

# Doubtless You Know...

Original Story By:

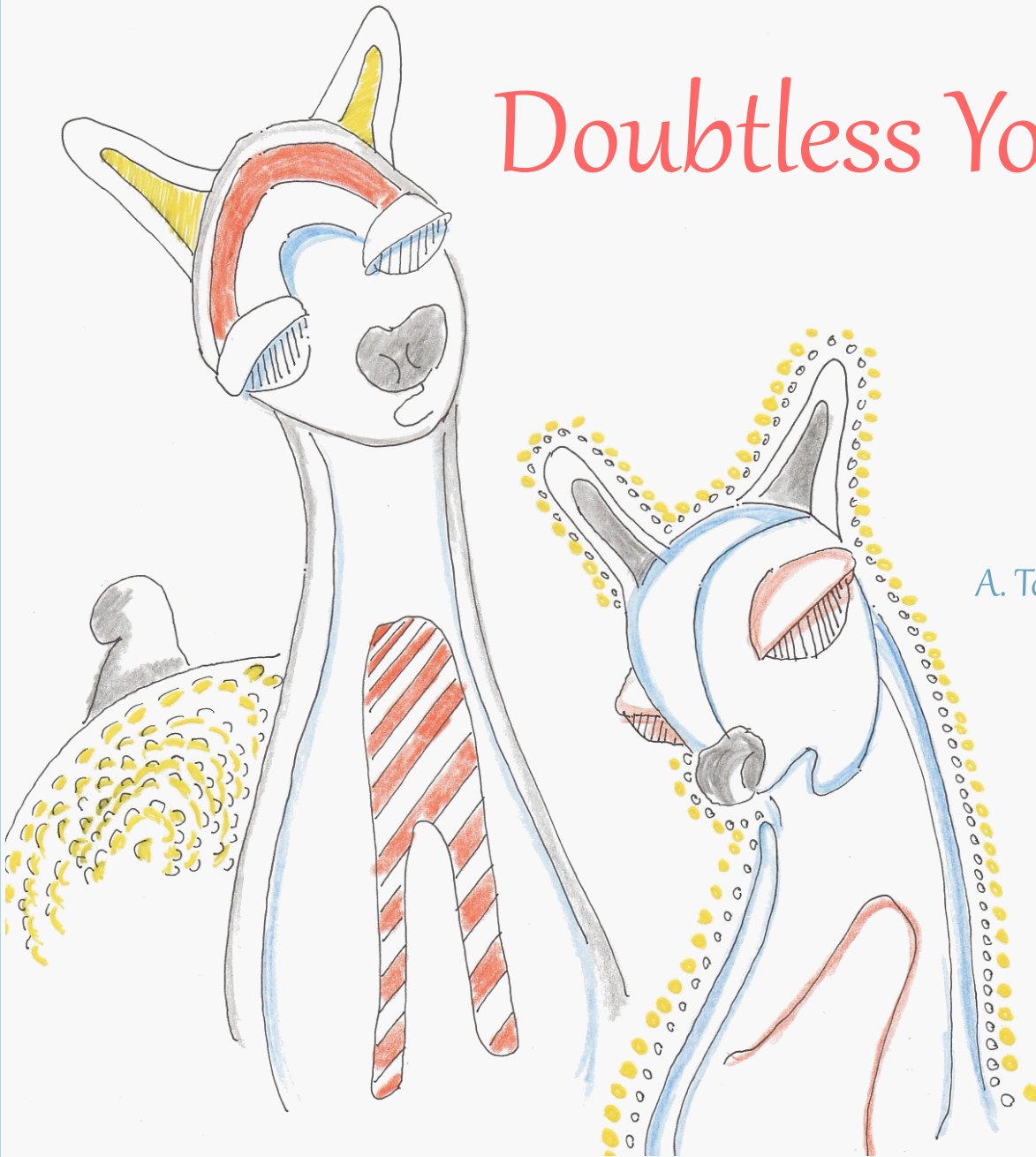
Matthew R. Galvin

Adaptation By:

A. Tomlin, R. McKnight, & D. Zielke

Illustrations By:

Deborah C. Galvin



Celebrating 15 Years



Indiana Association  
for Infant and Toddler  
Mental Health

With Best Wishes From  
The Indiana University Conscience Project

Made possible through a generous contribution from:  
FSSA/Division of Mental Health and Addiction,  
Indiana State Department of Health, and  
Substance Abuse & Mental Health Services Administration/Project LAUNCH

### ***Dedication from the 2015 IAITMH Board of Directors***

This year, the Indiana Association for Infant and Toddler Mental Health celebrates its 15th anniversary! As part of our celebrations, we are pleased to be able to share this copy of *Doubtless You Know*: a lovely fable written as an elegant poem by board member Matthew Galvin, MD, beautifully illustrated by Deb Galvin, faithfully adapted by IAITMH board members and friends, and made possible with generous support from FSSA/Division of Mental Health and Addiction, Indiana State Department of Health, and Substance Abuse & Mental Health Services Administration/Project LAUNCH.

*Doubtless You Know* tells the story of guanacos, animals who live in the mountains of Chile, a hot, high and dry land where there is little water. We hear their story of surviving and thriving as they share it with a young girl who takes the time to listen. The tale provides many chances to explore concepts that are important to our work with babies and their caregivers from an infant mental health perspective. As you experience the story, you may discover ideas that include the importance of considering multiple perspectives through observing and listening, the idea that we can all help no matter how small, that different kinds of knowing are useful, and that things are very often not as they first seem! We are sure that many of you will find other meanings as you reflect on the story from your own personal perspective.

All great stories can be told in many different voices. In addition to the children's story book, we invite you to visit our website, where Dr. Galvin's full poem, bursting with wonderful, wondrous and just plain fun language is posted. Also available on the website is a version of the story for older children developed by Deb Zielke. For extended fun with young ones, see our *Doubtless You Know* coloring book. Last, an audio version is also available.

### ***About the IAITMH***

The IAITMH got its start in 2000 as part of a SPRANS (Special Projects of Regional and National Significance) grant obtained from the Maternal and Child Health Bureau by the Indiana State Department of Health and other state agencies, including the First Steps Part C Early Intervention System in the Family and Social Services Administration. With the wise guidance of then Part C Coordinator Maureen Greer and ISDH Director Judy Ganser, MD, and our fearless coordinator Barbara Alborn (Gibson) a big piece of the grant included activities related to Infant Mental Health. Many people had leadership roles in the development of the association and a full list of our founding board appears below. Over the years, IAITMH has enjoyed support of friends at many state agencies as we sought to improve services for very young children with social emotional concerns and their families in our state. Some of our important efforts have included partnerships with Mental Health America of Indiana, ISDH Sunny Start (Early Childhood Coordinated Systems project), Indiana Part C/First Steps, Indiana Association of Family and Conciliation Courts, Department of Education, Department of Child Services, Indiana Criminal Justice Institute, Head Start, Bureau of Child Development, and Division of Mental Health and Addiction. We have also been lucky to partner with other states through our participation in the League of States and internationally through the World Association for Infant Mental Health, of which we are an affiliate.

Looking back, it is amazing to see how our "little club" has grown! Beginning with our own infancy, which required much nurturance and support, we next experienced our "toddlerhood", which included some struggles with autonomy and a quest for independence (and maybe some tantrums). Perhaps now we can say we are at least at school-age – still learning, but growing stronger and smarter each year.

Our board looks forward to continuing to bring the message of the importance of the first three years of life to lifelong emotional health. We pledge to continue to work toward our goal of ensuring that Indiana children and families can receive social and emotional supports in their home communities through awareness, training, endorsement, and advocacy. We invite you to join us in our efforts.

