

A Barriga Estragada da Mamã [Mommy's Damaged Belly]

Author: Susana Fonseca

Illustrator: Inês de Freitas



Mommy's Damaged Belly is the story of a mother who explains to her daughter the reason why she will never have siblings: her mother has endometriosis.

Written by Susana Fonseca,

president of MulherEndo – the Portuguese Association of Support to Women with Endometriosis, this is a support book to help explain menstruation and a disease that is still unknown to many, as well as to start a conversation about a complicated topic, but presenting it with simplicity.

Excerpt:

“You know, Mommy, when you said you were going to tell me a story, I thought it would be like the ones in my books.”

The mother is intrigued.

“What do you mean, Bi?”

“The stories in my books always have a happy ending... And in yours, my sister doesn't come, and you cry a lot.”

The mother wipes her tears and smiles.

“But you know something, Bi? You are my happy ending!”

A Formiga Que Queria Ser Cigarra [The Ant Who Wanted to Be a Cicada]

Author: Milu Loureiro

Illustrator: Milu Loureiro



The Ant Who Wanted to Be a Cicada tells the story of an ant who dreams of music instead of typical anthill work, thus inspiring other ants to follow their artistic dreams.

Milu Loureiro, former teacher and current author of dozens of children's books, challenges readers of this book to leave the path imposed on them. This is a story that deconstructs the traditional fable – which articulates that the arts are not work – and that we, being more than just “ants in an anthill”, also must feed our dreams.

Excerpt:

Ant Gabriela forgot her nerves while playing. The ants liked it and applauded.

Some ants praised ant Gabriela's art.

They congratulated her.

Deep down, they felt a little bit of envy! They would like to be like ant Gabriela.

During the night, some ants daydreamed.



SANA
EDITORA

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CHILDREN'S BOOKS CATALOGUE SANA EDITORA

O Meu Amigo João

[My Friend João]

Authors: Ana Pereira, Ana Sofia Mina,
Helena Santos

Illustrator: Francisco Zamith



My Friend João is a book about a child with autism and how he manages to overcome the challenges of his daily routine.

Written by three speech therapists, this is a story that aims to educate about inclusion and

tolerance, demystifying autism and helping families, schools, teachers and therapists to deal with this condition and to understand the behaviors of a neurodivergent person.

Excerpt:

João is 4 years old and is in my class.

He likes letters, numbers and cars and knows all their brands. It's incredible!

He also knows the colors in English and always arranges his toys in the same way.

Our friends think he doesn't like to play, but he does! Oh, how he does! It's true that he likes different types of play, but deep down we all have our interests.

João is incredible and I love watching him do the things he likes and does best.

A Cidade Que Deixou de Sorrir

[The City That Stopped Smiling]

Author: Milu Loureiro

Illustrator: Milu Loureiro



In *The City That Stopped Smiling*, we find a place where no one is happy or knows what it means to be happy, at least until the day a smile seller appears.

We're living through times of such rush

in our everyday lives, not allowing ourselves to stop and notice small gestures and show love to the ones around us – and the emergence of a source of smiles might just change a society.

Excerpt:

“It's on sale! Take the chance! I have smiles for all occasions! Take three for the price of two!”

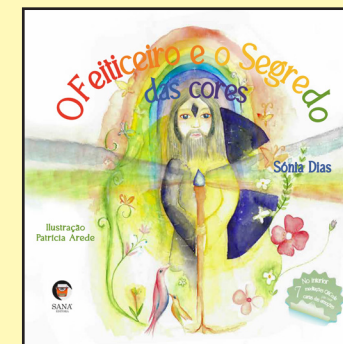
And the shelves boasted smiles for all tastes and situations: wide smiles, half smiles, yellow smiles, disdain smiles, smiles of emotion, smiles of love, smiles of greeting, smiles of gratitude, frank smiles, smiles from ear to ear, smiles of circumstance, smiles of sympathy, complicit smiles, smiles of lovers, smiles of mothers, smiles of fathers, smiles of grandparents, smiles of children, smiles of innocence... and just smiles.

O Feiticeiro e o Segredo das Cores

[The Wizard and the Secret of Colors]

Author: Sónia Dias

Illustrator: Patrícia Arede



The Wizard and the Secret of Colors tells the story of a sorcerer who teaches children to deal with their emotions and feelings through colors and recorded meditations.

Written and illustra-

ted by two meditation and yoga professionals, this book is accompanied by letters and meditation recordings (accessible via QRCode), which should be used when the child is experiencing a difficult emotion.

Excerpt:

Everyone sat around him and gave the floor to the Sorcerer, who said:

“Today is the last day of classes. I'm very happy to have accompanied you until now. And it is with great joy and satisfaction that we end our classes with one last lesson, now about the magic of the color violet! This color was saved for last to help you organize your thoughts. With it, you will be able to find silence to meditate and you will feel confident in more tense or nervous situations, such as starting your new task as guardian for one of the colors of the Rainbow.”

Then, for one last time, everyone repeated the magic words...