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Sun Kisses, Moon Hugs



Synopsis

Sun Kisses, Moon Hugs is a beautiful picture book with a simple but powerful message: love lasts forever. Lyrical writing and delightful illustrations provide perfect bedtime reading for any child. The book is also ideal for supporting children through grief, separation anxiety, divorce, illness or other traumatic situations, by wrapping them in a warm and comforting emotional security blanket and opening a dialogue on the nature of love. Even when loved ones cannot be with us, we can feel their presence through our deep connections to the natural world. Sun Kisses, Moon Hugs has received glowing testimonials from parents, librarians, social workers, teachers, hospice caregivers...and most importantly, kids.

Book Information

Age Range: 4 - 8 years

Hardcover: 32 pages

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Average Customer Review: 4.9 out of 5 stars 70 customer reviews

Best Sellers Rank: #216,108 in Books (See Top 100 in Books) #108 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Marriage & Divorce](#) #236 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Death & Dying](#) #1448 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Customer Reviews

I have found that adults often struggle to with how to approach sad subjects with kids and struggle themselves with how to cope with loss. These gentle words and bright colorful images give kids and their adults a vocabulary to stay connected. I believe that we, the living, are life after death and this book is a gentle reminder of the beautiful life that connects us all. --Joanna L., Palliative Care Nurse Practitioner
Through delightful question and answer dialogue accompanied by vibrant, engaging illustrations, the authors capture the curiosity and fears of childhood with loving reassurances. The intertwining of nature and storytelling is nicely done and adds to the feeling of parental love knowing

no bounds. This book will easily become a bedtime favorite for children of any age and really should be a part of every home library. Beautifully done! --Stacey M, MLIS, Children's Librarian

Why I like this book: *Sun Kisses, Moon Hugs* is pure poetry and a visual feast for the eyes. Written and illustrated by two friends, Susan and Courtenay have taken a sad subject about separation and created a beautiful consoling book for children. It is written in dialogue, but is very lyrical and inspirational. It is the perfect book to use with children when they are dealing with separation from a parent because of deployment or job, loss, illness, divorce, and tragedy. The dialogue in the book gives kids the vocabulary to feel connected and to feel the presence of a loved one and it's all done through signs of nature. The illustrations are big, vibrant and breathtaking, and include children from all cultures. The book is simply beautiful! --Patricia Tilton, [ChildrensBooksHeal](#) website

Susan Bernardo has been writing poetry and stories since she could hold a crayon! She also holds her BA in English from UCLA, MA from Yale, and teaching credentials from Pepperdine. A former language arts teacher, Bernardo facilitates creativity workshops for adults and stays in close touch with her own inner flower child by dancing, raising cats and chickens, sculpting, painting, tide pooling and taking nature hikes with her two sons. Bernardo co-authored *The Rhino Who Swallowed a Storm* (a picture book to help children cope with grief and trauma) with LeVar Burton. She is a published author - her work appears in *All We Can Hold: Poems of Motherhood* and *The Cancer Poetry Project 2* anthologies. About the Illustrator: Courtenay Fletcher, the illustrator of *The Rhino Who Swallowed a Storm* and *Sun Kisses, Moon Hugs*, loves using images to tell a story - whether it is through photography, illustration or graphic design. She attended UC Berkeley, received her BFA from Art Center College of Design in Pasadena and embarked on an exciting career as an art director in NYC and Chicago, eventually landing back home in California, where she lives with her family, a rescued mutt and a collection of tikis. She considers her daughter to be a constant source of inspiration.

The illustrations in this book are simply beautiful. The language used to express such a higher level concept to young children flows well together and it is evident that this book was created for others with lots of love. This book would make the perfect gift for children who suffer from separation anxiety, especially if they are going through a move away from loved ones or are experiencing grief after the loss of a loved one. The book focuses on our connections to nature and the world around us, and uses those natural elements as cornerstones in the dialogue of kisses from the sun and hugs from the moon.

