

Paula's Patches

by Gabriella Aldeman, illustrated by Rocio Arreola Mendoza

Problem-solver Paula patches her pants-and encourages her class to be resourceful, mend, and reuse.

Problem-solver Paula patches her pants-and encourages her class to be resourceful, mend, and reuse.

Oh, no! While at school, Paula's pants catch on a bush that rips a large hole in her pants. She tries everything to hide the hole from her classmates, only to find out that they, too, have leaky lunchboxes, spaghetti stains, and hand-me-down backpacks. Nothing some colorful patches can't fix! Children will follow Paula as she feels embarrassed about her torn pants, curious about patches, and excited for a possible solution that (...)

Author Bio

Gabriella Aldeman is a Panamanian American author. She writes picture books in hopes that more children become readers and that all readers feel seen. She is also a professional translator and holds degrees from Georgetown University and the College of William and Mary. Gabriella lives in Fairfax, Virginia, with her partner and two children. Please visit her at www.writebetween.com or @write_between on Twitter or Instagram.

Rocio Arreola Mendoza (aka Denarmen) is a freelance illustrator. She's co-founder of CuRCUMAS Creative Studio and currently lives in North Mexico. Visit her portfolio at denarmen.portfoliobox.net.

Sales Points

Highlights mending and reusing as a preferable alternative to buying new
Book can be used as a starting point for discussions of consumerism, throwaway culture, and fast fashion

Back matter includes activities for children, such as how to make their own patches, no-sew bookmarks, and fabric pouches

Story includes themes of financial stress, resilience, problem-solving, and empathy

Representation includes a Latina main character and children of low-income families

Free Spirit Publishing

On Sale: Jul 11/23

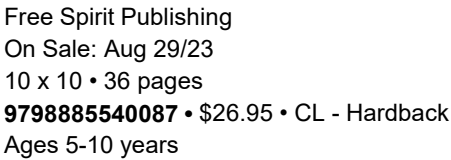
10 x 10 • 32 pages

9781631987335 • \$28.50 • CL - Hardback

Juvenile Fiction / Social / Self-Esteem & Self-Reliance

• Ages 5-9 years





by Jessica Whipple, illustrated by Josee Bisaillon

I think. I think a lot. I think I think a lot. More than most other kids." A young girl notices and wonders about the ways she and her classmates approach doing good work, caring about people's feelings, and showing they're grateful. She comes to accept herself just as she is and celebrates the differences between herself and her classmates. "I care a lot. Not more than other kids, just in my own way."

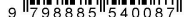
Author Bio

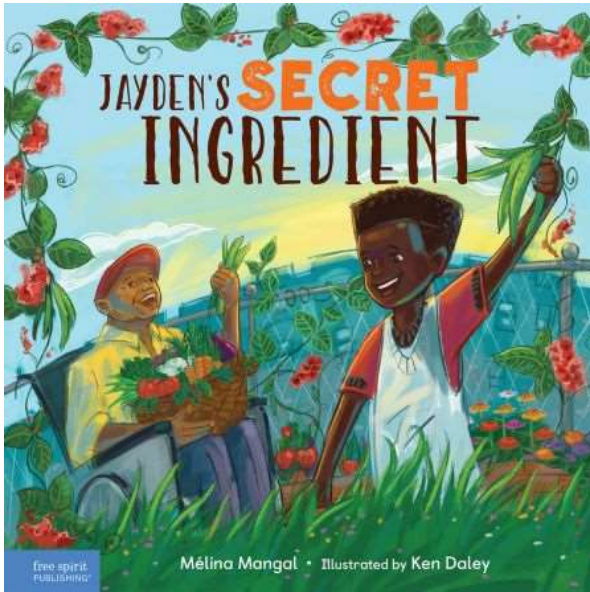
As a young girl, **Josee Bisailon** loved drawing cats and houses. She really enjoyed school and always returned home full of stories to tell. She liked being in the classroom so much that she pursued (...)

Features a main character with an unnamed neurodivergence, allowing readers to see themselves in the story

Inspired by the author's experience with obsessive-compulsive disorder (OCD) *Story* will also be relatable for children with anxiety, ADHD, autism, giftedness, and perfectionism tendencies

Can be a starting point for discussions about overthinking or obsessive thoughts and about the many ways individuals see and experience the world
Emphasizes self-acceptance and helps readers increase empathy through understanding and acceptance





Jayden's Secret Ingredient

by Melina Mangal, illustrated by Ken Daley

Jayden discovers the secret ingredient to trying something new.

Jayden loves the outdoors and the garden he created with his friend Mr. Curtis. But he's not so sure about sampling some of the garden's produce. When Mr. Curtis invites neighbors to share the harvest of scarlet runner beans, Jayden faces a dilemma. Will he find the courage to try something new?

Jayden returns for all new adventures in *Jayden's Secret Ingredient*. This story, which can be read as a standalone or as a sequel to the award-winning *Jayden's Impossible Garden*, emphasizes the importance of friendship, community, and the courage and openness to try new things.

Author Bio

Working at the intersection of nature, literature, and culture, **Melina Mangal's** writing highlights youth whose voices are rarely heard, and the people and places that inspire them to explore their world. She is the author of short stories and biographies for youth, including *The Vast Wonder of the World: Biologist Ernest Everett Just*, winner of the Carter G. Woodson Book Award and named an NCSS/CBC Notable Social Studies Trade Book for Young People. Melina also works as a school library teacher in Minnesota and enjoys spending time outdoors with her family, whether it's in her backyard or hiking in the woods.