### ***Founding Board Members***

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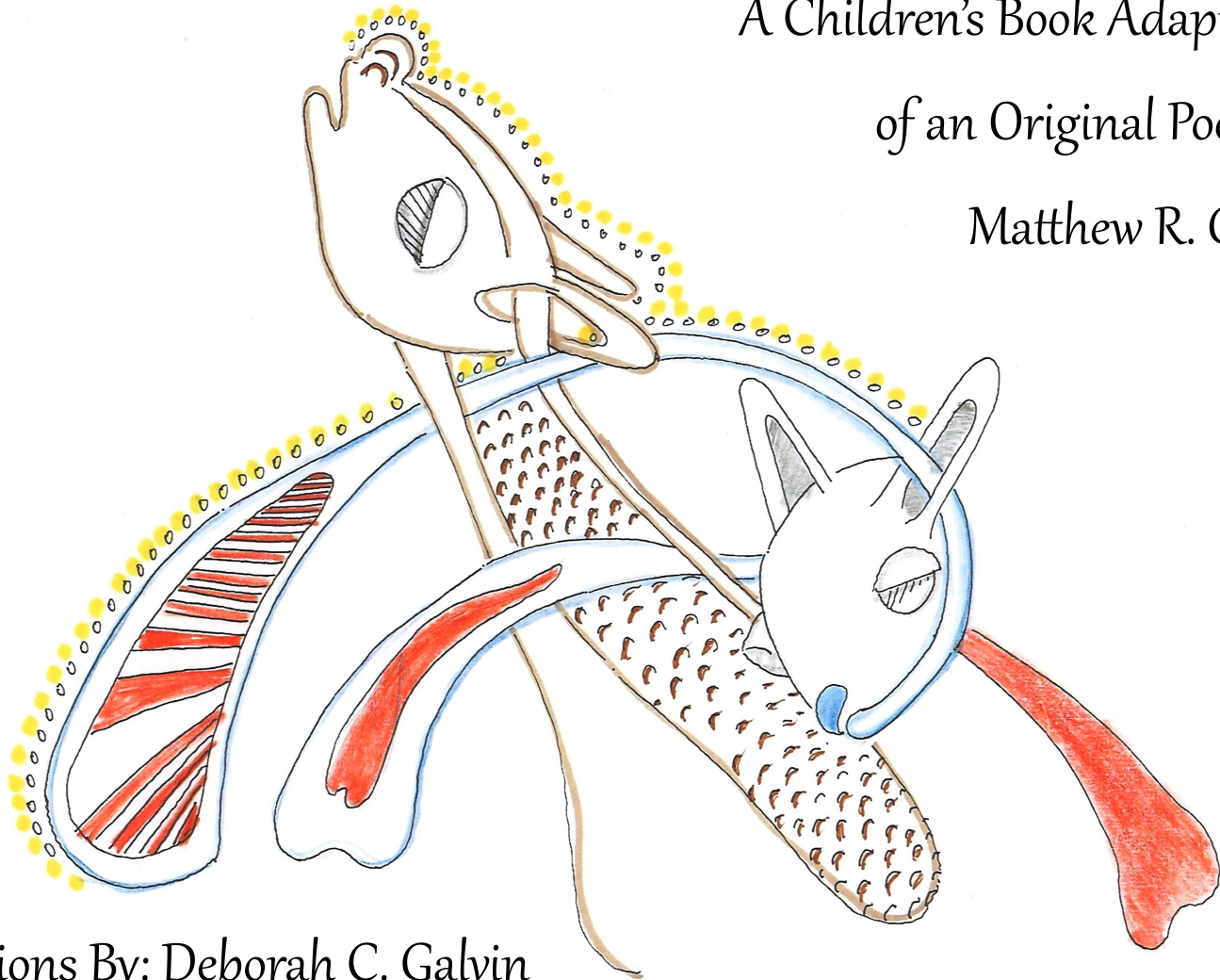
Don Wilka  
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# Doubtless You Know...

A Children's Book Adaptation  
of an Original Poem By  
Matthew R. Galvin



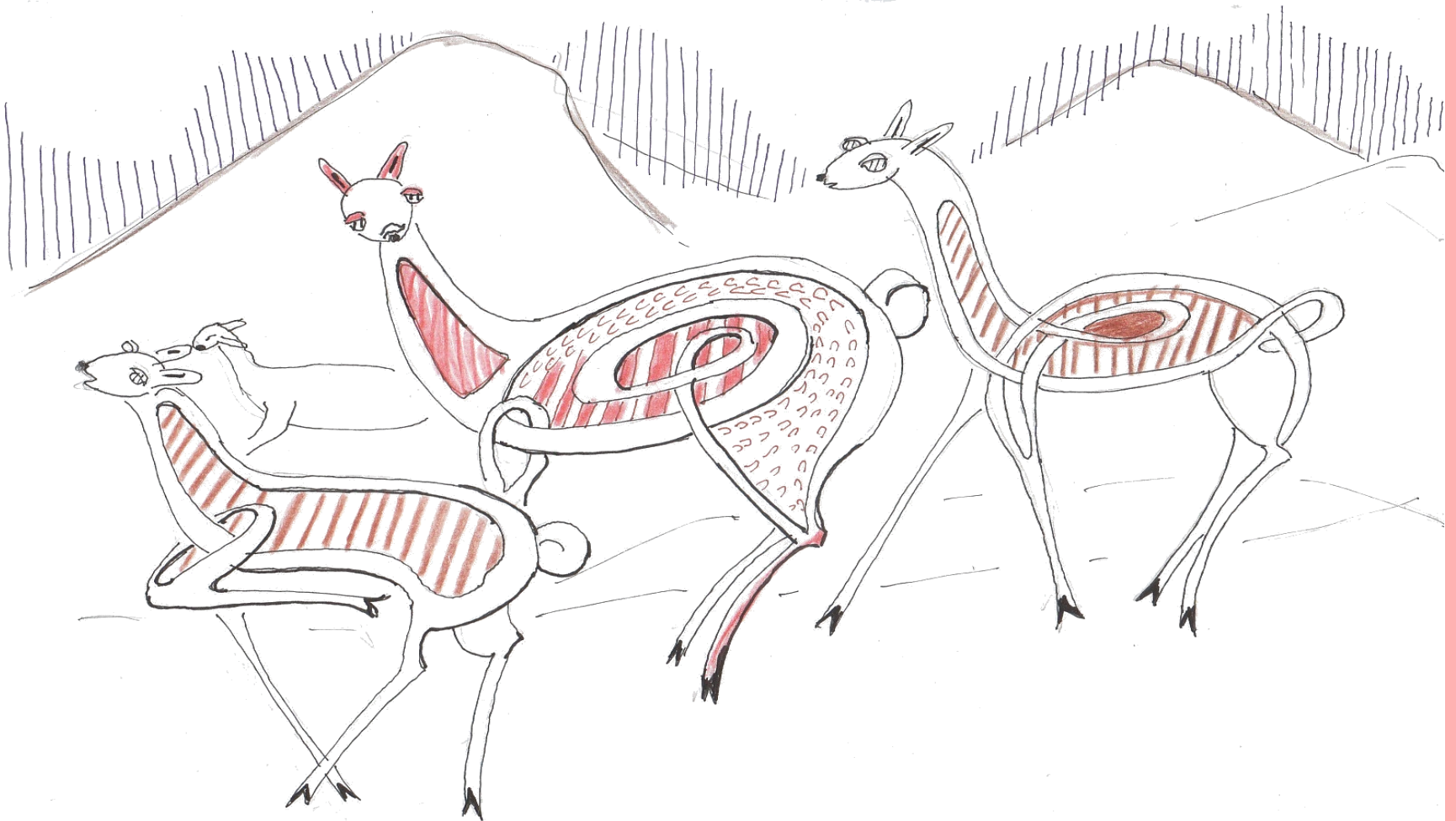
Illustrations By: Deborah C. Galvin

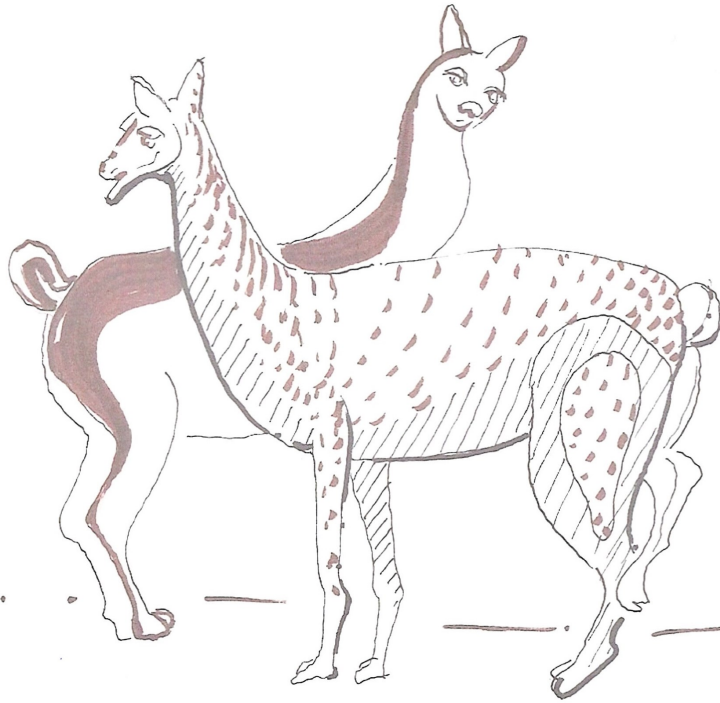
There once was a professor who studied animals every day and every night.

