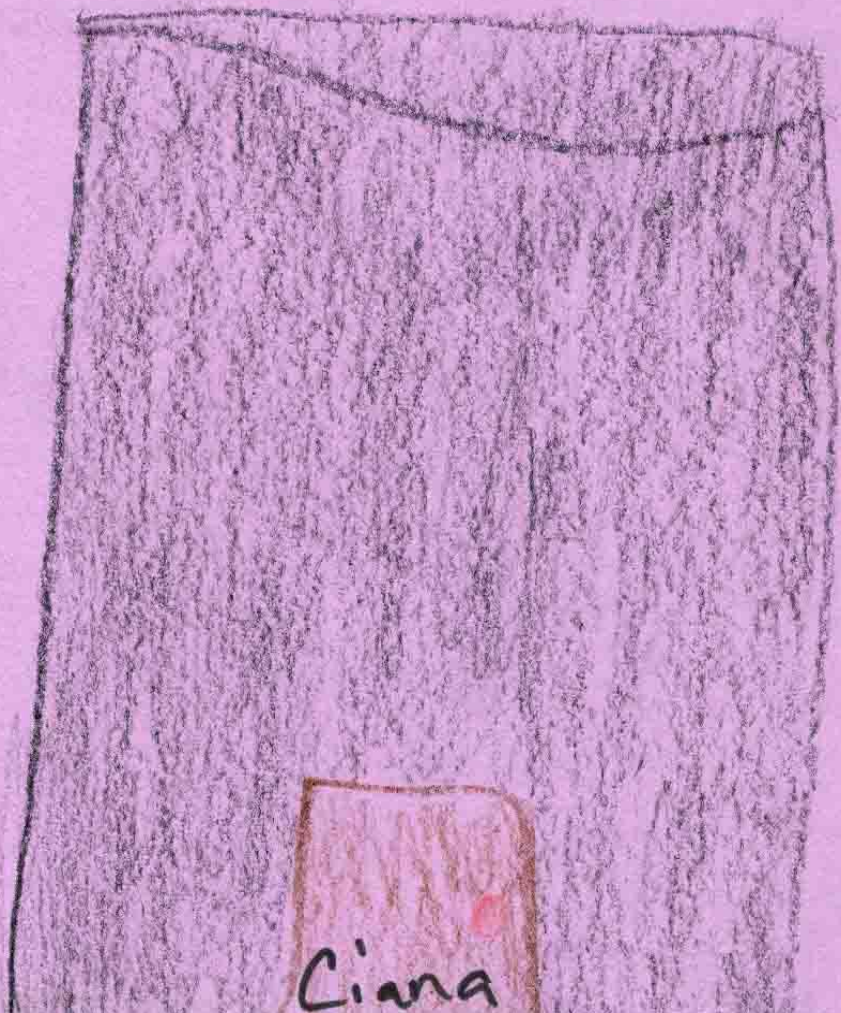
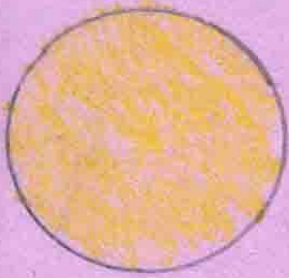
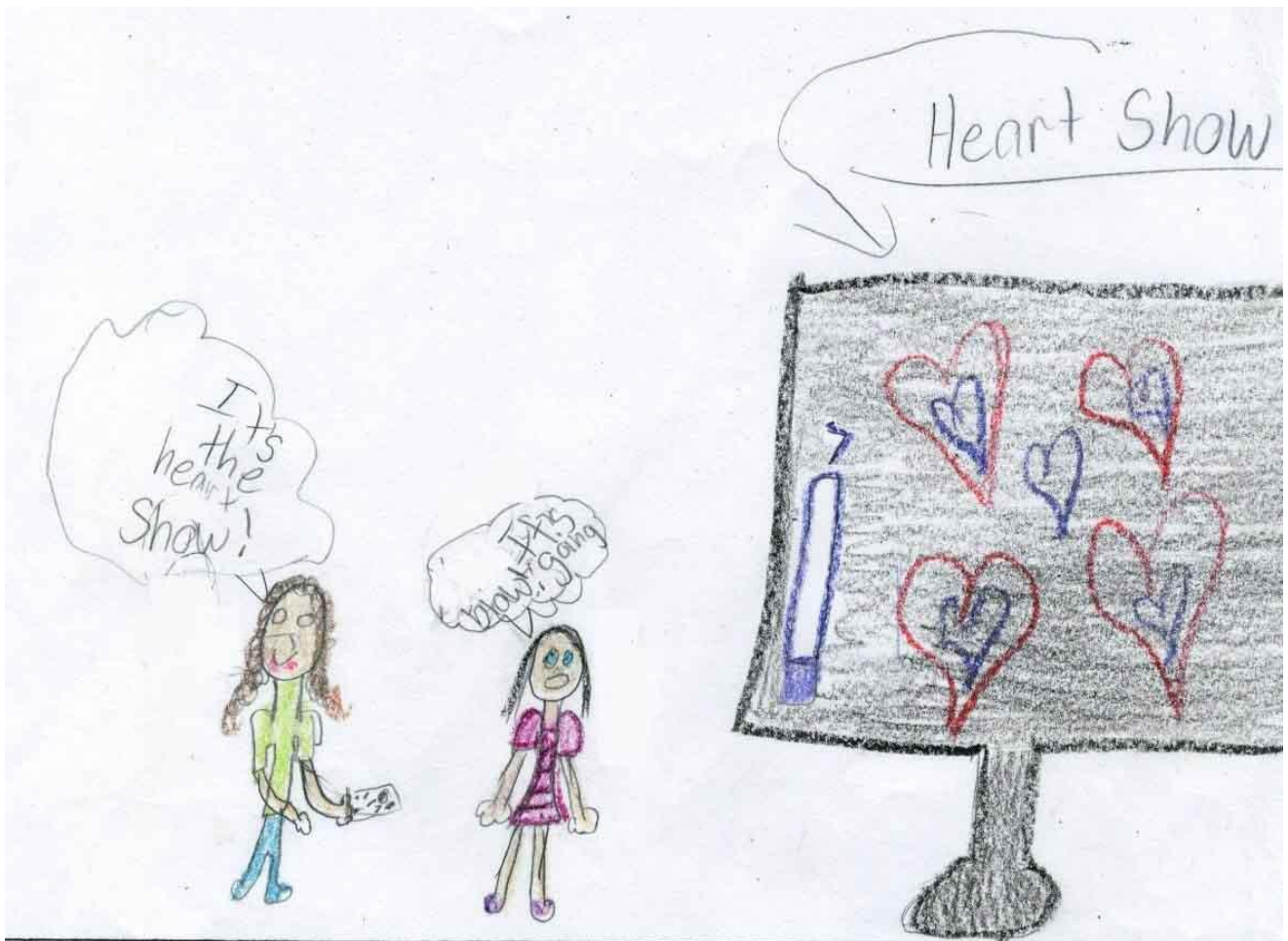


