

# IF I FORGET YOU

"PREVENTION OF MENTAL HEALTH RISKS OF CHILDREN DUE TO PARENT  
MIGRATION"

Tita: Mooooooom!, mooooooom! Come mooommyyyy !, where are you?

Wake up Tita screaming and crying heartbroken.

Tita: mamitaaaaaaa are you upset with me ?, come, veeeeeeeen.

Her granny Carmelita ran into Tita's room, hugged her and cooed silently to comfort her.

Tita: Granny, you bring me my mommy!

Grandma Carmelita looked at Tita with the deepest love and compassion and said with much affection.

Grandmother Carmelita: Tita, you know that your mom went to live in another country, we will tell you and show you where she is and you know that she is far from our house, but you must always remember that however far she is, she loves you and always who can call you, and you can hear and see her.

Tita replied: What is far? Bring me my mommy or let's go to her.

Granny Carmelita: I cannot Tita, I cannot bring her to you for the moment, you must understand that she did not leave because she wanted to but to give you a better future.

Tita: Noooo, buuuuuuuuu - her crying continued. - I only want my mommy!

Granny Carmelita did not say any more words allowing in her reserve that the girl cried, she looked at her and treated with respect, patience and tenderness, she waited the time necessary to calm and slowly heal Tita's broken soul, she always laid her granddaughter down next to his chest, so that he could feel the permanent, sonorous and calm sounds of his heart, indicating with caresses, hugs, words and even silences the importance of life and the strength of love.

Thus the days passed and Tita repeated that scene every morning or night, but the granny with her calm and affection always wrapped her in his arms, lulling her in total silence, allowing Tita to express that feeling of pain and anguish for not having close to his mother, an absence that he felt constant in his life.

Her mother Camila kept the promise and called her every day, trying to fill Tita's little heart, so that she felt protected and safe.

Camila: Daughter remember that if someday I cannot call you it is not because I do not want to, but because I cannot, but my heart and my spirit will be with you forever, I will always accompany you, you know that you are the greatest blessing received and you know that every day I love and I will love you.

The days went by and the girl filled her mother with joy and satisfaction, told her what she learned at school, showed her her notebooks and did the tasks that they could do together, Tita's mother had gotten a blackboard and explained from a distance, Tita told her about her friends and how she loved them, she showed her pets a dog and a cat that her grandmother had adopted. She looked calmer, because in the absence her mother was present, she tried with tender but sure words, to make her girl feel her.

Camila had learned to make many games for her daughter, she taught the girl in the distance to use imagination, creativity, they smiled, always so united. The mother told her stories, but Tita's favorite story was "The Golden Ribbon." Camila indicated her daughter, close her eyes, breathe slowly and deeply, relax, Tita felt the inhalation and exhalation of her mother, managing to calm her, in a soft voice said "There was once a mother who carried in her womb a beautiful daughter who she felt every day, and with whom she was happy, she communicated with her with words, caresses, eating healthy, she slept the necessary time, she tried to be serene, this mother gave life to her daughter through a golden bow, a gold bow of those that no one can ever break, one day that girl decided to go out into the world, she came out of the shelter that mom had in her warm tummy, the doctors cut that little bow of the mother but they never managed to cut that little golden bow from the mother's heart And that beautiful girl, who looked happy, beloved, and so the years went by and no matter how great her daughter was, she always felt it because nobody could ever cut that golden ribbon. "

For Tita, that was her favorite story and she asked her mother to tell her over and over again. Although Camila and Tita also enjoyed the time to do homework, sing, dance, recite, read stories, play riddles, learn tongue twisters, tell the adventures that each one lived daily, always enjoying next to her grandmother, this shared time made the Tita's days were calmer because she felt love and security.

Grandma Carmelita, although it was true, was not her mother, if she lavished an infinite love on her granddaughter, helping Tita to diminish the absence of her mother and that this trace in her life is not so deep, the grandmother from the force of love she had changed her routines, she had made a list of the things that she considered to be priority or important and those that did not contribute to her life or to the life of the girl, leaving aside activities that she used to do, such as watching the cell phone unofficially, watching television, and This device was conspicuous by its absence because his time was dedicated to her and her granddaughter Tita, both learned to enjoy small things, to make sense of the presence of people and most importantly to give a place of importance to the family.

Over time it was possible that Tita, her mother and grandmother could meet again, understanding that the strength of the heart will make it all possible.

