Hood and the Little Moon

A story about jealousy... and a heart that grows

For ages 5 to 9



Child Protection Office

Prepared by Dr. Hashem



Hood waited many long months for his baby sister. He made her a beautiful drawing,

and he would put his ear to Mama's tummy and say: **"Hello... I'm your big brother!"**



At last, **Qamar** (her name means “moon”) came home. Everyone gathered around her: **“She’s so beautiful! She’s so tiny!”**

And Hood stood at the back holding his drawing… and nobody noticed him.



The days went by. Mama fed Qamar, Mama rocked Qamar, Mama changed Qamar.

And whenever Hood said, “Mama, play with me!” she said: **“In a little while, darling.”**



Hood felt something hot twisting in his chest.

He threw his toy car on the floor and shouted: **“Take her back to the hospital!”**



The next day, Hood started talking like a baby,
asking for a bottle, and crying: **“Waaah!”**

Maybe then Mama would carry him too.



That night, when Qamar was asleep, Mama came and sat on Hood's bed. He said in a sad voice: **"Mama... you don't love me anymore."**

Mama hugged him and said: **"It sounds like you're feeling jealous, Hood. All big brothers and sisters feel it. And I'm glad you told me."**



Then she asked: **“Remember the game of three letters? Qamar came… so what do you tell yourself?”**

Hood said:

Mama must be mine alone! **Mama doesn’t love me anymore!**

Qamar took everything… I can’t stand it!



Mama said: **“There’s a difference, Hood. Missing time with me and asking for it… that’s a natural, healthy feeling.**

But saying ‘Mama doesn’t love me anymore’… that’s a thorny thought that needs investigating!”



Hood put on his detective hat and opened his “evidence notebook.”
Question one: **“What’s the evidence that Mama doesn’t love me anymore?”**

Hood thought… Today Mama made his favorite sandwich, she kissed him goodnight, and his drawing is still on the fridge!

He said: **“I didn’t find any evidence… I found the opposite!”**



Mama lit a candle: **“This is the candle of my love for you, Hood.”** Then she used it to light a second candle: **“And this one is for Qamar. Did your candle’s light get smaller?”**

Hood was amazed: **“No! The room got brighter!”**

Mama said: **“That’s how love is… it doesn’t divide, it grows.”**



Question two: **Must Mama be with me all the time?**

Mama took out an old photo: baby Hood in her arms! **“You were little like Qamar, and I carried you all day long.”**

Hood understood: **“Qamar can’t eat or walk by herself... but I can.”**



Hood said in a calm voice:

“I wish you’d play with me more, Mama… but Qamar needs you right now. I can wait a little. Mama loves me… and loves Qamar.”



