



Sophie Spikey Has a Very Big Problem: A story about refusing help and needing to be in control (A Therapeutic Parenting Book)

Sarah Naish, Rosie Jefferies

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Today Sophie Spikey has a very big problem. She has lost her shoes, again! There is no way she is asking her mum for help, though. I can fix it all by myself, she thought.

Sophie did not have an easy start in life and now she cannot trust grown-ups to help her. Luckily, her new mum is good at guessing when Sophie needs a helping hand.

Written by a mum who understands, and her daughter (who did not like asking for help), this is a story for children functioning at age 3-10.

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