Sierra's Worries



4-25-11

Ciana



Sierra had a lot of worries. Her mom Julie said there is nothing to worry about. Sierra's biggest worry was if her mom turned up the TV to seven, it would blow! Sierra's mom said, "Not even close." Sierra's mom worried that Sierra would not stop worrying.

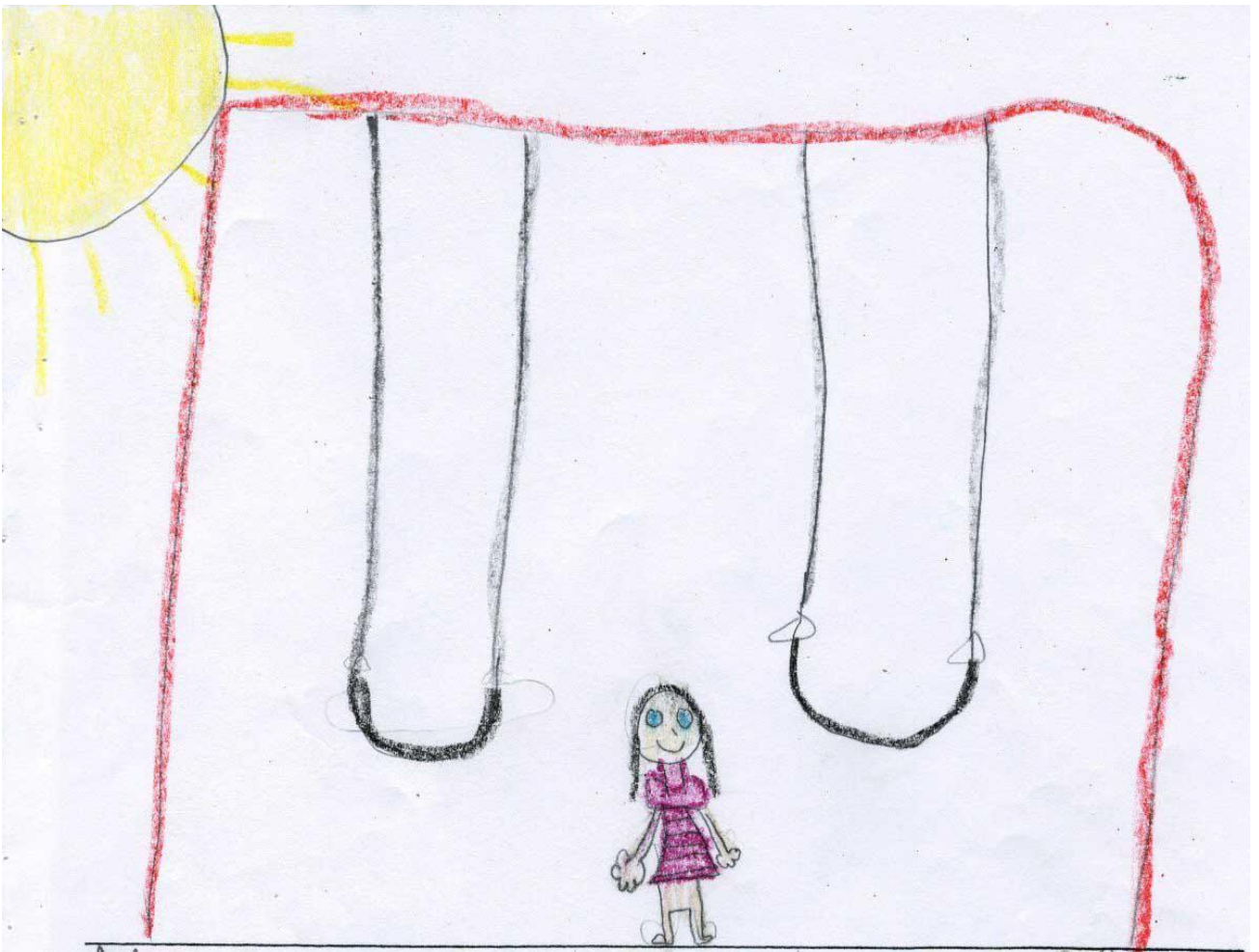


Sierra went to the kitchen to get a snack. She saw a very small spider. She hopped on the table and yelled, "MOM there is a spider in the kitchen!" Mom said, "I'm coming." After Julie killed it, Sierra ran off.

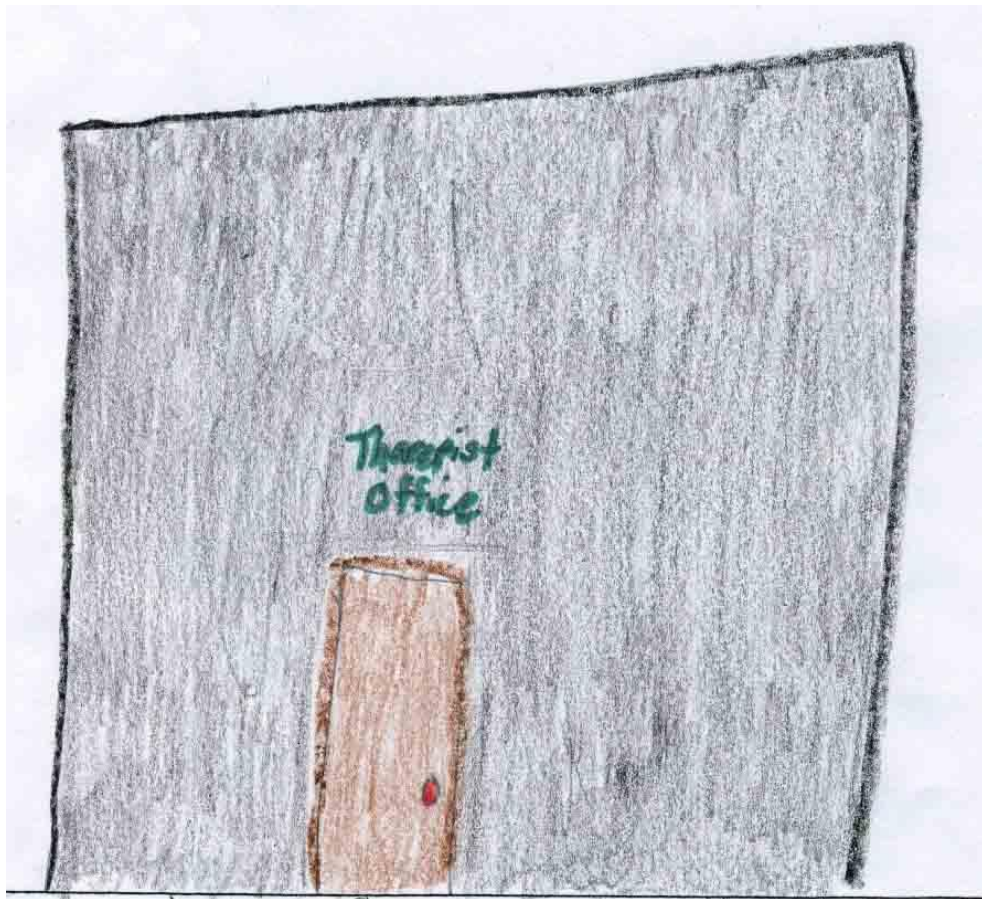


"There Sierra, it's gone. You can come and get your snack," said mom. "I want fruit snacks," said Sierra. "OK," said mom.

