

Cecilia and the Long Walk



Written by

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One day Cecilia
the pony went on
a walk with her
mamá and papá.



It was a very,
very, very long
walk, through
days and nights.
She was tired,
thirsty, hungry
and grumpy lots
of the time.



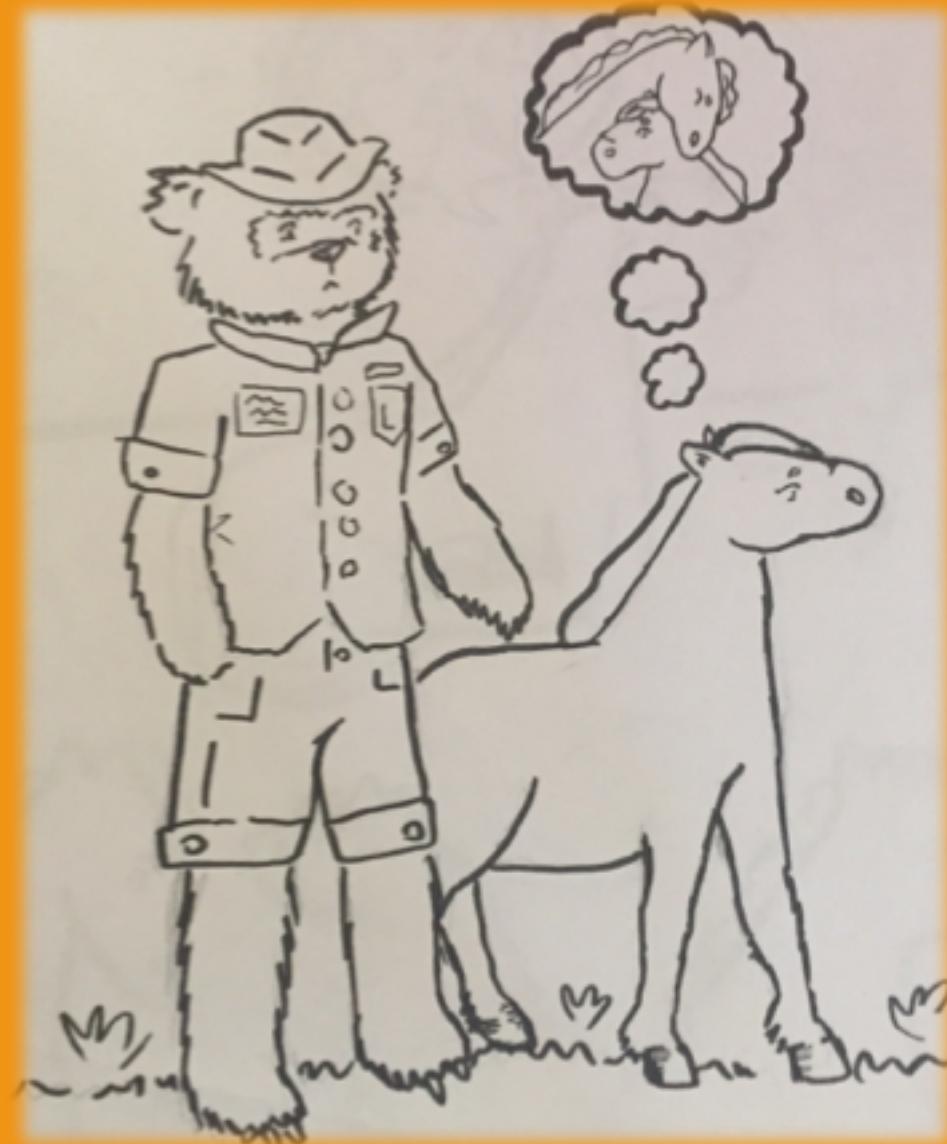
Finally mamá and papá
said, “We are here, we are
at the border.”

Suddenly, a BIG bear in a uniform made them stop walking. Mamá and papá looked very scared and that made Cecilia afraid too.



