


Our Family and the Sea



MENTAL HEALTH
SUPPORT SOLUTIONS



The
Swedish
Club



This story book has been developed in collaboration with MHSS (Mental Health Support Solutions) and is part of Check Your Pulse, The Swedish Club's wellbeing project for seafarers. The artwork and text for the book were both guided by MHSS' child psychologist who has worked with children.

Created for children aged 4-6 and meant to be read aloud, this first story introduces Mutya and Angelo who miss their dad while he's away at sea for several months. Through these stories, we aim to build understanding and resilience in families, so that seafarers feel supported both on board and at home.

In addition to its module on Family Support, Check Your Pulse also provides guidance on other issues that can impact seafarer wellbeing such as fatigue management, fostering balanced nutrition, building a supportive environment and keeping active onboard.

Our family



DAD



MOM



ANGELO



MUTYA



GRANDMA



GRANDPA

An illustration of a family of four in a jungle at night. The father, a bald man in a light blue t-shirt, is pointing upwards with his right hand. The mother, a woman with dark hair and a red flower in it, is wearing a grey top and a blue shawl. A young boy in a white tank top and blue plaid shorts is looking up. A young girl in a purple t-shirt and red shorts is standing with her arms crossed. The background is dark green with large, stylized leaves.

FATHER:

EVERY NIGHT, I'LL BE LOOKING AT THE STARS



FATHER:

**THIS ONE HERE IS THE BRIGHTEST STAR.
IF YOU EVER FEEL LOST, JUST FIND THIS STAR,
AND IT WILL GUIDE YOU HOME.**



ANGELO: WHEN WILL YOU BE BACK DAD?

FATHER:

I'LL BE BACK IN SIX MONTHS, RIGHT WHEN YOUR SCHOOL HOLIDAY STARTS. WE'LL HAVE PLENTY OF TIME TOGETHER THEN.

MUTYA: I DON'T WANT TO TALK ABOUT THIS.

FATHER: I KNOW IT'S A LONG TIME,
BUT THIS IS THE WORK I HAVE RIGHT
NOW AND I'M DOING THIS FOR US.



MOTHER:

THIS IS TOUGH FOR US,
AND WE WILL MISS DAD
WHEN HE WORKS AWAY.



FATHER: GOODBYE FOR NOW. I'LL CARRY YOUR LOVE WITH ME WHEREVER I GO.





A FEW WEEKS LATER



IN MUTYA'S DREAMS, SHE RIDES A BLUE WHALE, A GENTLE GIANT. SHE EXPLORES HER DAD'S WORLD AT SEA.



WITH A HEART FULL OF WONDER,
MUTYA EXPLORES EVERY PART OF THE VESSEL
WITH HER FATHER.



EACH ROOM HOLDS
ITS OWN STORY
AND THE SEA HAS
ITS OWN MUSIC.



MUTYA:

I MISS MY FATHER BUT I AM GRATEFUL FOR THIS TRIP. THANK YOU FOR SHOWING ME MY FATHER'S WORLD AND KEEPING HIM SAFE ON HIS JOURNEY.

THE BLUE WHALE:

THAT'S WHAT FRIENDS DO. I WILL BE SWIMMING RIGHT NEXT TO HIM, DON'T WORRY.

MUTYA WAKES UP FROM HER DREAM.
NOW SHE HAS A DEEPER UNDERSTANDING
OF HER FATHER'S WORK.