He was very smart and very famous, but also very silly.



A long time ago, the professor and his young helper, Meg,  
went to Chile - a hot, high, and dry land.  
They had traveled a long way to study animals called *guanacos*,  
who only lived in this hot, high, dry place.





“Doubtless you know, guanacos survive on the edge of Chile... No really!” the professor told his young helper.

“I have studied these animals for a long time and have learned many things about them. They must be very silly to stay in such a hot, high, and dry place when there are so many nicer places to live,” he panted.

“They should move to a place with cooler temperatures and more water, like Idaho or Alaska!” he suggested. “Then when I come to study them, it will be much *easier for me!* Yes, that’s what they should do!”

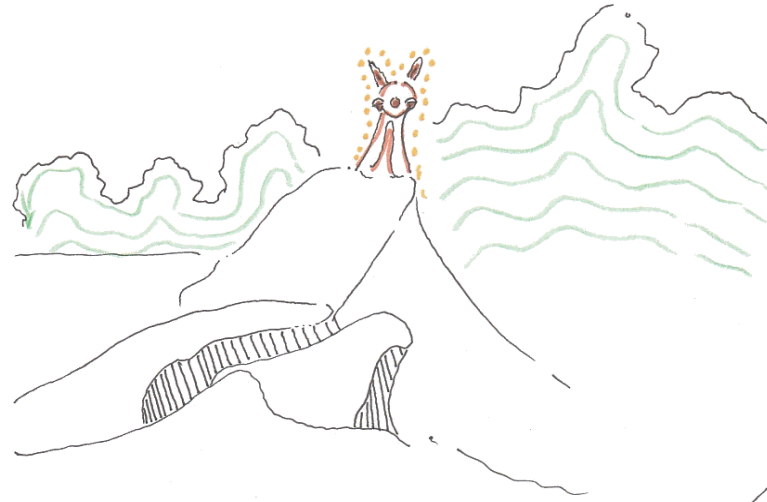


Meg watched the beautiful guanacos moving around in the distance. She said cautiously, “Excuse me Professor, but maybe the guanacos like their home and their ways. They may not want to move. I wish we could ask them to find out what they think.”

But the Professor said, “Don’t you be silly too! Doubtless you know, I have studied guanacos for a very long time, so I know the most. Guanacos are very shy. They will never talk to us.”



The guanacos noticed  
the Professor and  
Meg talking.



They crept

closer

and

closer



to the two until they  
could hear everything  
that was said.



The guanacos cocked their ears and looked at each other.  
How silly they thought the Professor was!



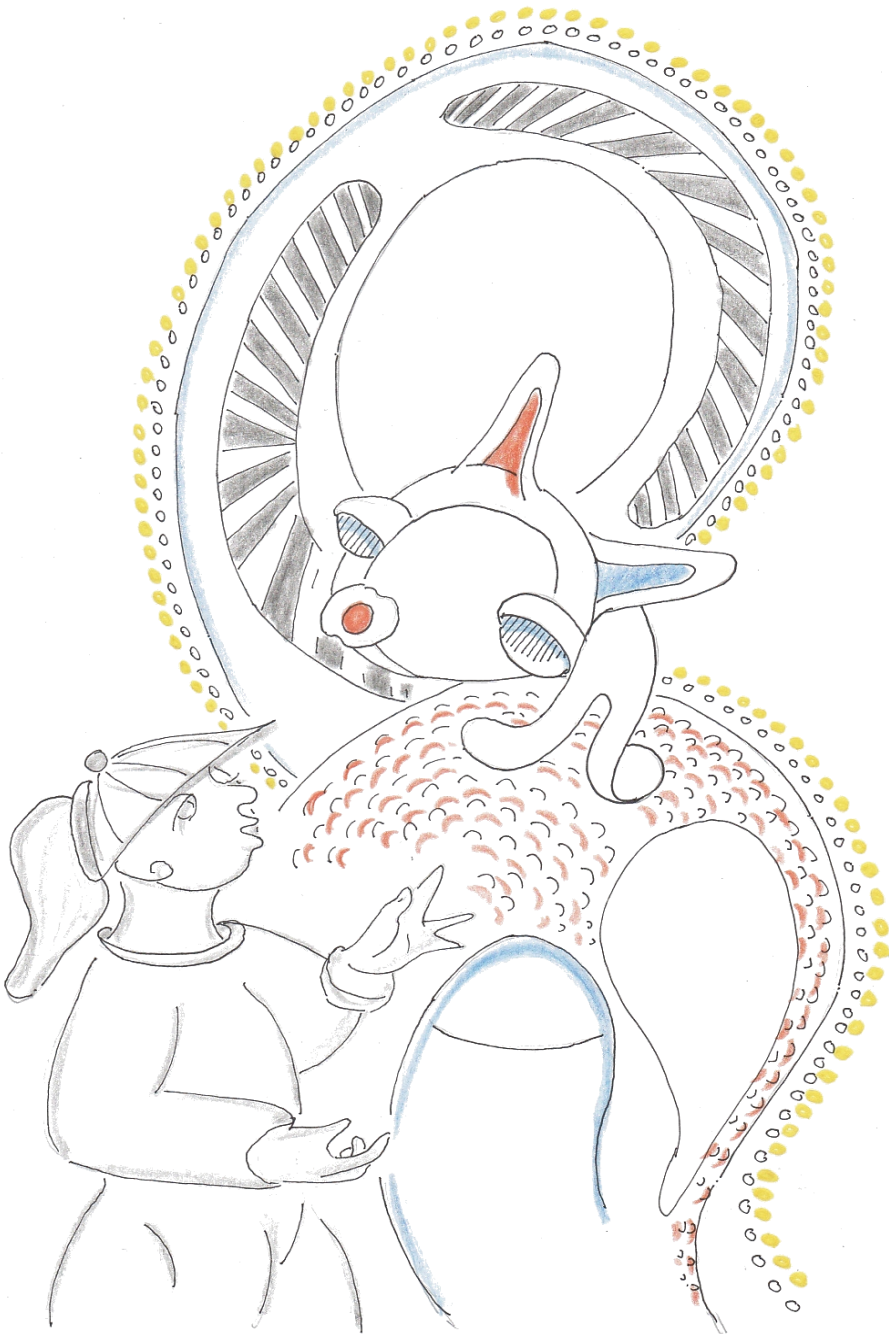
But, these beautiful animals liked what Meg said and knew they could trust her.

One guanaco came very close to  
Meg and whispered that she would  
like to tell her a story.

The Professor watched, feeling  
confused that the guanaco would  
come so close and then only talk to  
the young helper.

Meg smiled and said that she would  
like to listen to the story.

And so the guanaco began.