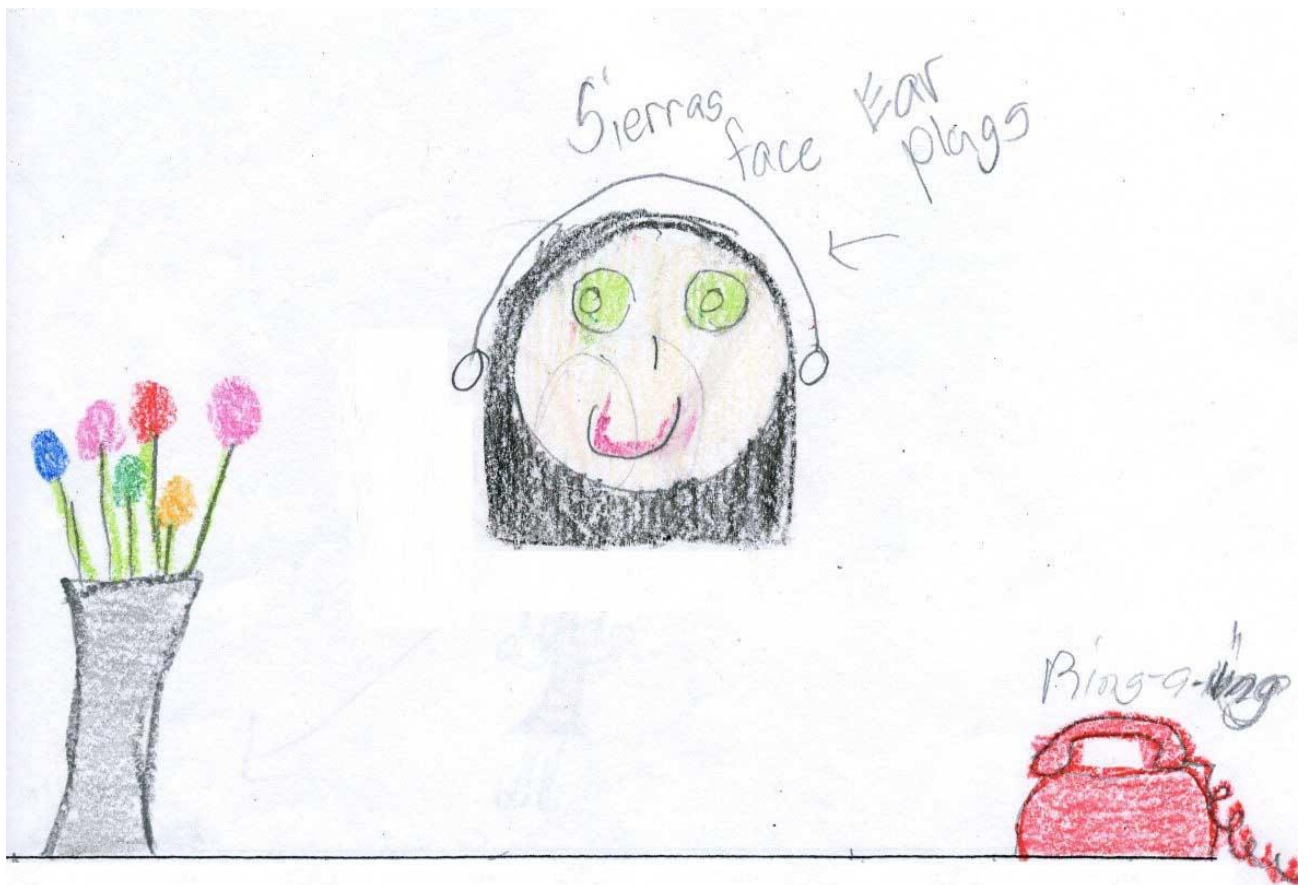
"Mom can you take me to the park?" asked Sierra. Mom said, "yes, I will."



“Mom, will you push me on the swings?” asked Sierra. “Sure thing,” said mom. “Yaaaa!” Sierra yelled. Sierra’s mom forgot if she pushed high, Sierra would get scared and wet her pants!



