

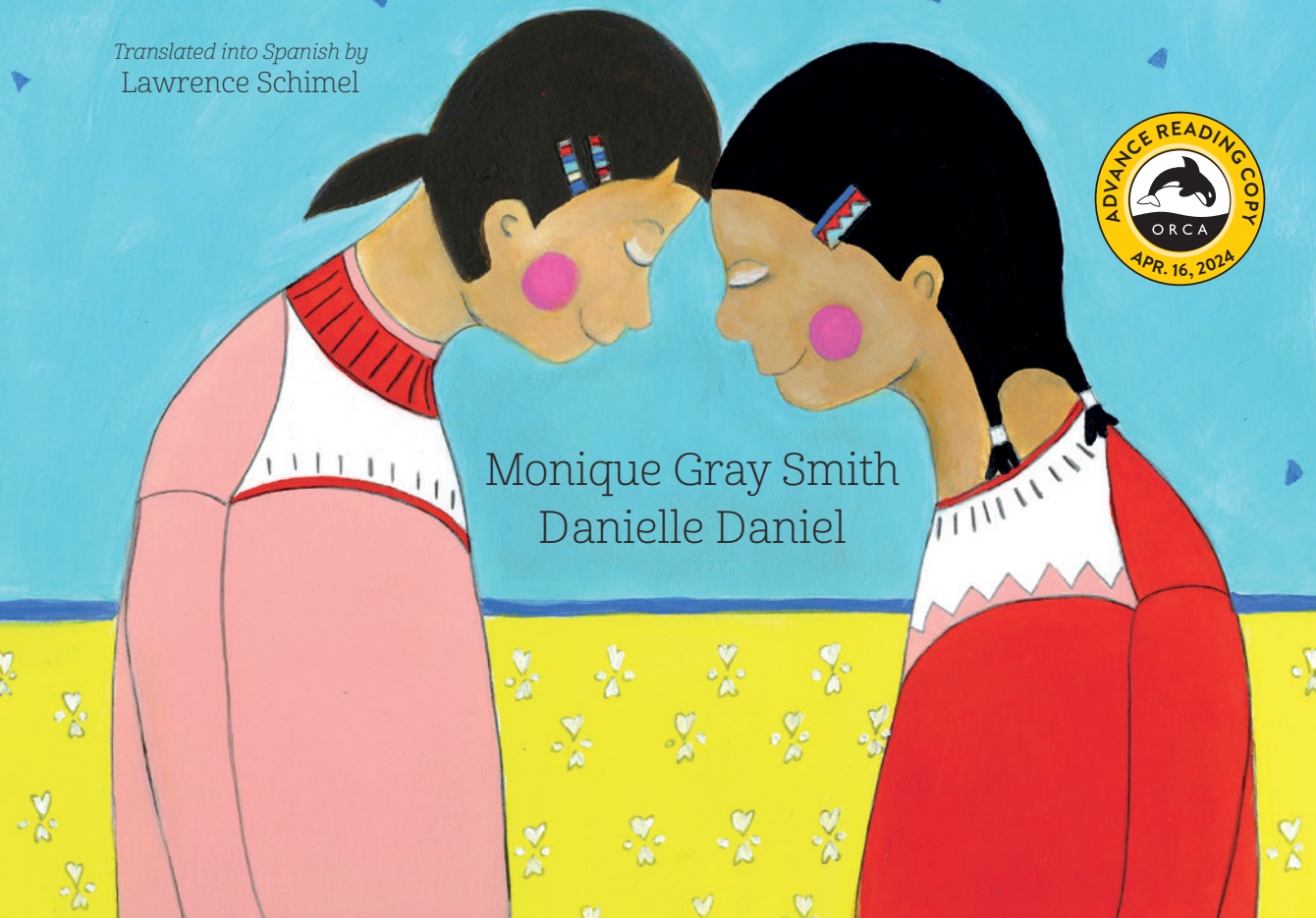
You Hold Me Up

Tú me sostienes

Translated into Spanish by
Lawrence Schimel



Monique Gray Smith
Danielle Daniel



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 Reconciliation among children and encourage them to show
 each other love and support. In English and Spanish.

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This book was written in the spirit of Reconciliation
 and is dedicated to the children, families and
 staff of Aboriginal Head Start programs.

Este libro fue escrito con el espíritu de reconciliación y está dedicado a los hijos, a las
 familias y al personal de los programas *Aboriginal Head Start*.