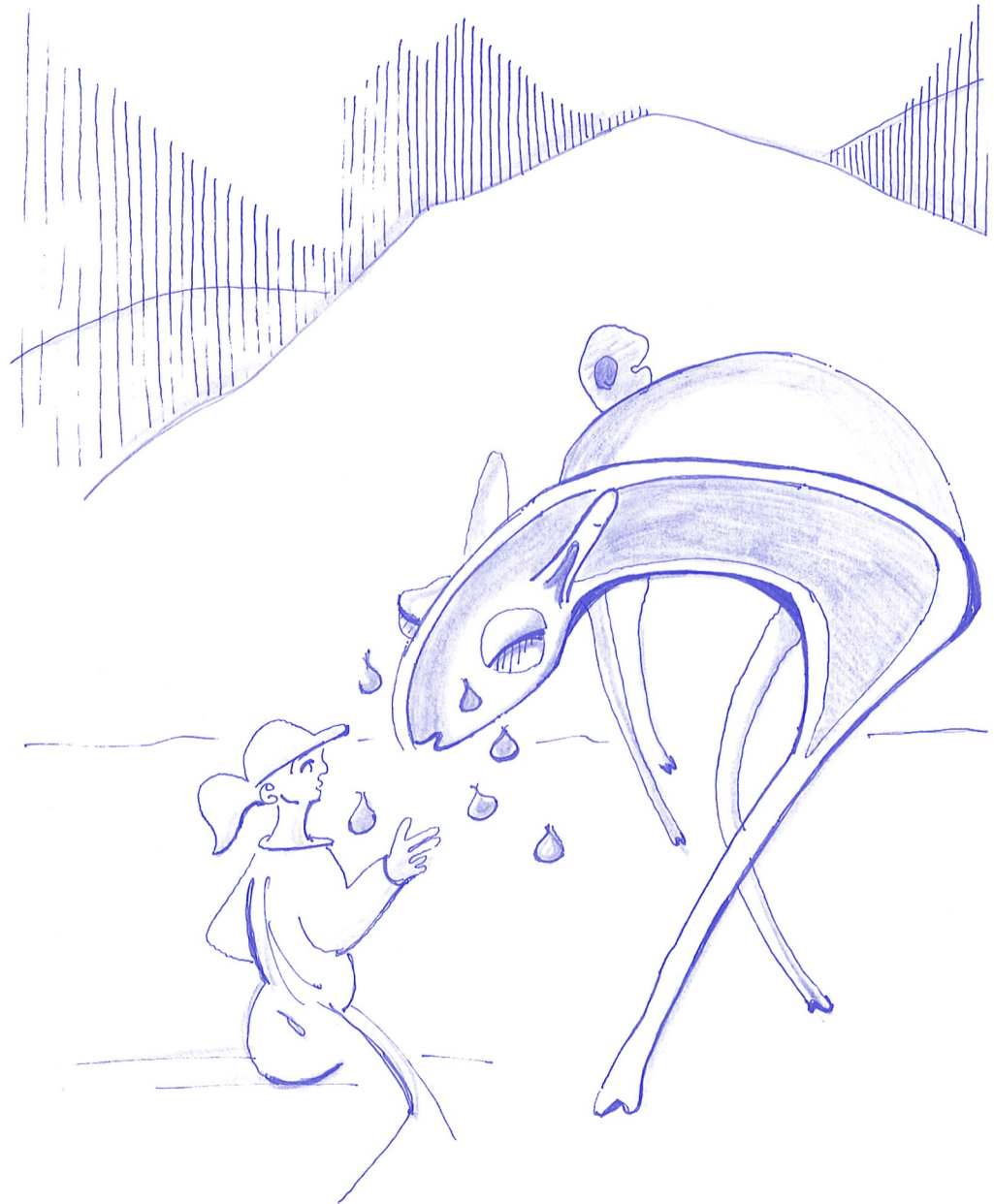


“It is true that our home is very hot, high, and dry” said the guanaco.

“Here it **is** hard to get water, but we know when to look for it! Our water rolls in from the ocean in early morning mists and fog, and lands on the cacti and lichens as dew. It is not a lot of water, but enough for us to share.”

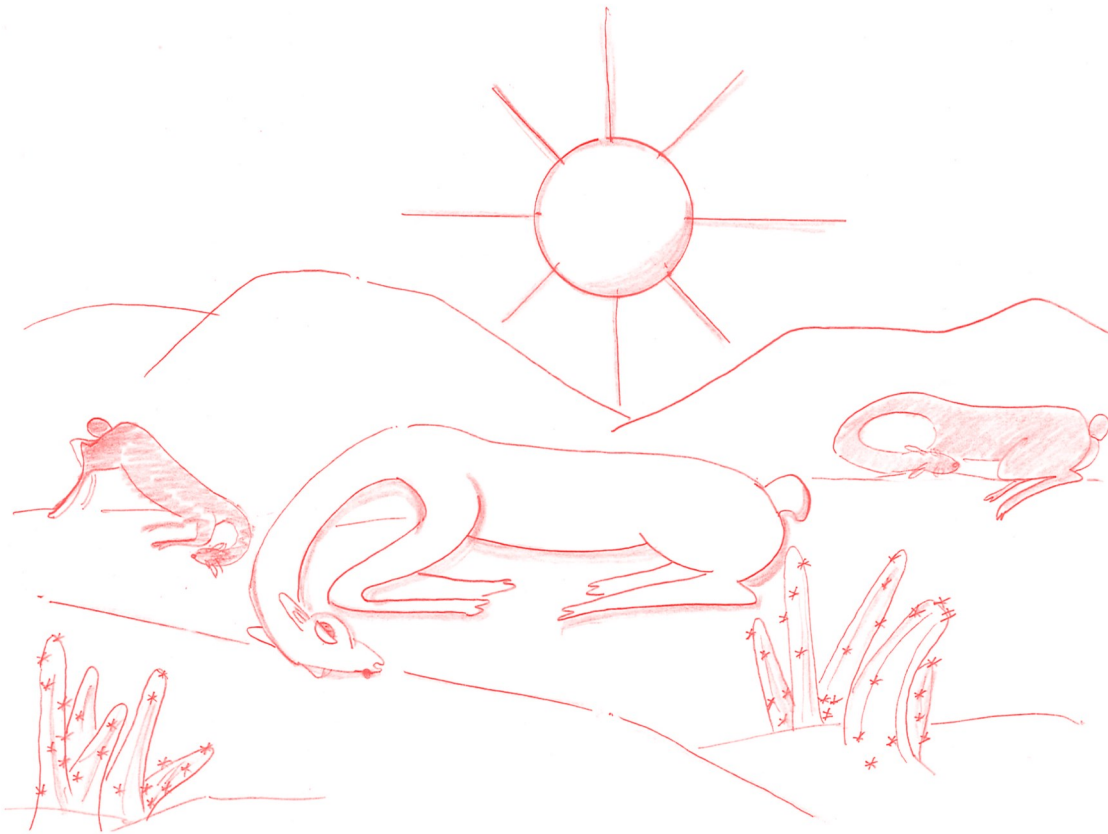


*“But, what if the water  
stopped coming?  
How would you live then?”  
whispered Meg  
with concern.*



*“Ah,” nodded the guanaco,  
“That happened once!”*

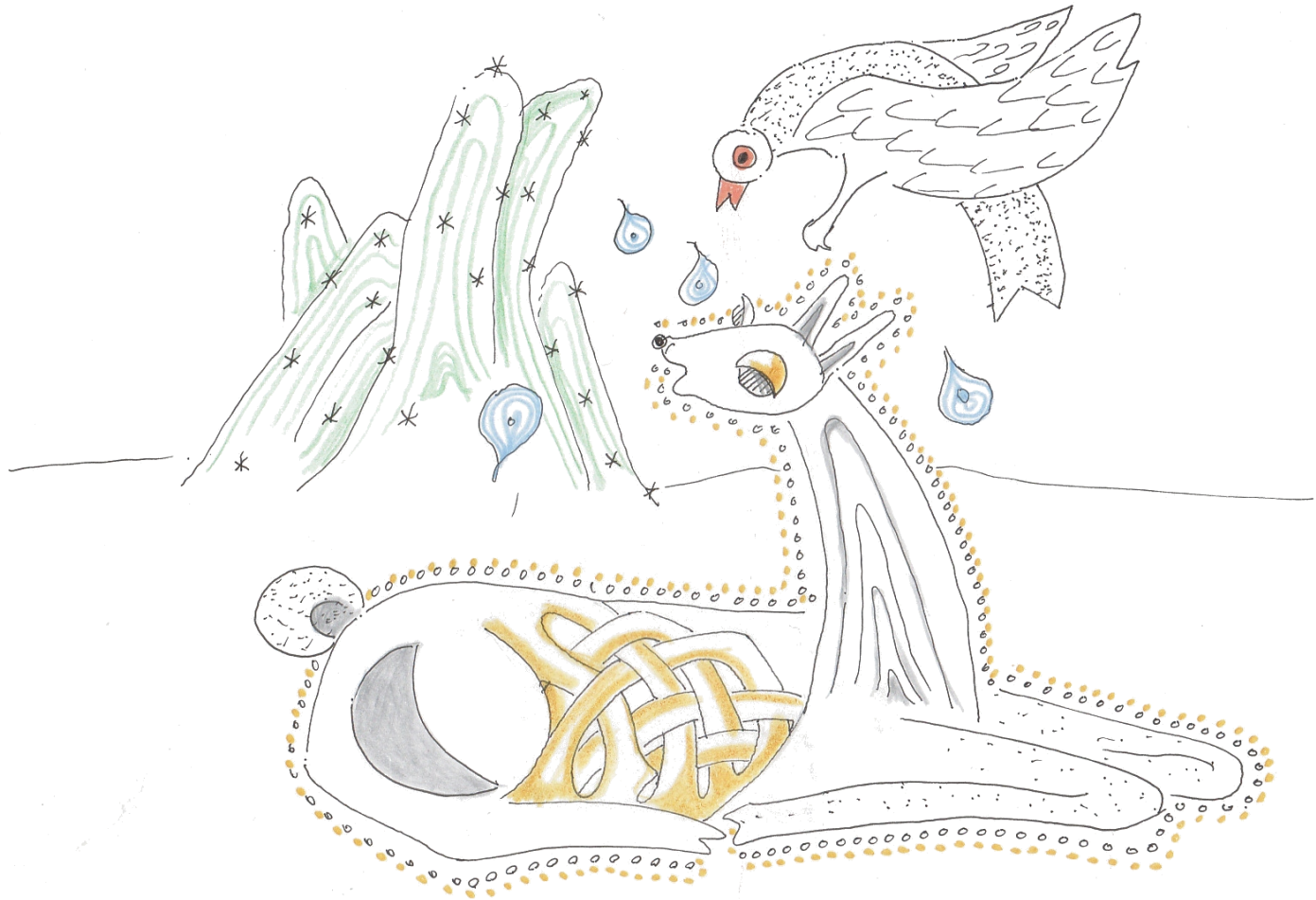
*There was a time when there was less and less water each day.  
And then one day the water did not come for us at all.  
We searched and searched for more water, but did not find any.  
We thought and thought about where to get more water, but had no ideas.  
Soon we were so thirsty we could not search or think any more.*