The next day Sierra's mom decided to take her to a therapist. First, Julie and the therapist talked about what they wanted to do. He gave Julie some ear plugs. When Sierra's mom watches TV, Sierra puts on the ear plugs. So Julie can turn the TV up as loud as she wants.



An hour later Julie called the therapist and said, "The ear plugs worked! I can turn up the TV to twenty two." He said, "That's good." Julie wanted to try something else. "Like what?" he asked.



“Like when Sierra jumps on the table when she sees a small spider. Maybe we can set a spider trap in the kitchen,” said Julie. He said, “I don’t think that will work.”

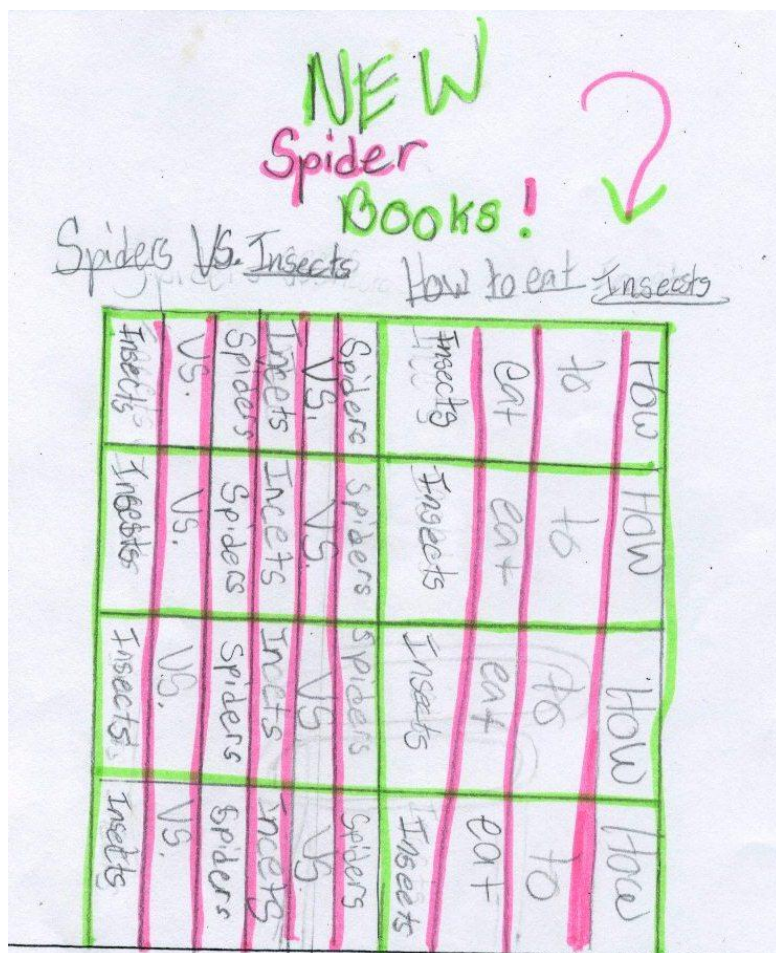
“Hmmm, what can we do then?” asked Julie. “I’m not sure,” he said. “I got an idea,” Julie said. “What?” he asked.



