

# Our **BIG** Feelings

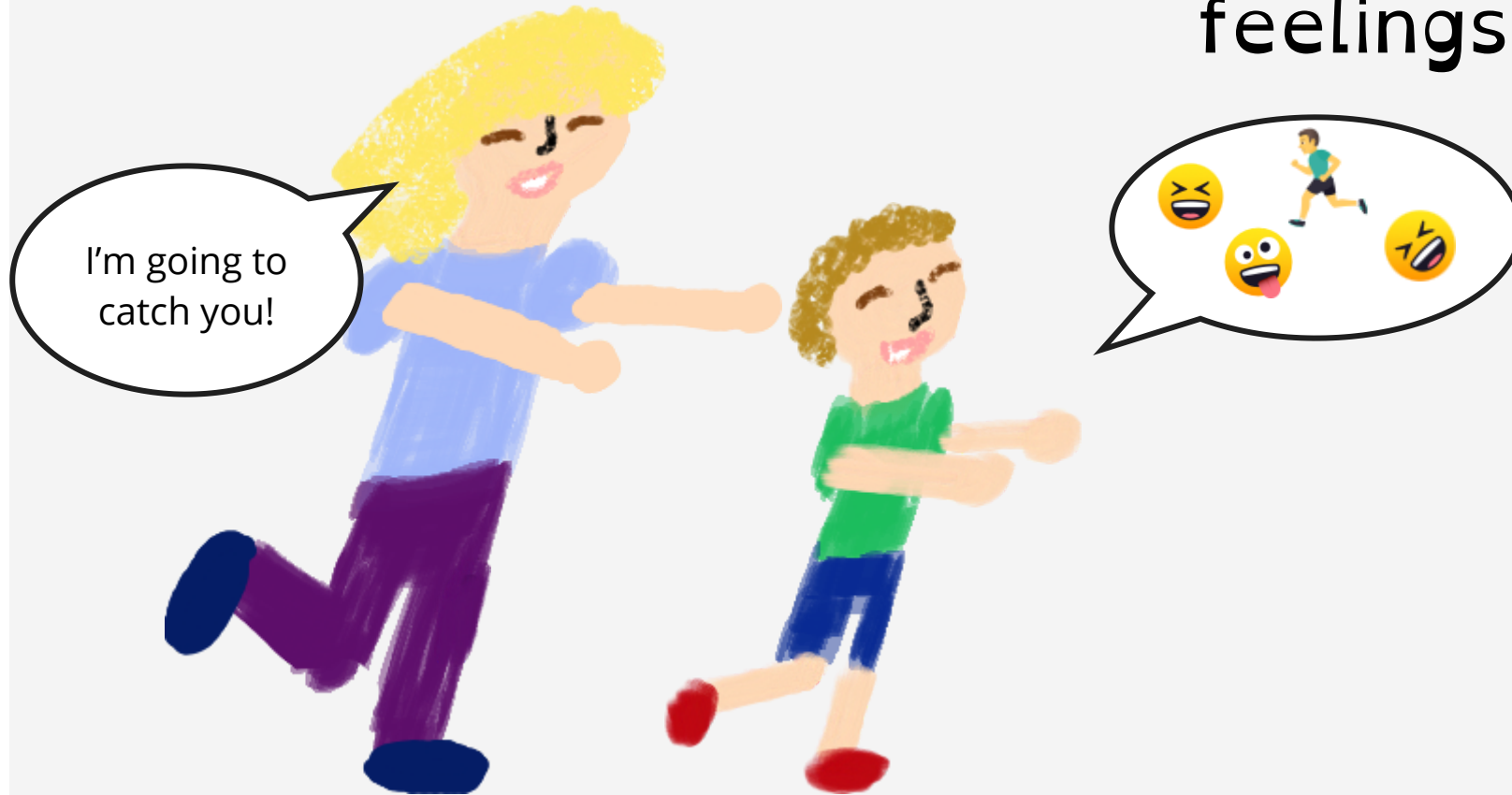
Written and Illustrated by Monika Parks

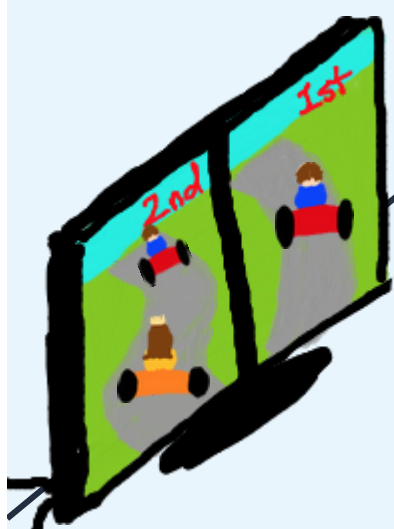


My little brother  
and I have

**BIG**

feelings!





Big feelings  
means we have

**SO MUCH FUN**

playing  
together!



Here I come!