*We laid down,  
closed our eyes, and  
waited and waited,  
but no water came.*

*We were ready to  
give up hope.*

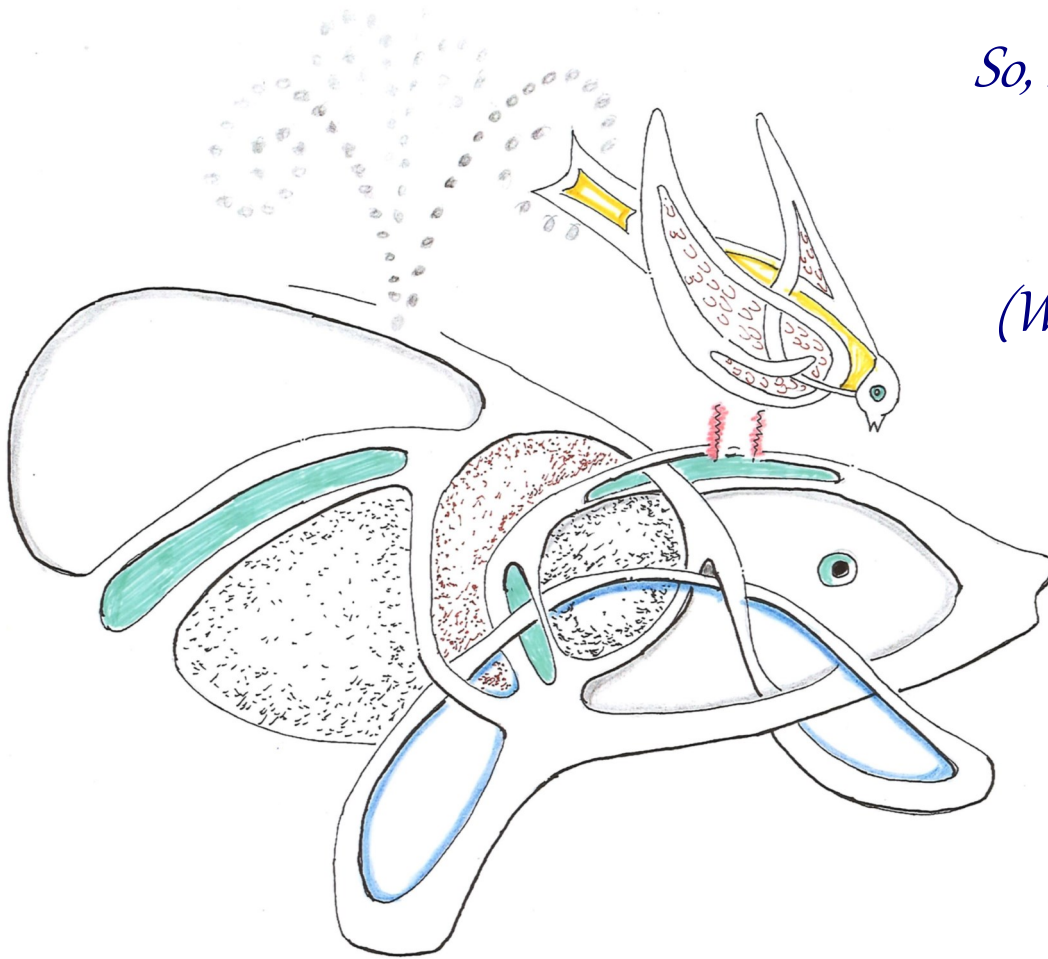
*At last, when we could wait no more, we heard the chirping of a small bird. The bird saw how thirsty we were and knew that we were ready to give up. "I am small, but I can still help," he twittered to the guanaco and then flew off to begin his search.*



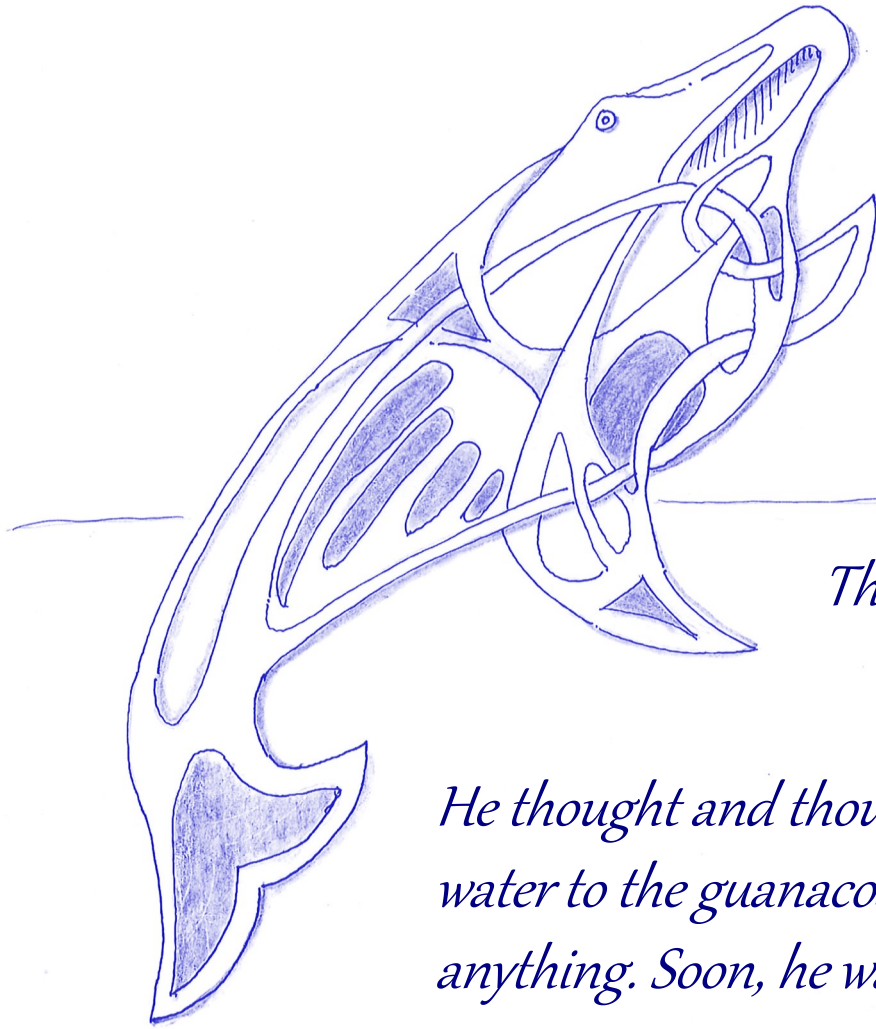


*The bird knew he was far too small to bring enough water alone.  
But, he also knew just who could help.*

*So, he flew off to the ocean and  
landed on the back of  
a southern right whale!  
(Whales are very hospitable!)*



*The bird told the whale  
about the guanacos'  
need for water.*



*The whale had never heard of guanacos and did not understand how anyone could live in a place so hot, high, and dry.*

*The whale looked and looked at the water all around him.*

*He thought and thought about how he could get the water to the guanacos, but he could not think of anything. Soon, he was about to give up hope.*

