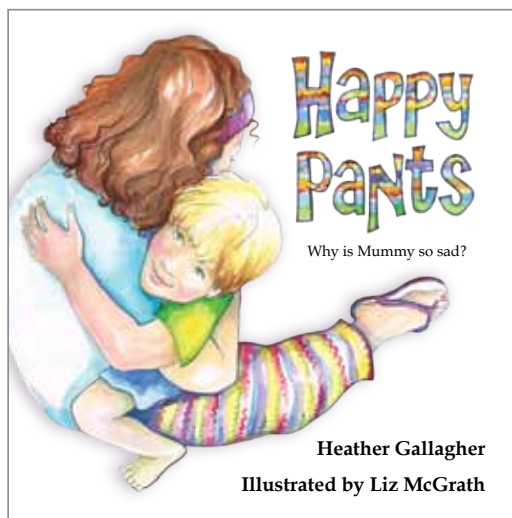


HAPPY PANTS



Happy Pants is a heartfelt way to help older children know that their mum's postnatal depression is not because of them, that dads are loving and caring, families can support each other and that mum will get better with help.

Belinda Horton, Chief Executive Officer, PANDA (Post & Antenatal Depression Association)

With PND still often hidden or not spoken about, this book offers the opportunity to begin the conversation.

Dr Nicole Highet, Executive Director, COPE (Centre of Perinatal Excellence)

Author: Heather Gallagher

Illustrator: Liz McGrath

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When Mummy wears her happy pants we build sandcastles, go out for babycinos and have lots and lot of cuddles. But when she comes home with baby Darcy, her happy pants stay in the wardrobe...

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