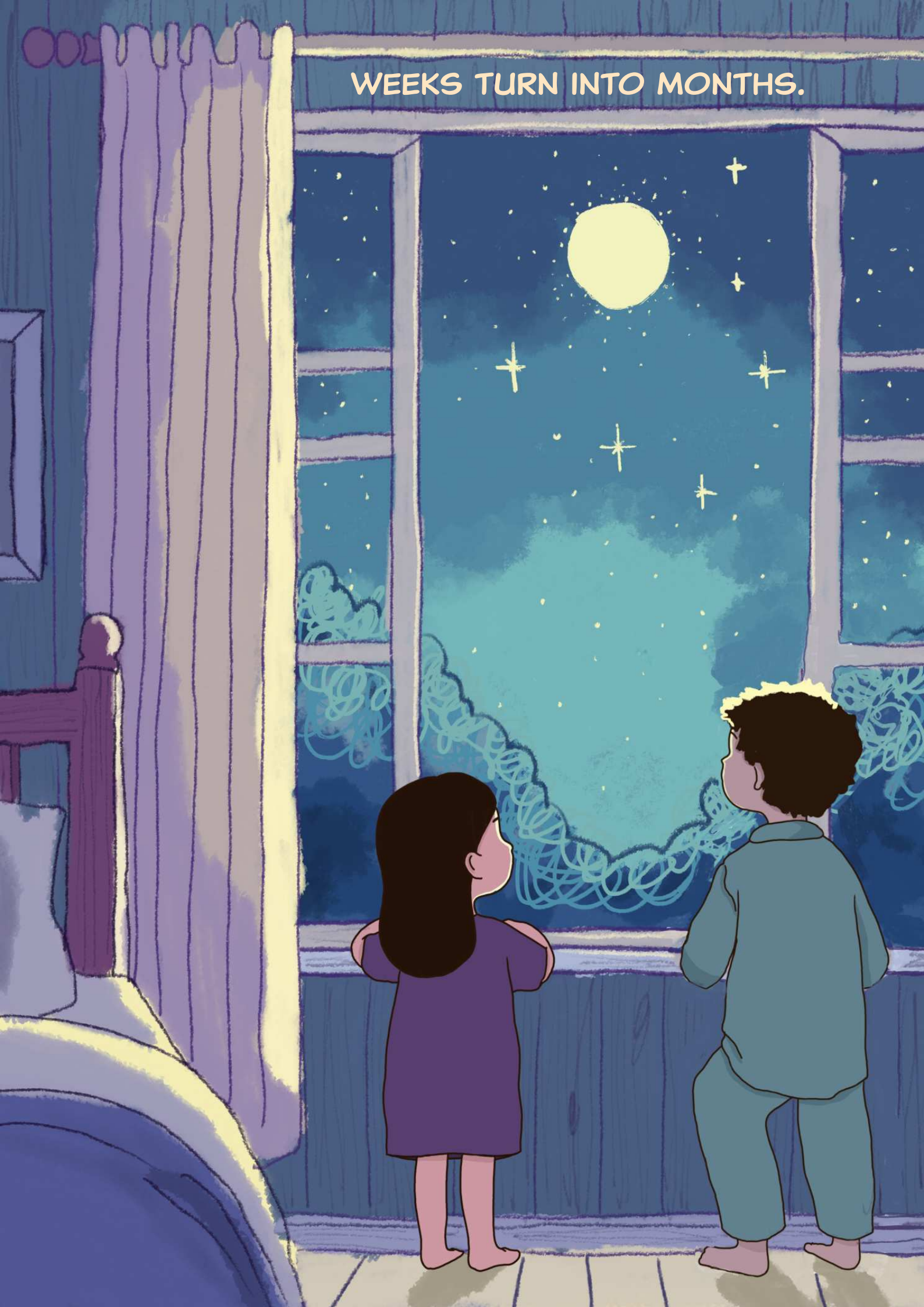
MUTYA:

GOODNIGHT,
DAD, I CAN FEEL YOU
IN MY HEART.

SHE FEELS THAT THEIR BOND IS STRONGER
THAN THE SEA THAT SEPARATES THEM.



WEEKS TURN INTO MONTHS.



MY DAD IS NOT GOING TO BE THERE TOMORROW
FOR MY BIRTHDAY...



GRANDMA:

**GOOD MORNING, ANGELO!
YOU DON'T LOOK HAPPY TODAY.**





A FRIEND:

WHY DO YOU LOOK SO ANGRY TODAY?

ANGELO:

I'M NOT ANGRY.

THEY TRY RUNNING, PLAYING FOOTBALL,
HAVING LUNCH, SWIMMING, AND SMILING,
BUT NOTHING SEEMS TO WORK.


A FRIEND:

WE DID SO MANY THINGS.
WHY ARE YOU STILL ANGRY.



ANGELO:

LEAVE ME ALONE, I AM GOING HOME!



MAYBE I AM
ANGRY TODAY.

ANGELO:

ARE YOU ANGRY, TOO?

GRANDPA:

NO, I AM SAD. I MISS YOUR FATHER. SOME FEELINGS MAKE US FEEL ALONE AT FIRST, BUT THEY CAN BRING US CLOSER TOGETHER, LIKE NOW.

ANGELO:

HOW DO YOU KNOW SO MUCH, GRANDPA?



GRANDPA:

I SPENT TIME WITH THE BIG BLUE WHALE WHEN I WAS AT SEA.

TODAY IS ANGELO'S BIRTHDAY.



**EVEN THOUGH ANGELO SMILES
DURING HIS BIRTHDAY PARTY,
HIS HEART MISSES HIS FATHER.**





WHEN HIS FRIENDS LEAVE,
ANGELO FEELS THE SADNESS.



ANGELO GOES INTO THE GARDEN
AND SITS ON THE SWING. HE FEELS THAT
HE IS MISSING HIS FATHER.

MUTYA: ANGELO!
MY FRIEND, THE WHALE,
TOLD ME A SECRET.



MUTYA:

HE TOLD ME THAT SADNESS
AND ANGER COME FROM THE
SAME FEELING. IN THE END,
WE ALL WANT TO BE HEARD.

