



Place a Mother's Day message in the newspaper and online

Book Now

buy search sell .com.au

CONFIDENTIAL

A new book by a dad whose daughters have suffered with anxiety will assist Kids Helpline

Children are often the most vulnerable in uncertain times, which is why this Melbourne dad has written a book to help young kids deal with worry and anxiety.

Jackie Epstein, Herald Sun

Subscriber only | April 15, 2020 10:22am



Rick Foster has written a book called Why Worry Wally? to help kids through this time with their anxiety. His daughters, Sophie, 14 and Lily, 12, have both experienced it and he wants to support Kids Helpline with profits. Picture by Wayne Taylor

Enjoy a 12 month digital magazine subscription. Provided you remain a member. T&C's apply. Redeem Now

MORE IN ENTERTAINMENT



Steve Price blasts NRL as 'second rate' to AFL



Tragic end for unlucky-in-love celebrity Sydney stylist

Rick Foster has drawn on his own life experiences to help kids with worry and anxiety.

The dad of two girls, Foster has written [Why Worry Wally?](#) with part of the proceeds going to Kids Helpline and its free 24/7 counselling and support service.

"I've written the book to help kids cope and deal with worries — this comes from my personal experience with anxiety and the battles both my daughters have faced," said Foster, pictured with his daughters Sophie, 14 and Lily, 12.

"The book also aims to support Kids Helpline with their amazing work, which has never been more important than now."

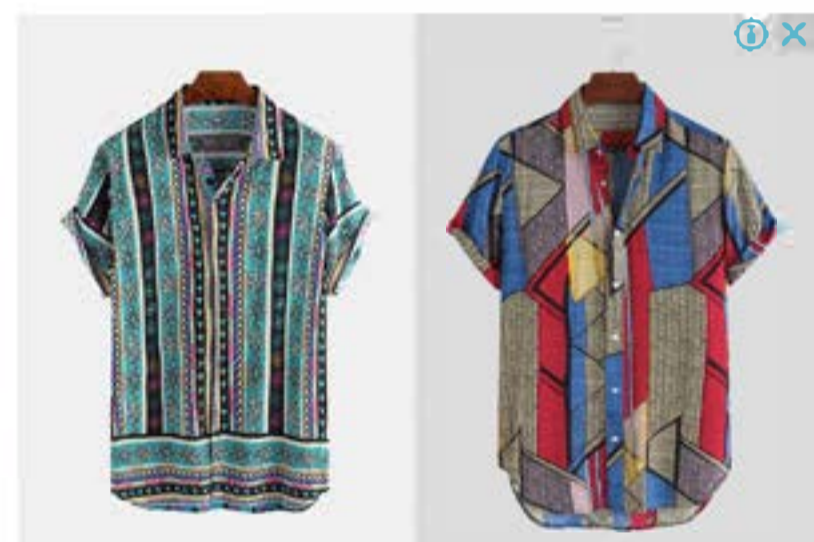
Foster's book is offering a positive and inspiring message for coping and dealing with worries.

Kids Helpline says it has experienced a significant surge in contacts over the past month.

"At a time when as a society we are focusing on social distancing, books such as Why Worry Wally? can enhance connectedness between parents and their children by offering a positive and inspiring message for coping and dealing with anxiety or worries," said Tracy Adams, CEO of yourtown of which Kids Helpline is one of the services.

"We sincerely thank Rick for writing on this very important issue, especially as it's framed for children and for his generosity with proceeds from the sales of the book being directed to benefit Kids Helpline."

Foster said the illustrations by Jackie Case were integral to the messaging and appeal of the book.



Newchic



FROM OUR PARTNERS

Discover the secrets of Silicon Valley **Settle in with new drama Devs on Foxtel**

rickfoster.com.au

kidshelpline.com.au or 1800 55 1800.

MORE NEWS

[YOUR NIGHT IN: WHAT TO WATCH](#)

[HOW LEONG ALMOST MISSED CALL UP](#)

[BARDOT MEMBERS HIDING SOME POISON](#)

jackie.epstein@news.com.au



Today newsreader Tracy Vo's departure no 'temporary leave'