



# MILO: CAUGHT IN THE MIDDLE

by [childbook.ai](https://childbook.ai)



Milo was a little golden retriever puppy with a big heart. He loved building block towers while hugging his favorite teddy bear. One afternoon, a loud crash interrupted his playtime. His brother and sister were yelling at each other again about a missing toy.



Milo stood between his siblings, trying to make peace. "Please stop," he whispered, but they couldn't hear him over their shouting. His ears drooped as he felt squished in the middle. Milo's tummy felt wiggly and his heart heavy as he tiptoed away to his quiet corner.





Milo remembered his teacher's words about taking care of himself when things got loud. He closed his eyes and took five deep breaths, in and out. Then he opened his special Feelings Toolbox with paper tools he made himself. The "Breathe Deep" tool helped him feel better.



Later, Milo's sister came to whisper "Sorry" while his brother invited him to build together. Milo smiled, knowing being in the middle wasn't easy. But he had learned to take care of his feelings when caught between arguments. And that made all the difference.





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