LET'S CALL DAD.



FATHER:

I MISS YOU TOO, SO MUCH. BUT REMEMBER,
EVERY TIME YOU LOOK AT THE STARS,
I'M LOOKING AT THEM TOO.



IT MAKES ME SAD NOT TO BE THERE
ON YOUR BIRTHDAY. I HOPE YOU KNOW
HOW MUCH I WOULD LOVE TO BE THERE.

A night scene with a woman on a hill and two children sitting on a blanket in a field. The woman is on a hill in the background, wearing a yellow top and a pink skirt. The two children, a boy and a girl, are sitting on a blanket in the foreground. The boy is wearing a white t-shirt and brown pants, and the girl is wearing a purple top and a pink blanket. The background is a dark blue night sky with a yellow star and a crescent moon. The foreground is a grassy field with some purple flowers.

MOTHER: COME JOIN ME,
LET'S LIE ON THE BLANKET TOGETHER.

ANGELO IS FEELING THE WARMTH
OF HIS FATHER'S LOVE.

ANGELO: THANK YOU, MUTYA.
I REALLY NEEDED THIS CALL TODAY.

TOGETHER, THEY WATCH THE STARS
IN THE NIGHT SKY, KNOWING THAT FAMILY
IS ALWAYS THERE TO SHARE LOVE,
EVEN WHEN SOMEONE IS FAR AWAY.

ANGELO:

I THINK LOVE MAY BE
OUR SUPERPOWER.



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1

An illustration of a mother and daughter sitting at a table. The daughter, on the left, has long black hair and is wearing a purple turtleneck sweater. She is looking towards her mother with a slight smile. In front of her is a light blue bowl filled with white liquid. The mother, on the right, has long black hair and is wearing a light blue cardigan over a yellow top. She is looking at her daughter with a gentle smile. In front of her is a glass of orange juice. The background features a window with a grid pattern and light-colored curtains, suggesting a bright, warm indoor setting.

MUTYA:

**MOM, HOW CAN I
FEEL CLOSER TO DAD
WHILE HE IS AWAY?**

MOTHER: WE CAN CREATE A SPECIAL SCRAPBOOK. WE'LL FILL IT WITH DRAWINGS, LETTERS, AND PHOTOS TO SHARE WITH YOUR DAD WHEN HE RETURNS.



MUTYA LOVES THE IDEA. EVERY DAY SHE
DRAWS PICTURES AND WRITES LITTLE NOTES
FOR HER FATHER, FILLING THE SCRAPBOOK
WITH HER LOVE.



THEY PLANT A SMALL TREE IN THE GARDEN.

MOTHER:

THIS TREE WILL REMIND US OF DAD.

MUTYA:

YES, WE CAN SHOW HIM
WHEN HE RETURNS.



MUTYA ALSO STARTS TO
DRAW PICTURES IN A DIARY.

SHE FILLS IT WITH STORIES ABOUT HER DAY,
THINGS SHE WANTS TO TELL HER FATHER,
AND HOW MUCH SHE MISSES HIM.





MUTYA:

THESE STORIES MAKE ME FEEL
CLOSER TO DAD.



MOTHER: HOW DO YOU FEEL NOW, MUTYA?

MUTYA: I AM EXCITED AND
CAN'T WAIT TO SHOW
THE BOOK TO DAD.

MOTHER: HE IS GOING TO LOVE THIS BOOK.



MUTYA:

THANK YOU, MOM,
FOR HELPING ME
FEEL CLOSER TO DAD.

THE KIDS TAKE TURNS WATERING THE TREE.



MUTYA:

EVERY TIME I SEE THIS TREE,
I FEEL LIKE DAD IS WITH US.

THE DAY HAS FINALLY ARRIVED.



**THE KIDS RUN INTO THEIR FATHER'S ARMS,
HUGGING HIM TIGHTLY
WITH TEARS OF HAPPINESS.**

**DAD IS
FINALLY
HOME!**



THEY EAGERLY FLIP THROUGH ITS PAGES,
RELIVING THE MEMORIES THEY HAVE CREATED
WHILE HE WAS AWAY.



ANGELO:

DAD, HOW LONG ARE YOU GOING
TO BE HOME THIS TIME?

FATHER:

I'LL BE HERE FOR THREE MONTHS THIS TIME.



**SOMETIMES THE SIMPLEST MOMENTS
ARE FILLED WITH SO MUCH LOVE
AND HAPPINESS.**







The End



MENTAL HEALTH
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**CREATED BY MHSS AND THE SWEDISH CLUB
TO HELP ENSURE THE WELFARE OF SEAFARERS AND THEIR FAMILIES.**

ILLUSTRATED BY NIKOL DIMITROVA