—M.G.S.

To Melanie Hunt

Para Melanie Hunt

—D.D.





You hold me up
when you are kind to me

Tú me sostienes
cuando me muestras bondad

when you
share with me

cuando compartes
conmigo





when you
learn with me.

cuando aprendes
conmigo.

You hold me up
when you play with me

Tú me sostienes
cuando juegas conmigo



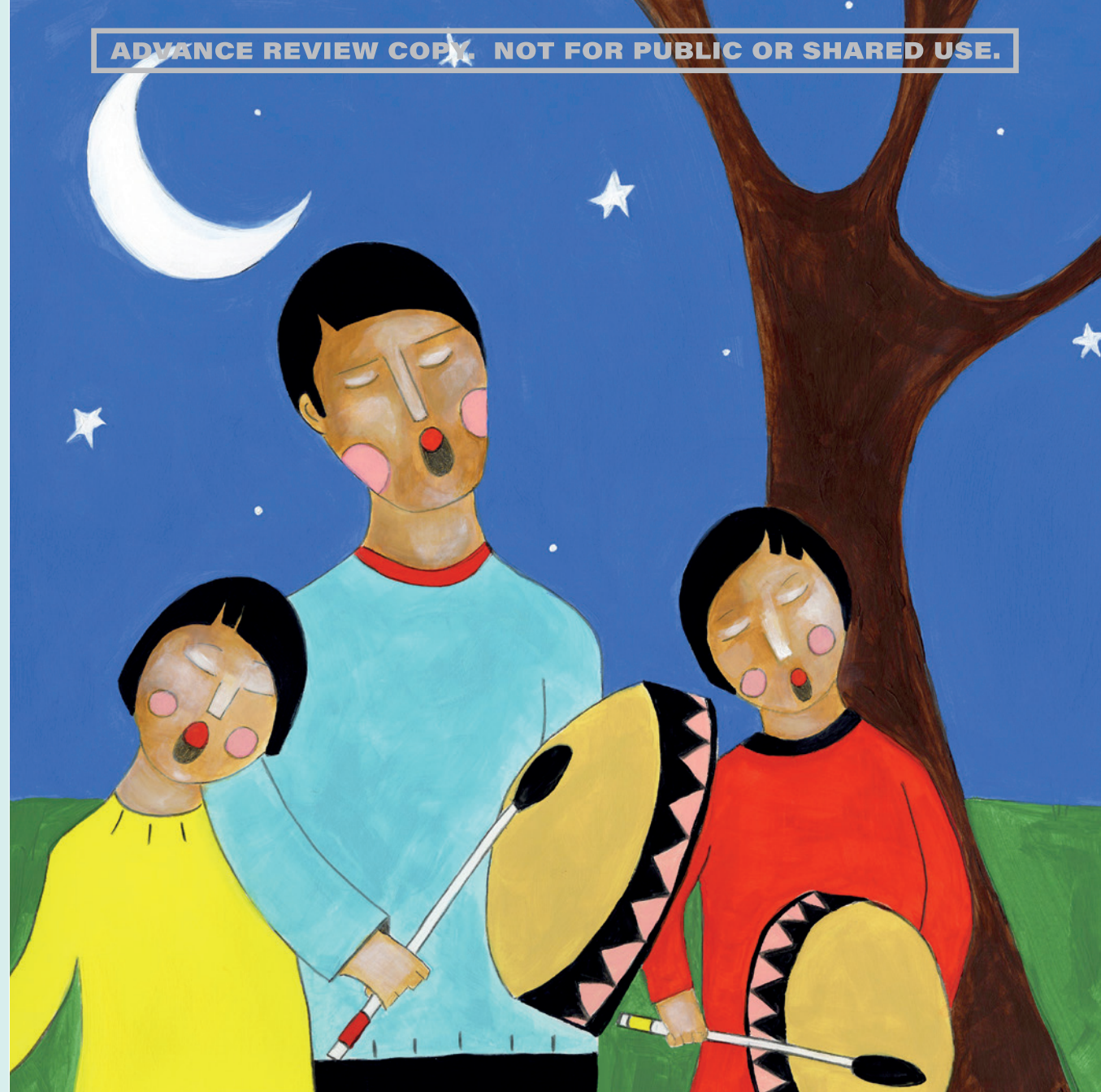


when you
laugh with me

cuando te ríes
conmigo

when you
sing with me.

cuando cantas
conmigo.





