

# Liat's Road to Healing and Feeling Wonderful!

## **Bye-Bye Tonsils!!**



We have five people in our family.  
Abba and Eema.  
Avital is the oldest sister,  
Noa is the middle sister  
and Liat is the youngest.



Liat may be the youngest but she is strong!!  
Remember when she learned to ice skate all by herself?



Lately Liat has been having trouble breathing. So, Dr. K and Dr. Zaghi (the magician!) told Liat she needs to get her tonsils out.

Liat's tonsils are too big and they are getting TOO many germs and making it hard for her to breath well, especially when she is sleeping.





On Friday, Abba will take Liat to the hospital  
and Eema will come a little bit later.

Liat will get a special mask over her face.

Abba and Eema will give her a kiss and Liat will go to sleep.

Dr. Zaghi the MAGIC Doctor will take out Liat's tonsils.

When Liat wakes up her Abba and Eema will be there.

She will get lots of hugs and go home!



It's ok to be scared, being scared is normal part of being a kid.  
 But remember when Liat went to Tumbleweed camp all by herself?  
 At first, she was scared but then she made so many friends!  
 And remember when Liat was brave at hiking up a mountain, and  
 when Liat made new friends in Israel even when she felt shy?  
 Liat can do lots of things!!



At home, Liat will drink lots of juice and water, eat popsicles and ice cream, watch lots of shows, and spend a lot of time with Abba, Eema, and Helen. Her grandparents and friends will come visit her too.





In a few days, Liat will feel all better.  
She will breath easily and have energy to do all her favorite things like  
swimming, riding her bike, going to the beach,  
playing dress up, and going to camp.



Question: who else got their tonsils out?  
Lets see...her sister Avital, Abba, Auntie Tamara, Auntie Elana,  
and even Ella is getting her tonsils out soon too.  
So many people get their tonsils out and then feel so much better after.





Liat is strong and a loved part of our family.  
We can't wait for her to feel so good!  
Bye-bye tonsils!

Hello!



My name is Danielle Horwich. I wrote this book for my youngest daughter Liat in preparation for her tonsil surgery with Dr. Zaghi when she was 4 years old.

Before I wrote this book, Liat had lots of anxiety about her upcoming surgery and begged us not to go through with it. This book, and the conversations it led to, helped Liat approach her surgery with a positive attitude, walking her through her fear, and helping her *and* us to focus on the wonderful outcomes it would bring.

I am a therapist and educator. I run groups for moms and dads and work with parents privately to help them navigate the challenging terrain of parenthood. It is hard isn't it? We so badly want to help our children thrive physically, emotionally, and cognitively, and sometimes we all need some extra help figuring out just how to do this.

I love being on other parents' team, helping them to turn the hard moments of parenthood into moments of growth that uses challenges to more deeply connect with their child.

Write me at [dh@daniellehorwich.com](mailto:dh@daniellehorwich.com) to see how I may help you. For my full bio check out my website [www.daniellehorwich.com](http://www.daniellehorwich.com)

Congrats on being at Dr. Zaghi's office!  
You are in great hands.

Warmly,

Danielle