where to escape first and what to do after that. Give your children confidence that the adults around them are keeping them safe.**

**\* Please make sure that your house is safe before returning.**







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