



## Why Is Dad So Mad?/Why Is Mom So Mad?

by Seth Kastle (Author) and Julia Kastle (Author), Karissa Gonzalez-Othon (Illustrator)

The children's issues picture book *Why Is Dad So Mad?/Why Is Mom So Mad* are stories for children in military families whose father/mother battles with combat related Post Traumatic Stress Disorder (PTSD). After a decade fighting wars on two fronts, tens of thousands of service members are coming home having trouble adjusting to civilian life; this includes struggling as parents. Asymmetrical warfare has blurred the lines of women in combat roles, female veterans are impacted by this through current conflicts more than ever.

*Why Is Dad So Mad?* Is a narrative story told from a family's point of view (mother and children)/*Why Is Mom So Mad?* Is a narrative story told from a family's point of view (father and children) of a service member who struggles with PTSD and its symptoms. Many service members deal with anger, forgetfulness, sleepless nights, and nightmares. This book explains these and how they affect Dad/Mom. The moral of the story is that even though Dad/Mom gets angry and yells, he/she still loves his/her family more than anything.