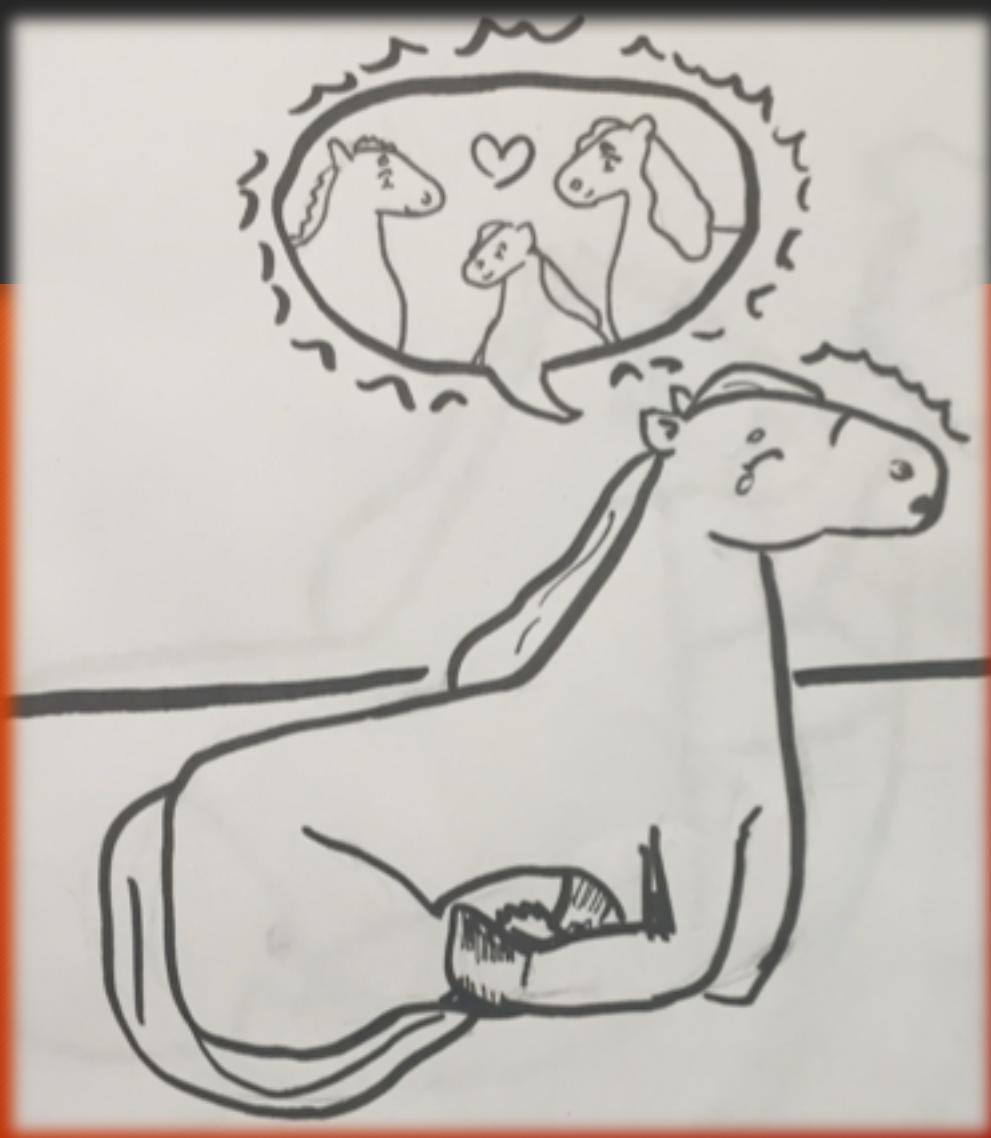
Mamá and papá told her not
to cry, saying “We have to
go with this bear and you
have to go with that bear.”

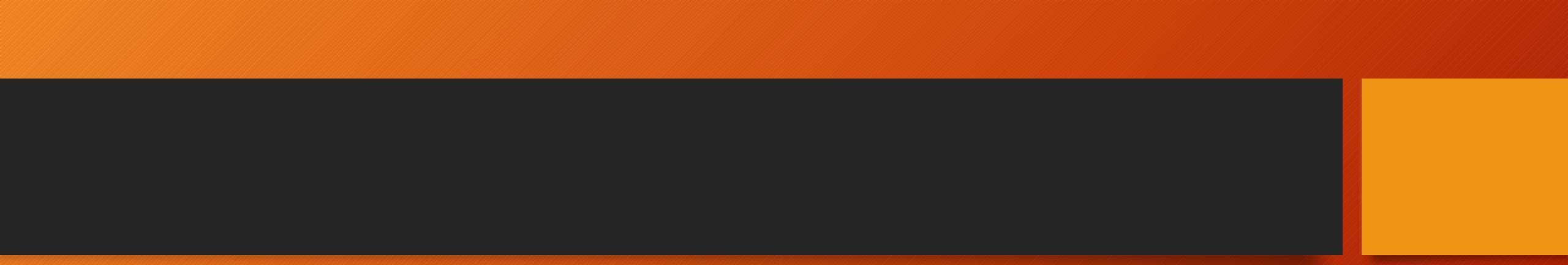
Another BIG bear led Cecilia away. She was very afraid but her mamá and papá said, "We love you, Cecilia! We will see you soon." Mamá began to cry and that made Cecilia cry, too...she didn't like these bears!