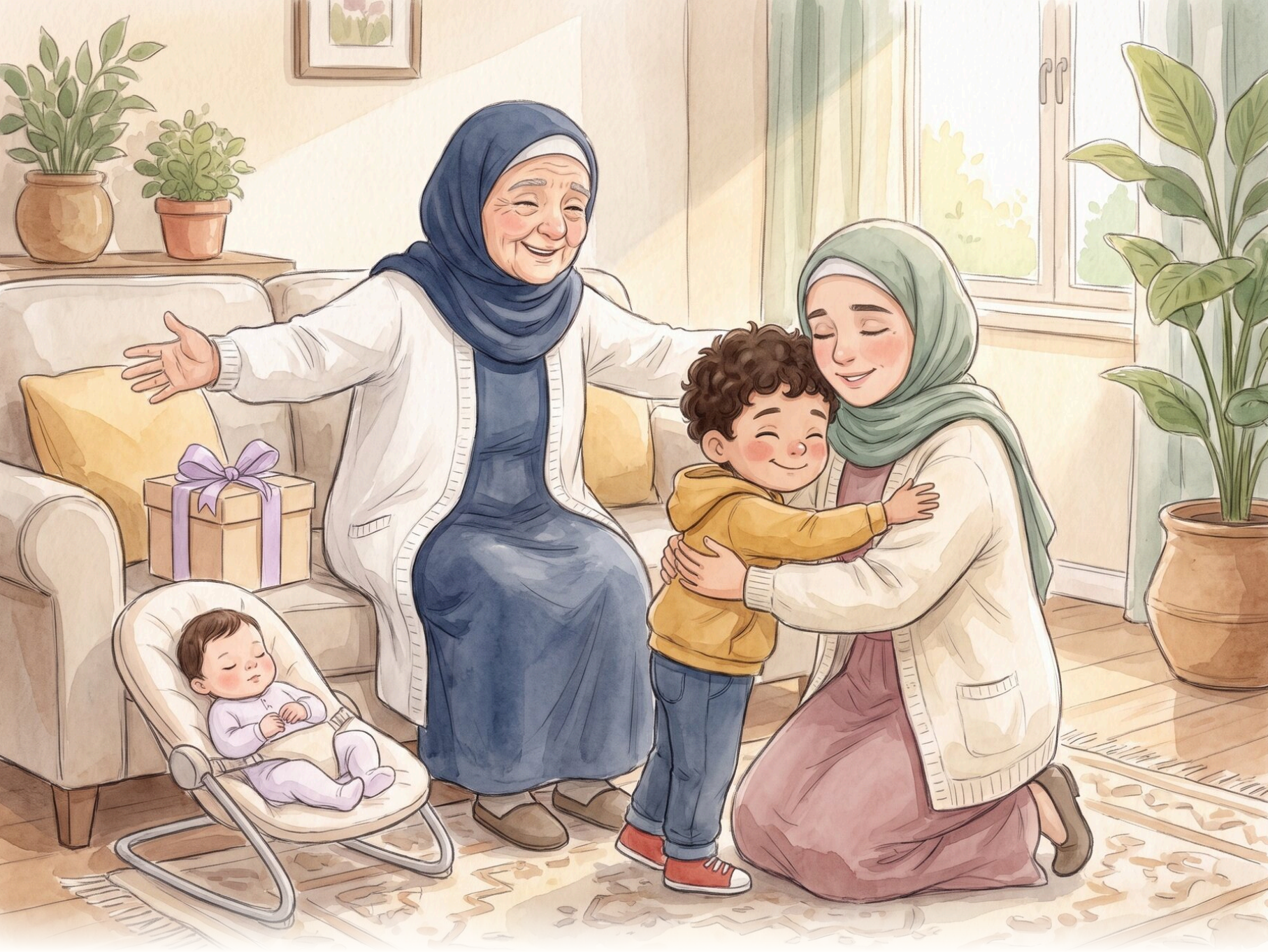
Mama and Hood agreed on **“Hood’s Time”**:

every day, when Qamar is asleep, they play his favorite game together... just the two of them!



And Hood became “the big brother”: he fetched
the diapers, and sang to Qamar when she cried.

One day, Qamar held his finger with her tiny hand... **and smiled at him!**



When Grandma brought a present only for Qamar,
the heat came back to Hood’s chest a little.
But he took a breath, remembered the candle, and said: **“Mama… I want a hug too.”**
And Mama and Grandma hugged him together.



In the evening, Hood looked out of the window at the sky and said:

“The sky is wide… it has a sun and a moon. And Mama’s heart is wide… it has Hood, and it has Qamar.”

A Guide for Parents & Educators

The fourth story in the series applies Rational Emotive Behavior Therapy (REBT) to a child's jealousy of a new baby. The goal is not to prevent jealousy, but to turn unhealthy jealousy (certainty of lost love, aggression, regression) into healthy concern for the relationship, which the child expresses in words.

1. Healthy and unhealthy jealousy

REBT distinguishes healthy concern for the relationship ("I miss time with Mom, and I ask for it") from unhealthy jealousy ("Mom doesn't love me anymore"). The first leads to asking calmly; the second to aggression or regression.

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2. Thorny thoughts

- **Absolute demand:** "Mama must be mine alone."
- **Jumping to conclusions:** "Mama doesn't love me anymore."
- **Low frustration tolerance:** "I can't stand it." p. 7

3. Disputing

- **Empirical (evidence notebook):** looking for real evidence of lost love. p. 9
- **Logical (the candle):** love doesn't shrink when it is given to someone else. p. 10
- **Seeing another view (the old photo):** Qamar needs now what Hood once needed. p. 11

4. The calm thought

Preference instead of demand, and tolerating waiting: "I wish you'd play with me more… but I can wait a little." p. 12

5. Behavioral homework

A special daily "Hood's Time," and the role of "big brother," which gives the child a new place instead of feeling replaced.

pp. 13–14

6. When jealousy comes back

It's normal for jealousy to return; the skill is in handling it. Hood asks for what he needs in words, instead of through behavior. p. 15

Questions to talk about after reading

- Why did Hood throw his car? And why did he talk like a baby?
- What did Hood find in his evidence notebook?
- What did the candle teach us about love?
- What shall we call our special time together?

Tips for parents

Don't blame your child for feeling jealous; name the feeling and accept it. Set aside time for them every day, even fifteen minutes. Involve them in caring for the baby without forcing it, and ask visitors to pay attention to them too. Regression is usually temporary; but if you see repeated aggression toward the baby, don't leave them alone together, and consult a mental health professional.