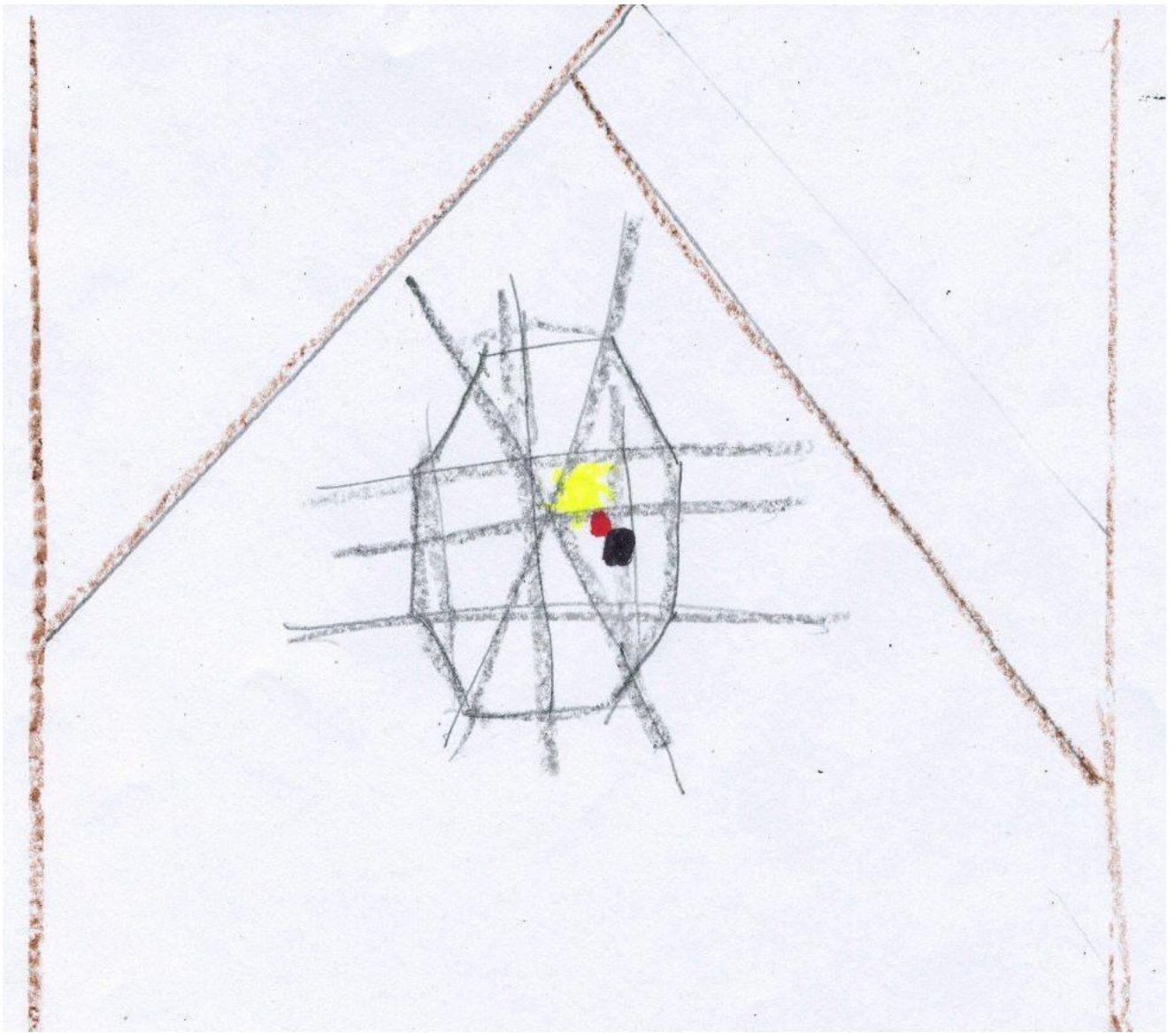
Julie said, "I can read her nonfiction books about spiders and how they eat other insects. I will take Sierra to the library later today after dinner, which is pizza."