*“That is very sad” the whale said, “but I don’t see how we could help.”*

*Luckily, the bird  
knew something  
about the whales.*

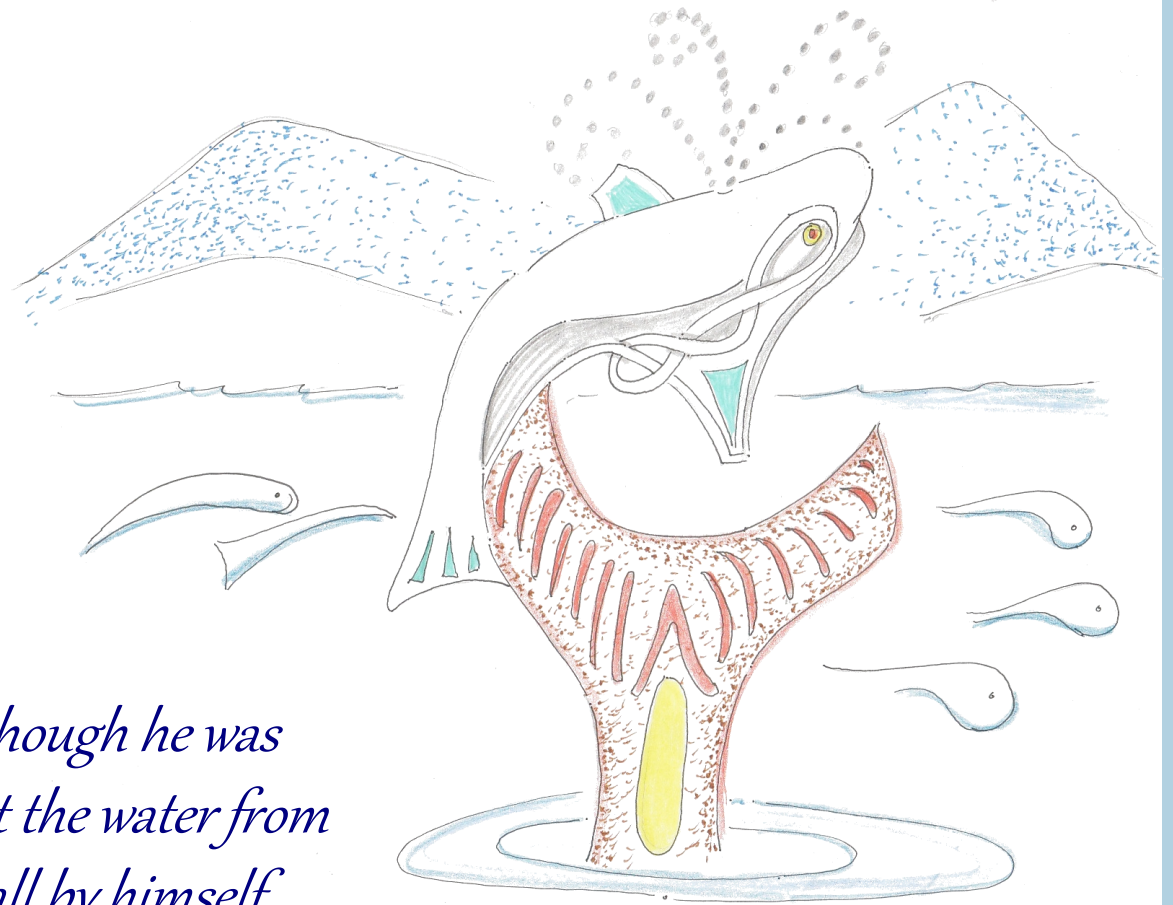
*He knew that the  
whales could spout air  
full of warm water right out of the  
tops of their heads! Imagine that!*

*And, he knew that this warm water would be like a cloud they could blow  
across the ocean to the land that was hot, high, and dry.*

*As this warm watery air cooled down, it would become water again and fall  
like dew onto the cacti and lichens, saving the guanacos.*



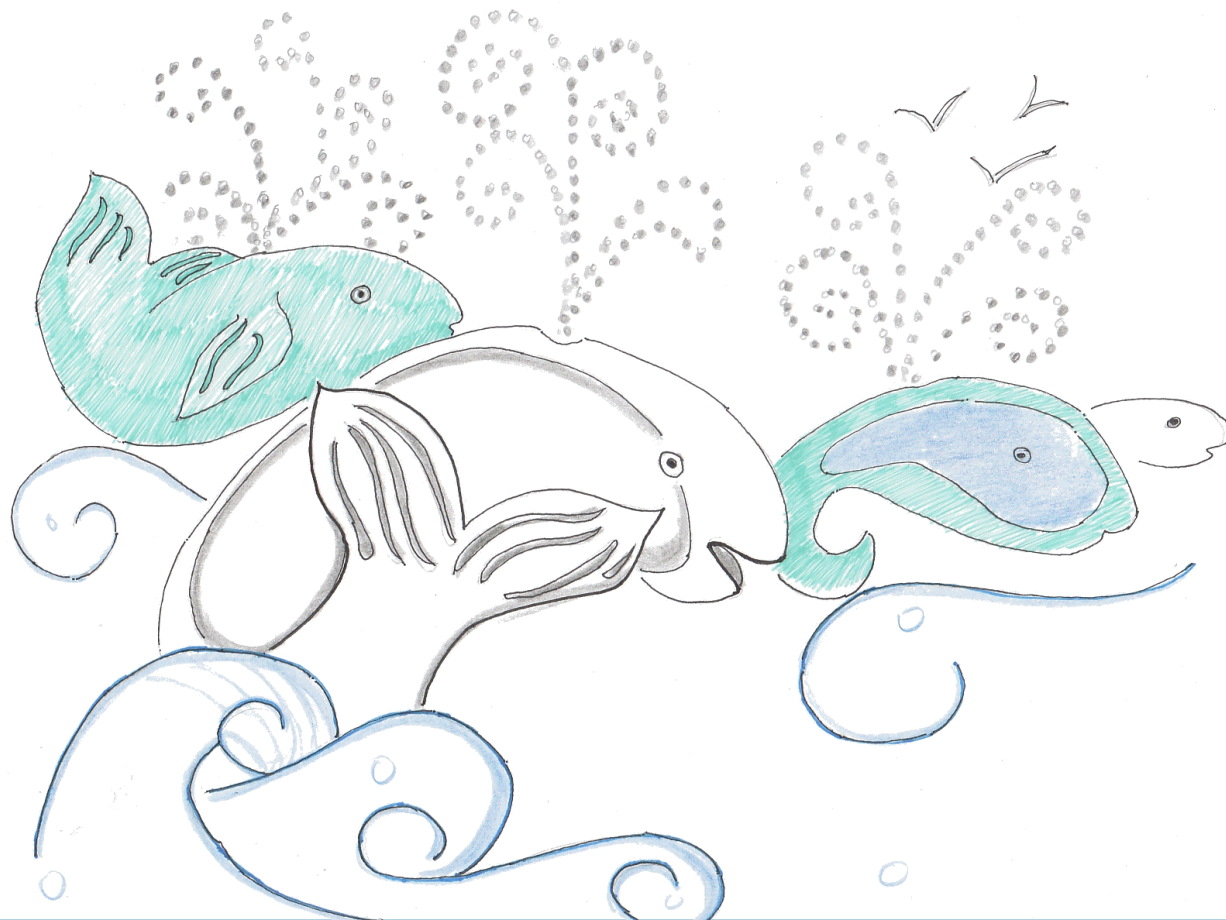
*The bird explained his idea to the whale, and after hearing this, he agreed to help.*



*But, he knew that even though he was very big, he could not get the water from the sea to the guanacos all by himself.*

*So the whale sang a song to call on the other whales in his pod. Soon, many whales arrived, ready to help the guanacos.*

*The bird and the whale explained that some whales would spout their warm water into clouds while others would wave their tails to move these wet whale clouds over the ocean to the guanacos. The bird helped arrange the whales in a line so that the whale clouds were carried forward whale by whale.*



*It wasn't long before small drops of dew began to form on the cacti and lichens in the land of the guanacos.*