At first Cecilia pretended
she was on an adventure,
but soon she became lonely
and missed her mamá and
papá.

She wondered if she had done something to make them angry, but then she remembered that mamá and papá said they loved her and hugged her for a very long time before they left.

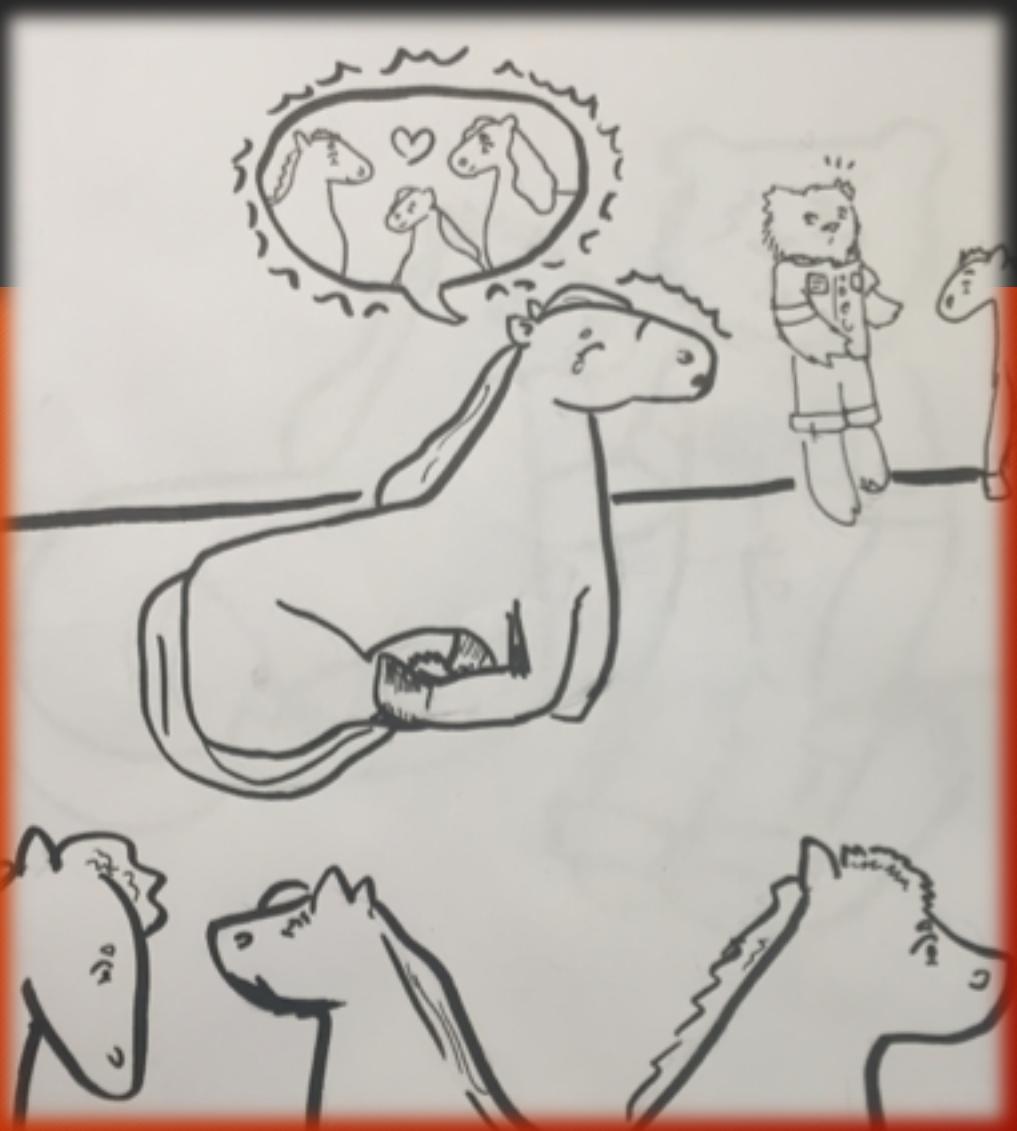




After a really, really, really long time, Cecilia was taken to a place that the bears called a shelter, where there were many other ponies like Cecilia.