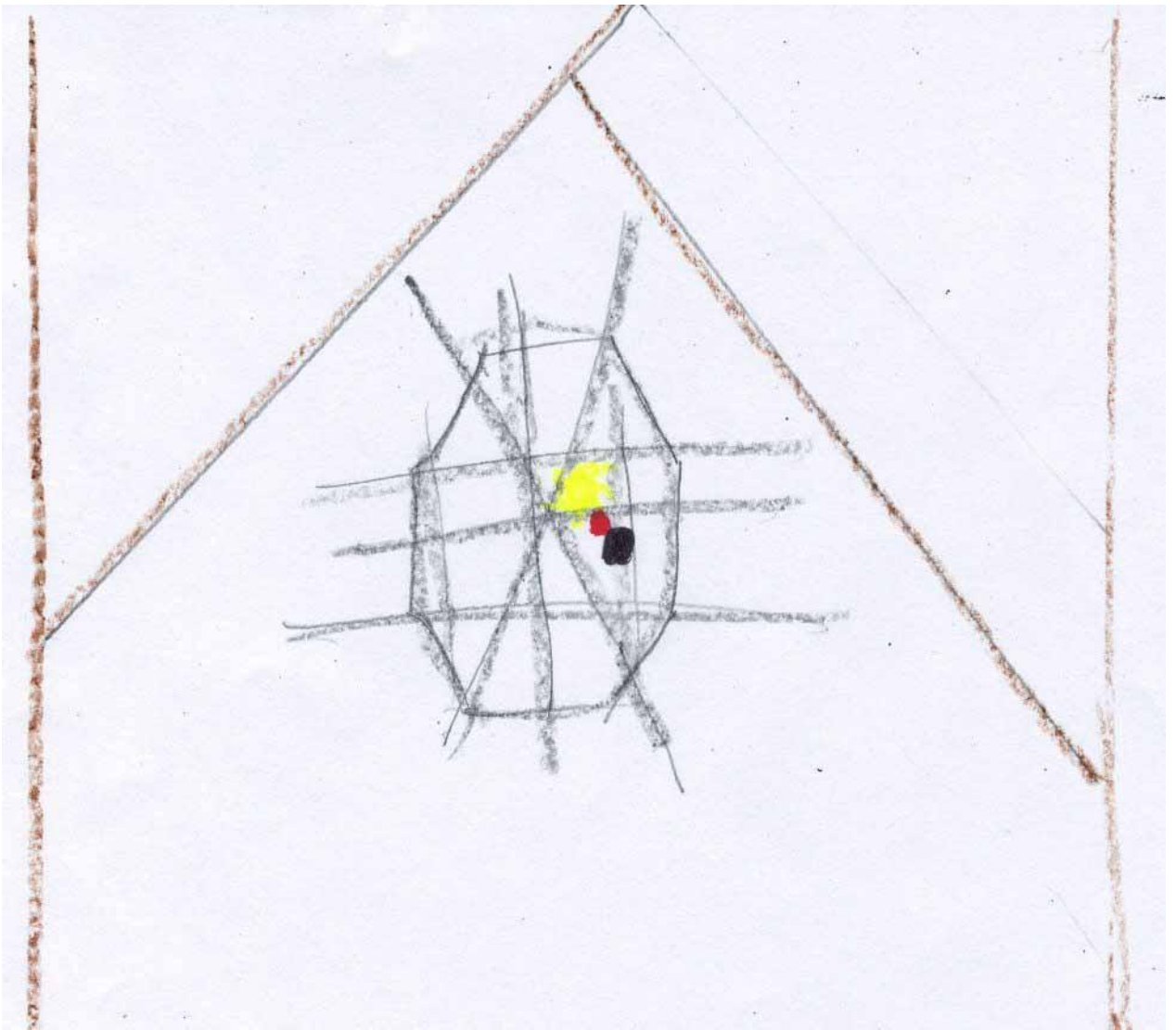
Julie and Sierra had entered the library and there in front of their eyes were a bunch of nonfiction books about spiders. Sierra found a book called Spiders vs. Insects.