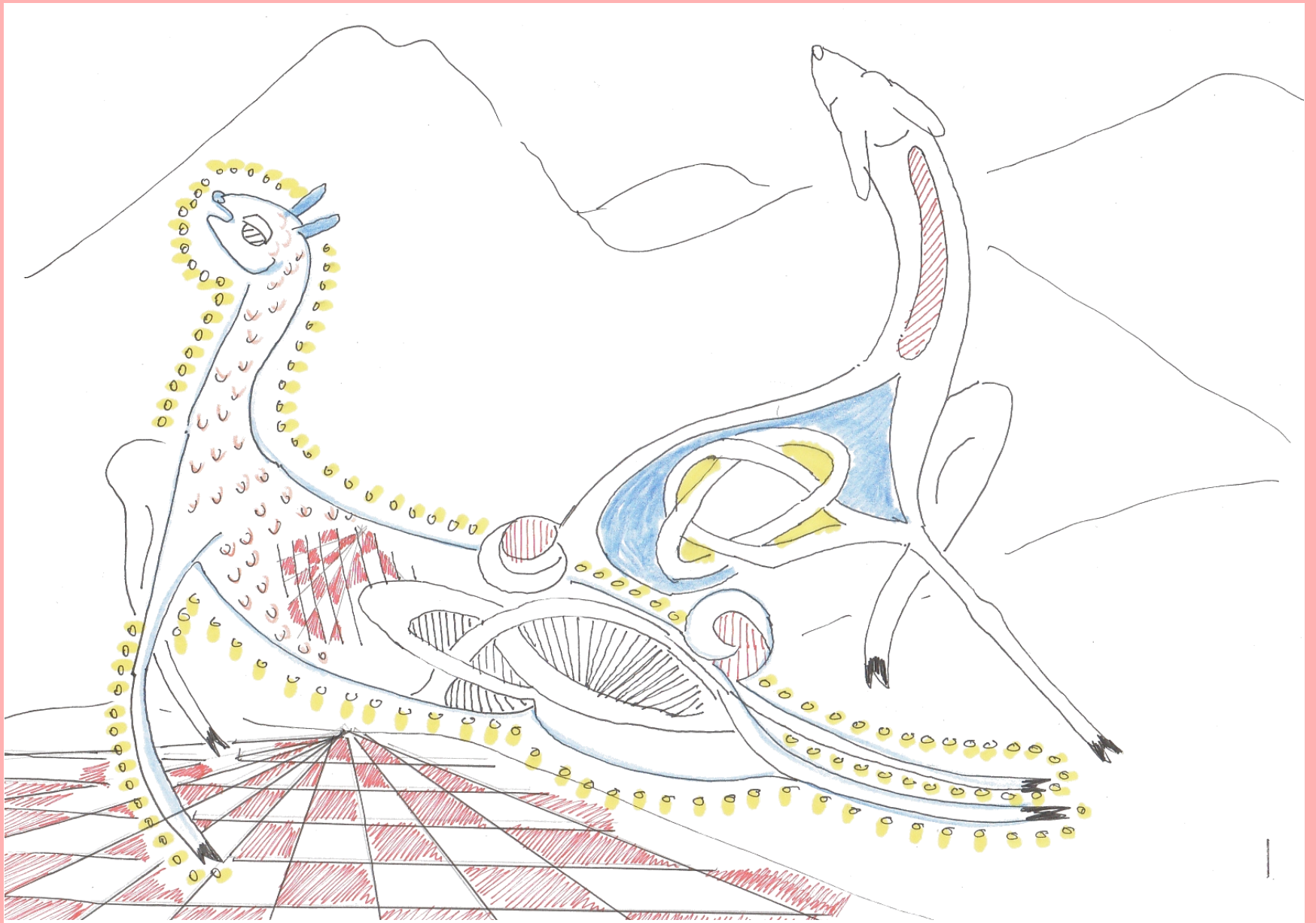
*We were still lying on the ground, thirsty and ready to give up hope because we did not know who could help us.*

*Then the clouds began to appear and water began to land just like dew on the cacti and lichens covering the ground around us.*

*We could hardly believe our noses when we smelled the water!*

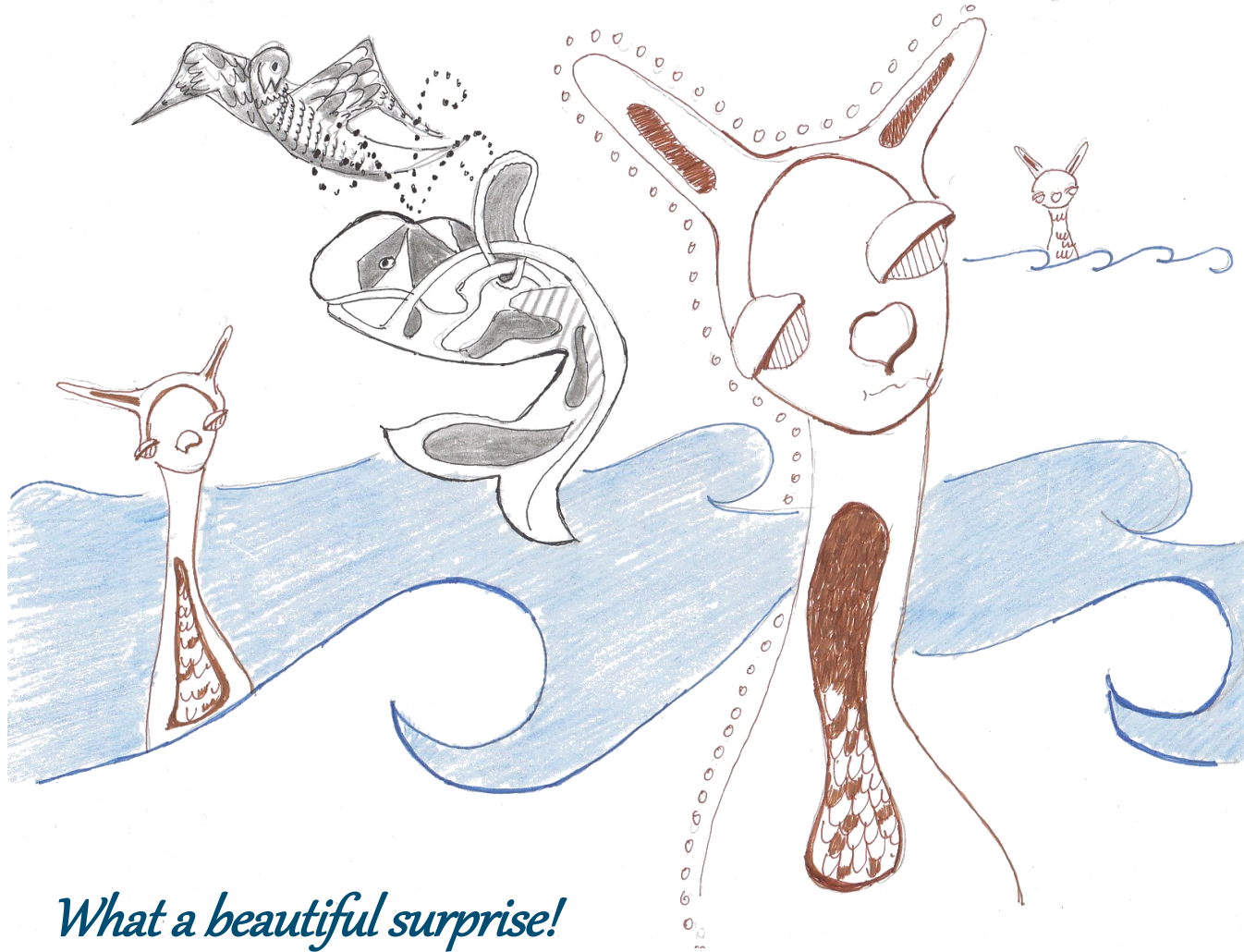
*After our first drinks, we were able to stand, and then we drank the water from every plant around us.*





*We were so happy, we danced around each other!*

*Later, the bird came back and explained how the big whales far away in the sea worked together to help us survive.*



*What a beautiful surprise!*



At last the guanaco's story was over.

“Thank you  
for telling me  
your story,”  
Meg said.

“Even though  
I am not as  
famous as the  
Professor, I am  
glad to learn  
about you and  
your home.”



The Professor had been watching the guanaco and his helper all this time. He felt confused and sad that the guanaco did not want to talk to *him*, the smart one! He did not know what to think!