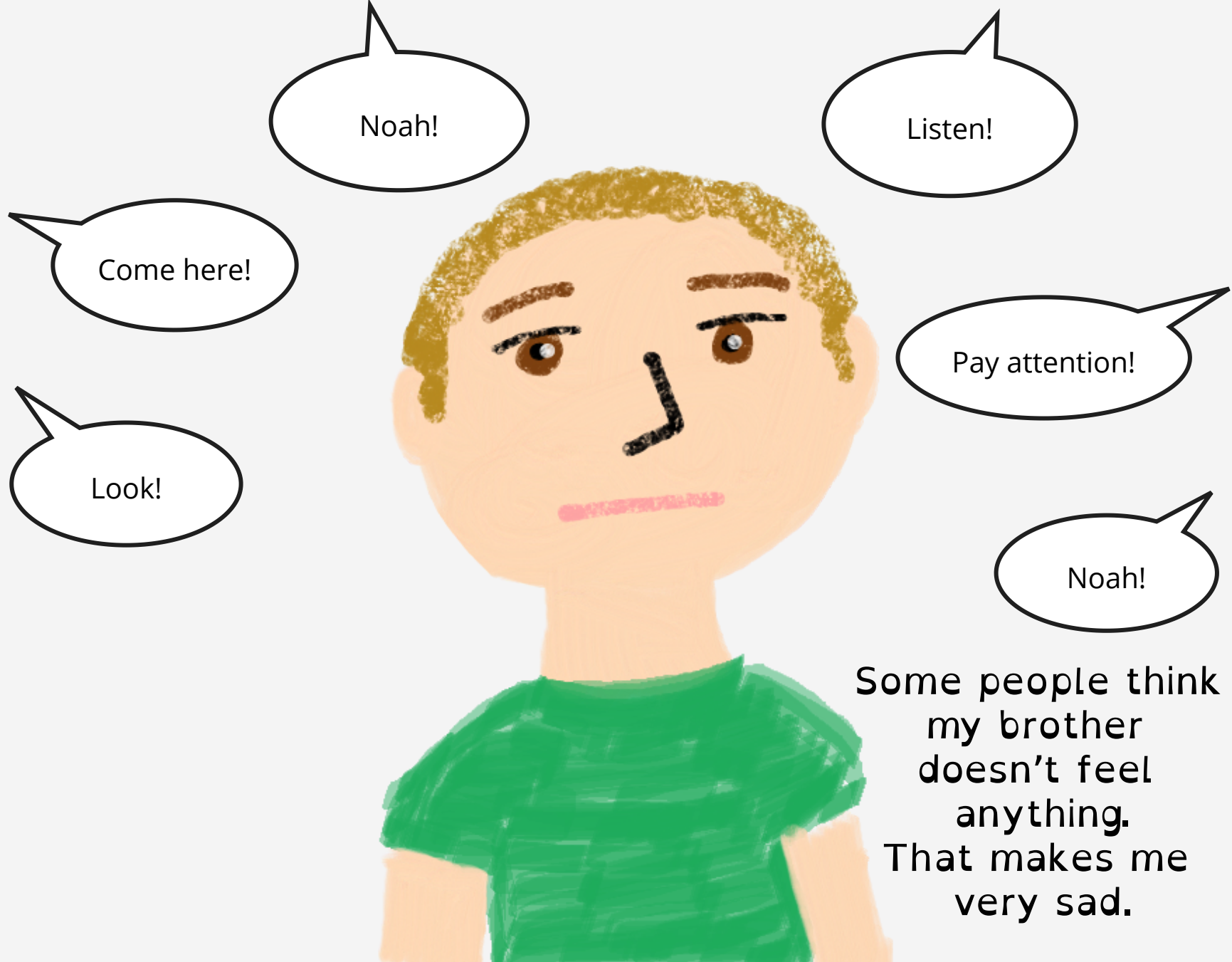
**But sometimes...**



Sometimes, big feelings means having **BIG SAD** feelings, too.



Mom will be back soon, Noah.



Noah!

Listen!

Come here!

Pay attention!

Look!

Noah!

Some people think  
my brother  
doesn't feel  
anything.  
That makes me  
very sad.

Because I know better  
than that.



My little brother is different. And he has

# BIG FEELINGS

just like me!



We like the same movies and games, and we love to play together.

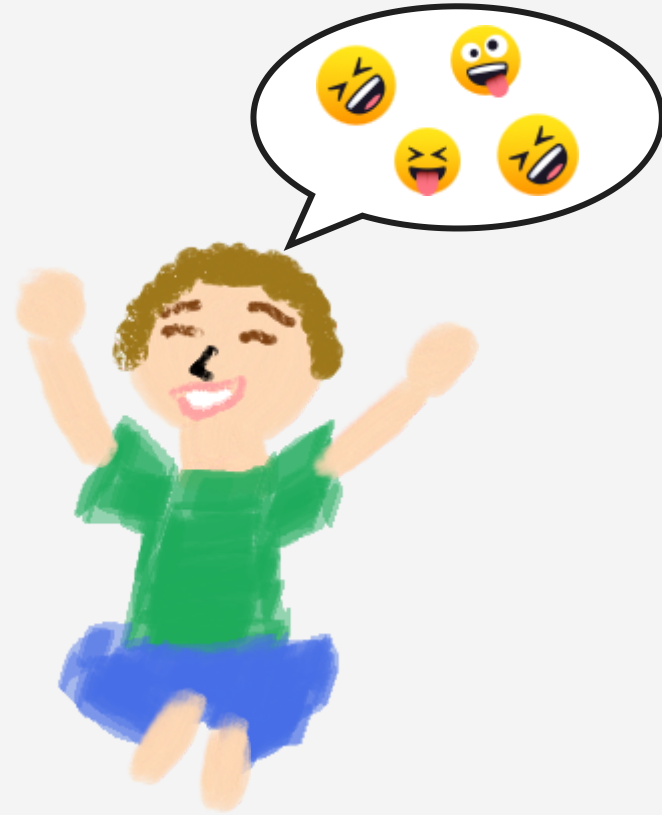
So even though he gets extra attention sometimes...and that might make me

a little jealous...

I want to play, too.



I have **big** love for my brother!  
He has **big** love for me!



And we wouldn't want it any other way!

## Author's Note

Thank you for reading my story! This book is based on my real experiences, growing up with my younger brother. He was diagnosed with autism when he was 2 and I was 4, and he has been a huge factor in my motivation to go back to school and study child development. My story is aimed at normalizing the general perception of someone like my brother. I want to show that, while difficulty and difference does exist, our sibling relationship was much like any other! Competitive and sympathetic, often playful and always loving.

In my story, I have included alternative text that provides a verbal description of every picture. This provides a more comprehensive reading experience for people with vision impairments. Additionally, I used contrasting colors for illustrations, while avoiding stark white backgrounds that can cause eye strain. This provides an easier viewing experience on the eyes, and also gives a variety of ways to identify the characters. I have also used a font called OpenDyslexia, which is easier for people with dyslexia to read. I used emojis to represent my brother's thoughts and feelings, as I felt it was more representative of him at that age in that he was not verbally expressive through language. Emoji use also provides recognizable symbols that children understand as representing meaning, which is a useful tool in language development as well.



Picture text: Me, my brother, and my mom at the beach in '96.