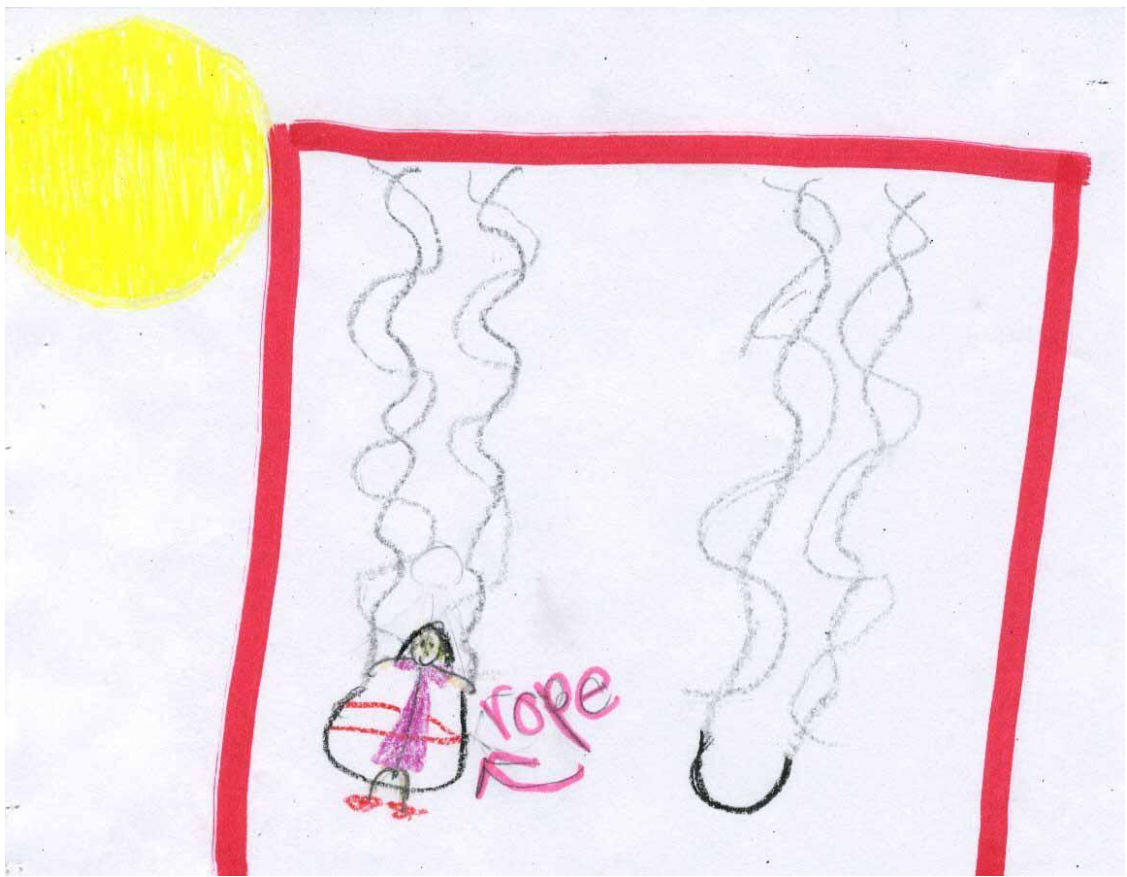
“Mom, can I get this one?” asked Sierra. “Yes you can,” said mom. Sierra did not know that her mom wanted her to get over spiders, but Julie will soon tell her. When they got home, Julie read that spiders kill insects and that is a good thing. Spiders are not harmful to people.