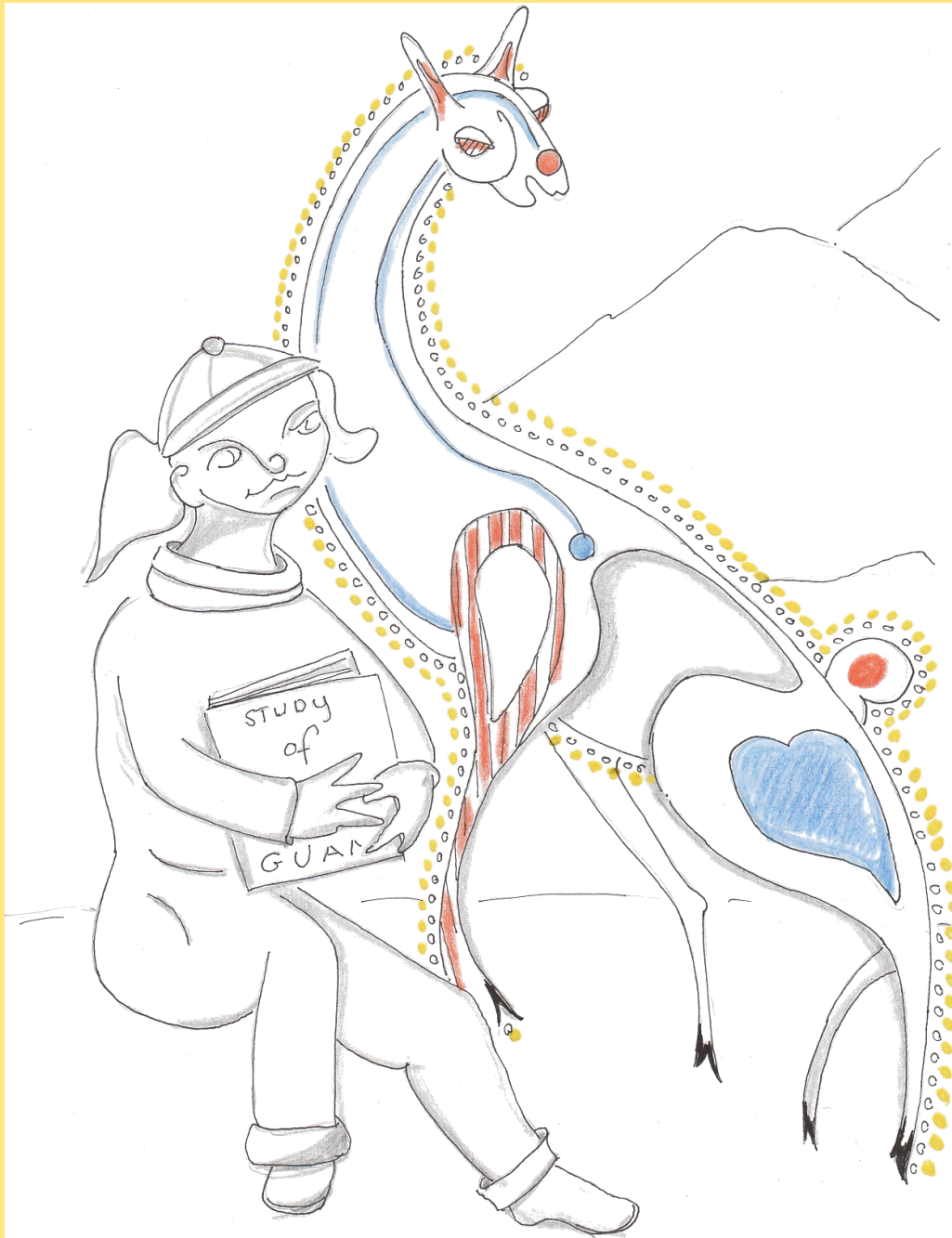
Soon Meg left the guanaco and returned to the Professor's side. She told him everything the guanaco had shared with her.

The Professor couldn't believe it! He was very famous and had studied long. How could he be wrong about the guanacos?

The Professor looked at Meg and then he looked at the guanacos, who had returned to their play. He thought and thought, but he still could not understand why they wanted to talk to Meg, instead of him. Soon, he was ready to give up hope of ever understanding the guanacos. The Professor said, "I guess I really don't understand these silly guanacos after all!"

"Maybe not, Professor" said his young helper, smiling, "but, doubtless you know, you can learn a lot just from looking and listening."





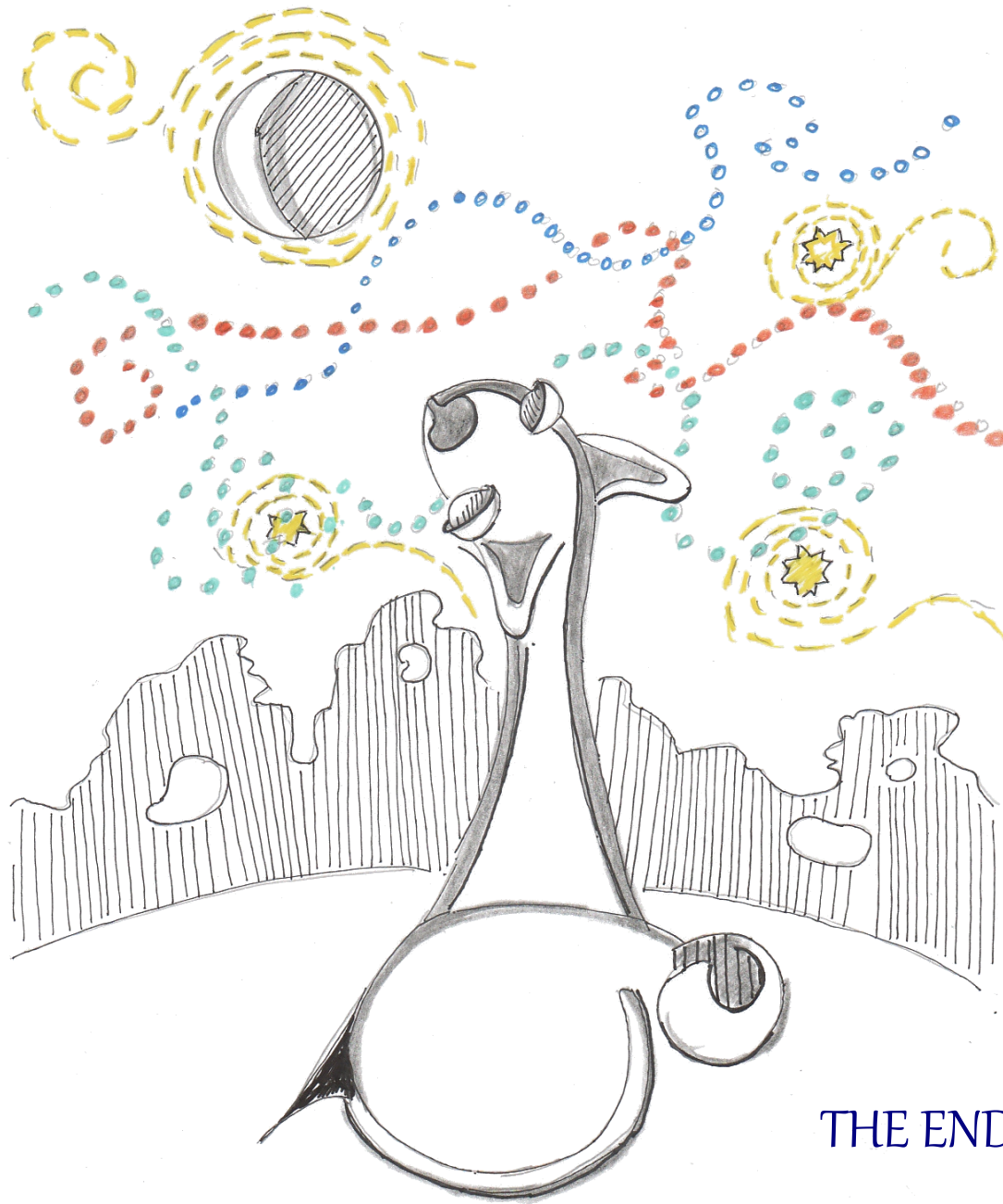
The Professor thought about his helper and how she had listened to the guanacos. He thought about the bird and how he had helped the guanacos even though he was small. He had listened! He thought about the whales and how they had helped, even when they'd never met the guanacos. The whales had listened, too! He thought of all these things. The Professor thought a long time.

Then he smiled and said,  
“Doubtless you know,  
I have learned something  
important by looking  
and listening.

The guanacos aren't silly!  
They THRIVE on the edge  
of Chile - Really!”



And so  
they  
still do.



THE END



