



Up and Down the Mountain: Helping Children Cope with Parental Alcoholism (Let's Talk)

Pamela Leib Higgins

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Alcoholism is a disease which touches many families, especially affecting children who will often blame themselves for the grief and unhappiness around them.

The tender story, *Up and Down the Mountain*, begins on the day of Jenny's sixth grade graduation as she wonders if her daddy will attend. She recalls all the times Mommy sat next to an empty chair, and then realizes that neither she nor her father has much control over his addiction. Some days are like riding on a roller coaster, but when Jenny sees her daddy in the audience she knows that there is still hope.

Up and Down the Mountain shows kids that it's not their fault and gives them hope and counsel on a difficult topic.

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