Spiders eat flies. Spiders catch flies in their webs. The spiders roll up silk and wrap the fly in it.

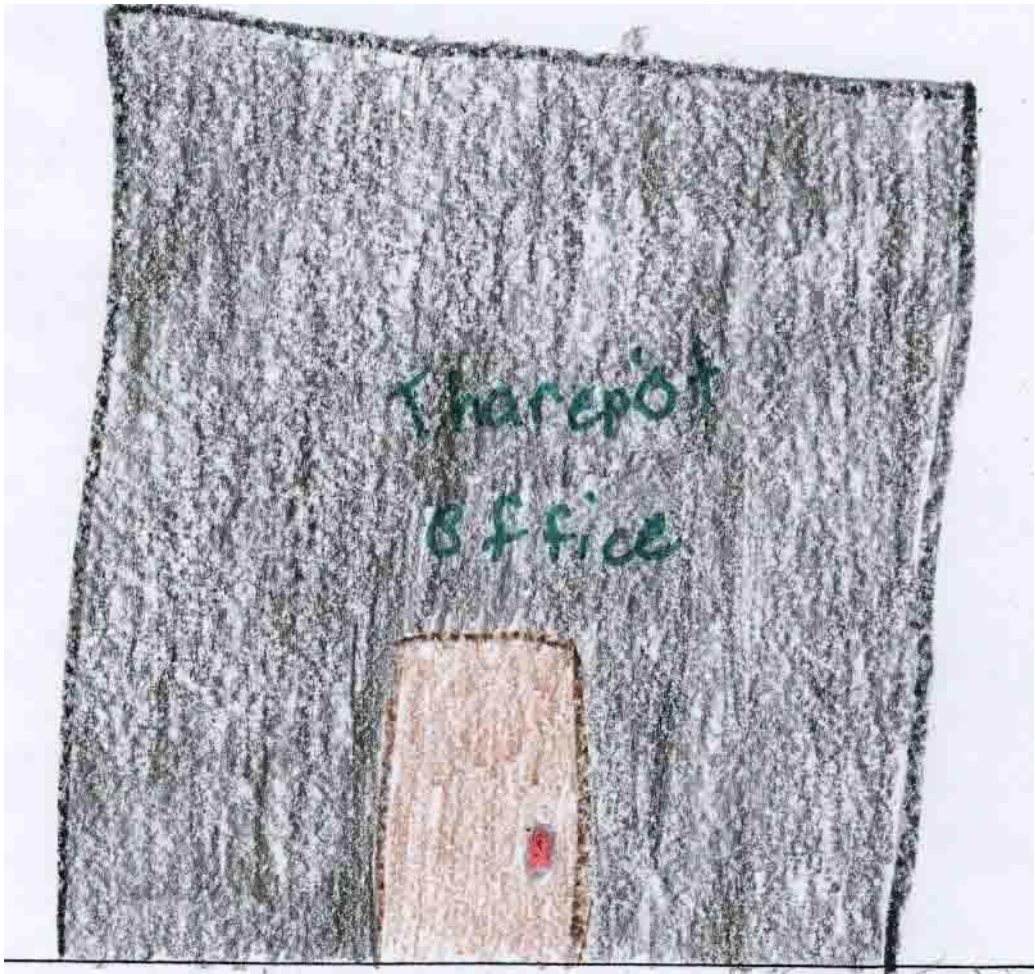


Once the fly gets caught in the web, the spider sucks the blood out of the fly. That is how spiders get flies. Reading about spiders worked. Sierra no longer jumped on tables when she saw a spider.



Julie called the therapist and said, "I already know what to do for the swing." He asked, "What?" Julie said, "A rope to wrap around the swing when she swings."

He said, "Okay I will get that for you in no time." Julie asked, "When will it be done?" "An hour," he said. "Okay, so that's when I will pick it up," said Julie.



It was an hour already. So, Julie went to get the rope. It was ready so Julie took Sierra to the park.





Julie called the therapist again and said, “The rope worked!” He said, “That’s good, I am glad everything worked out.”

THE

END