LOVE this book! The story is especially helpful for any parent who is divorced, or just works late and can't be home in time for bedtime. It helps your child feel nurtured and learn to understand that although you aren't there physically, you're always there for them. (This book could also help your child cope with the loss of someone.) Such a sweet book. I'd highly recommend it.

I'm a child psychologist and I have two boys (ages 5 & 10). Since the time the older son was little, I have been in the habit of putting magic kisses on their knees everyday before we say goodbye. They could then look at their knees during the day and be reminded that my love is always around and in them. Sun Kisses, Moon Hugs accomplishes the same "connective support structure" to little ones, but in lots of different ways and with beautiful imagery and colors. I read Sun Kisses, Moon Hugs to my 5 year old on his first day of kindergarten -- twice actually! He thought I wrote it because the concepts and imagery are all the sort of things we all say to our babies when reassuring them of our love and helping them to feel safe and secure in their little worlds while they explore away from us. This book accomplished two things. It serves as a supportive and therapeutic way for children to interpret and manage their feelings when they're away from us. It also promotes mindfulness practice in little ones, but encouraging them to look at natural phenomenon in the natural world and to understand that all of it connects all of us. It is also written at a level that is perfect for little ones to work on their reading skills. Sun Kisses, Moon Hugs is a book that is good for children, good for families and eventually, good for us all.

This touching tale is a back-and-forth between a child and a beloved adult who are unable to be together. As the child misses their dear one, they are lovingly reminded of all the ways that they can be connected even when they are apart. "The sun will catch your kiss and use light speed, to forward it right on to me." "Love is in each star twinkling in space and every frosty snowflake licking your face." "Each grain of sand means I'm in reach..." The book ends with the a final message of hugs and kisses, telling the precious child "I'll always love you, Little One." While I think that this book would have been a wonderful read for before (and during) the times my husband and I have been away from the kids, I also think it can be used to explain when someone has passed away. From a (former) librarian's point of view, it was always difficult to find books that worked well to explain how, while death separates us it doesn't mean we can't be together in other ways, for smaller children. I found 2 or 3 that I kept on hand that used common images (like a caterpillar becoming a butterfly for instance) to explain death and leaving, but it wasn't easy to find things that

explained and comforted without placating or being too cutesy to really help. And, especially with picture books and the under 6 years old crowd, it's a careful balance. This book hits that balance. If a parent, grandparent, or sibling dies, it can be hard to explain to a young child that, although this person they love is no longer physically with them, there is still a way to connect: hug a tree and feel your loved one hugging you back, look up at the moon and see the smile of your dear one returned, kisses sliding from heaven down the rainbow. Sun Kisses, Moon Hugs strikes a delicate balance between being a cutesy read and a heartwarming story that both comforts and gives a smile to the little one reading it. Long story short, I highly recommend this book, for kids under 6, who either are dealing with a separation of some reason (long term like divorce or short term like a business trip or deployment) or for the death of someone close to them.

When I came across this book at Christmas time I couldn't resist buying it for my soon to be 15 year old daughter who lives with her father a few hours away. Although she and I talk, text, etc... her very busy life doesn't allow her to visit often. I always worry that she may not realize just how much I love and adore her. The words in this book simply say it all! When I gave her the book she fell in love with it as much as I did and knew exactly what I was trying to tell her. Just a few short months later my oldest daughter decided to move cross country at 20 years old. My heart was broken, she and I were closer than we'd ever been and I wanted to make sure she'd never forget how so very much I loved her. At that time the book had become a digital download and I immediately downloaded it to her Kindle. When she read it I saw tears in her eyes. I told her whenever (if ever, lol) she became homesick to read it and know that I was with her always. Thank you Susan and Courtenay for such a wonderfully simple yet moving book of unconditional love!

This is a very special book. Both the words and the magical illustrations combine perfectly to express the idea that love is not bound by time and space. This is an important concept, especially for children who may be separated physically from a parent or other loved one. It teaches them that through the stars, the sun, and basically, the universe, love is transcendent and always present. The same sun that sheds its warmth on someone in one place, is the very same sun that shines on another person, somewhere else. A beautiful book to share with someone you love.

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