You hold me up
when you comfort me

Tú me sostienes
cuando me consuelas



when you
listen to me

cuando me
escuchas

when you
respect me.

cuando me
respetas.





You hold me up.

Tú me
sostienes.



I hold you up.

Yo te
sostengo.



We hold
each other up.

Nos sostenemos
los unos a los otros.



Monique Gray Smith is an award-winning, bestselling author and public speaker. Her books cover a broad spectrum of ages, topics and emotions. Woven into all of Monique's writing and her speaking engagements is the teaching that Love is Medicine. Her books include *Speaking Our Truth: A Journey of Reconciliation*, *My Heart Fills With Happiness*, *You Hold Me Up*, *Lucy and Lola*, *Tilly: A Story of Hope and Resilience*, *Tilly and the Crazy Eights* and *When We Are Kind*. She has also created the young adult adaptation of *Braiding Sweetgrass* by Robin Wall Kimmerer. Monique is Cree and Scottish. She lives with her family on the Traditional Territories of the Lək̓ʷəŋən and WSÁNEĆ Peoples.

Monique Gray Smith es una autora premiada y de gran éxito de ventas y también una oradora pública. Sus libros abarcan un amplio espectro de edades, temas y emociones, pero entretelado en todos sus escritos y sus presentaciones es la enseñanza de que el Amor es una Medicina. Sus títulos incluyen *Speaking our Truth: A Journey of Reconciliation*, *My Heart Fills With Happiness* (disponible en español como *Mi corazón se llena de alegría*), *You Hold Me Up* (disponible en español como *Tú me sostienes*), *Lucy and Lola*, *Tilly: A Story of Hope and Resilience*, *Tilly and the Crazy Eights*, *When We Are Kind* y *I Hope*. También se ha adaptado el libro *Braiding Sweetgrass* de Robin Wall Kimmerer para lectores jóvenes. Monique es una mujer de ascendencia cree y escocesa. Vive con su familia en los territorios tradicionales de los pueblos Lək̓ʷəŋən y WSÁNEĆ.



Danielle Daniel is an award-winning author and illustrator of books for children and adults. She holds an MFA from the University of British Columbia and lives on Manitoulin Island with her family.

Danielle Daniel es una autora e ilustradora premiada de libros para niños y libros para adultos. Tiene un máster en Bellas Artes de la Universidad de Columbia Británica y vive con su familia en Manitoulin Island.

Author's Note

In Canada, we have a long history of legislation and policies that have affected the wellness of Indigenous children, families and communities. One of the most impactful was Indian Residential (boarding) Schools. For over 150 years, Indigenous children (First Nations, Métis and Inuit) as young as five were taken from their families, communities and cultures and placed in Residential Schools. At these schools, abuse was rampant. The children were separated from their siblings, forbidden to speak their own languages or practice their culture, often fed little or rotten food and were denied basic necessities.

With this book, we are embarking on a journey of healing and Reconciliation. I wrote it to remind us of our common humanity and the importance of holding each other up with respect and dignity. I hope it is a foundational book for our littlest citizens. A book that encourages dialogue among children, their families, their care providers and their educators. At its heart, it is a book about love, building relationships and fostering empathy.

En Canadá, tenemos una larga historia de legislación y de políticas que han afectado el bienestar de los niños, familias y comunidades indígenas. Una de las políticas que tuvo mayor impacto fue el sistema de escuelas residenciales indígenas.

Durante más de 150 años, niños indígenas (primeras naciones, métis e inuit), a veces con tan solo cinco años, fueron arrebatados de sus familias, comunidades y culturas y colocados en escuelas residenciales. En esos lugares, los abusos fueron desenfrenados. Los niños fueron separados de sus hermanos, se les prohibió hablar sus propias lenguas y practicar su cultura, a menudo se les alimentó con comida escasa o podrida y se les negó las necesidades básicas.

Con este libro, nos embarcamos en un viaje de saneamiento y reconciliación. Lo escribí para recordar nuestra humanidad y la importancia de sostenernos los unos a los otros con respeto y dignidad. Espero que sea un libro fundacional para nuestros ciudadanos más pequeños y que estimule el diálogo entre niños, sus familias, sus cuidadores y sus educadores. En el fondo, es un libro sobre el amor, la construcción de relaciones y el fomento de la empatía.

With respect and love,

Con respeto y amor,

Monique Gray Smith