There were a few nice bears, but they didn't smell like mamá, the food didn't taste as good as mamá's and the bears didn't sound like papá. The bears were talking a lot, but the words didn't make any sense.

"I miss mamá!
I miss papá,"
said Cecilia
and she began
to cry.



Finally, a nice bear came to talk to her. "Cecilia, I know you are scared and missing your mamá and papá." He told her she would be okay.

He explained, "Some bears made a really bad mistake. They took you away from your mama and papá, but there are a lot of other bears helping to keep you safe now. Your mama and papá are thinking about you. They are doing everything they can to come and get you. They love you."



Cecilia still felt scared,
confused and angry, but
now she felt a little less
lonely.

That night, she saw the moon in the sky and remembered the long walk with her mamá and papá. "We cuddled together in the dark under the moon," Cecilia the pony remembered. She thought about how her mamá hugged her close. She remembered her papá's gentle voice.





Cecilia whispered, "Goodnight, moon!
Goodnight, mamá, Goodnight, papá! I love you."
And then she fell asleep.

Acknowledgements

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About the Creators

Julie Ribando, LMSW, IMH-E, is a Clinical Associate Professor at the University of Michigan School of Social Work. She has practiced for 35 years with a focus on parent-infant relationships; and assessment and treatment of infants, toddlers and young children. Professor Ribando has a Post-Graduate Certificate and Endorsement as an Infant Mental Health Therapist and Distinguished Mentor. She was the 2013 recipient of the Selma Fraiberg Award for outstanding contributions to Michigan infants and their families. She lives with her supportive husband, Lou, and has an adult son, Chris, who long ago taught her about the wisdom of young children.

Sara F. Stein, LLMSW, MS, RYT, is a doctoral candidate in the Joint Social Work and Clinical Psychology program at the University of Michigan. Her research seeks to identify risk for experiencing chronic intimate partner violence in adulthood, including early developmental trauma and traumatic stress, in order to develop more effective treatment interventions. Sara is a psychotherapist at The Women's Center of Southeastern Michigan with an emphasis on the treatment of trauma. She received a master's degree in social work and a master's degree in psychology from the University of Michigan, completed master's work in gender studies at El Colegio de México in Mexico City, and obtained her bachelor's degree from Wellesley College. Sara loves spending time with her dog, Luis Miguel, that she adopted during her time living in Mexico City and she is an avid yogi.

About the Creators

Paige Safuer, LLMSW, MS, is a doctoral candidate in the joint Social Work and Developmental Psychology program at the University of Michigan. Her research focuses on the physiological and affective processes that contribute to the development of the self within the caregiving context. At present, Paige is a clinician at the University Center for the Child and the Family at the University of Michigan and The Women's Center of Southeastern Michigan. She received her bachelor's degree from Bryn Mawr College, and her master's degrees in Social Work and Developmental Psychology from the University of Michigan. Paige enjoys mystery novels and documentaries, as well as long walks and other outdoor adventures with her dog Moxie. She is passionate about the importance of listening to children and respecting their voices.

Maia Rosenblum-Muzik is 11 years old and lives in Ann Arbor, MI. She has loving parents and an older sister. Maia likes learning and school, she loves reading and being creative, and especially loves cooking and baking, and inventing new recipes. Maia also loves drawing and maybe one day may be an artist. Above all, Maia believes in fairness and love in this world.

Johanna Ancheta, LLMSW, is an Artist and Clinical Social Worker. As the daughter of immigrants, and experiencing the journey that comes with life has taught her to value the beauty in difference. Every facet of her career draws inspiration from the different expressions in which humans can create connection. She currently inhabits Detroit, Michigan providing trauma focused therapy to children and families.