Ken Daley is an artist and an award-winning illustrator of two picture books, *Joseph's Big Ride* and *Auntie Luce's Talking Paintings* (Kirkus Review and Americas Award Honorable Mention). Ken draws inspiration for his work from his (...)

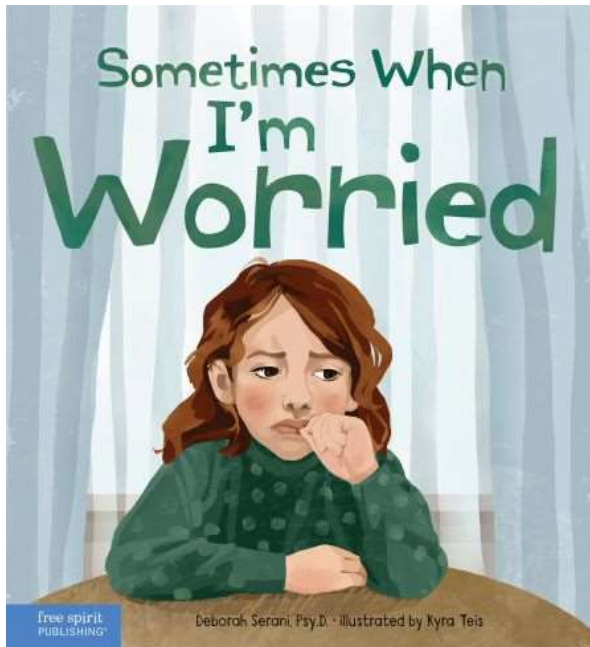
Sales Points

Key Selling Points

Story can be read as a follow-up to the award-winning *Jayden's Impossible Garden* or as a standalone
Emphasizes the importance of friendship and community
Highlights an intergenerational relationship between Jayden (age 9) and Mr. Curtis (in his 60s)
Fills a need for children's stories with Black joy

Free Spirit Publishing
On Sale: Jul 25/23
10 x 10 • 40 pages
9781631986024 • \$28.50 • CL - Hardback
Juvenile Fiction / Social / Friendship • Ages 4-10 years





Sometimes When I'm Worried

by Deborah Serani, Psy.D., illustrated by Kyra Teis

Children learn practical strategies for coping with worry and anxiety.

Children learn practical strategies for coping with worry and anxiety.

Gentle, supportive, and straightforward, *Sometimes When I'm Worried* describes a child's experience with worry and the many ways it can surface. Sometimes when I'm worried, my tummy feels funny. I get hot and sweaty. My legs jiggle like jelly."

Along with the main character, young children learn ways to cope with worry, which can be a challenging emotion. "Daddy says, 'Sometimes when we're worried, it's hard to control our thoughts and feelings.' He says I might feel calmer if I find something I can control. He (...)

Author Bio

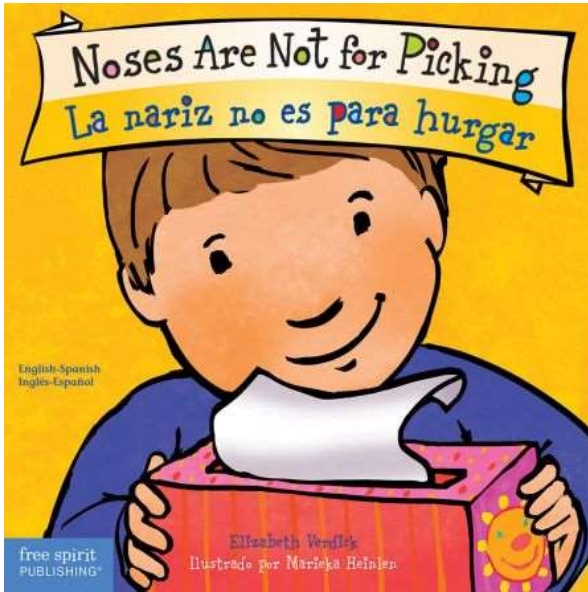
Deborah Serani, Psy.D., is an award-winning author and psychologist in practice for thirty years. She is also a professor at Adelphi University, and her writing on the subjects of depression and trauma has been published in academic journals. Dr. Serani is a go-to expert for psychological issues. Her interviews can be found in *Newsday*, *Psychology Today*, *The Chicago Tribune*, *The New York Times*, *The Associated Press*, and affiliate radio programs at CBS and NPR, among others. She is also a TEDx speaker and has worked as a technical advisor for the NBC television show *Law & Order: Special Victims Unit*. She lives on Long Island, New York.

Kyra Teis is a children's book author-illustrator, a graphic novelist, and an avid sewer of costumes and clothing. She works in a cozy studio in central New York, which is (...)

Sales Points

Expert author brings her knowledge of child psychology to the book, which is founded on research while being accessible to young children
Quiet, sensitive illustrations accompany and support the text
A section at the back of the book for adults offers more information on how children of differing ages express worry and anxiety, and how to help children manage these feelings in healthy and empowering ways
Book features a family of a young girl, her sister, and their two dads





Noses Are Not for Picking/La nariz no es para hurgar by Elizabeth Verdick, illustrated by Marieka Heinlen

Help put a stop to toddlers' nose picking.

Help put a stop to toddlers' nose picking.

We've all seen it-the nose-picking habit starts as early as the toddler years, and no child is the exception. Young children pick their noses for a variety of reasons, from colds to allergies to curiosity or boredom. This English-Spanish bilingual board book for toddlers and preschoolers is the answer to the age-old question, How can I get my child not to pick, especially not in public?"

With gentle humor and kid-friendly support, this book helps guide little ones away from nose picking toward healthier habits (...)

Author Bio

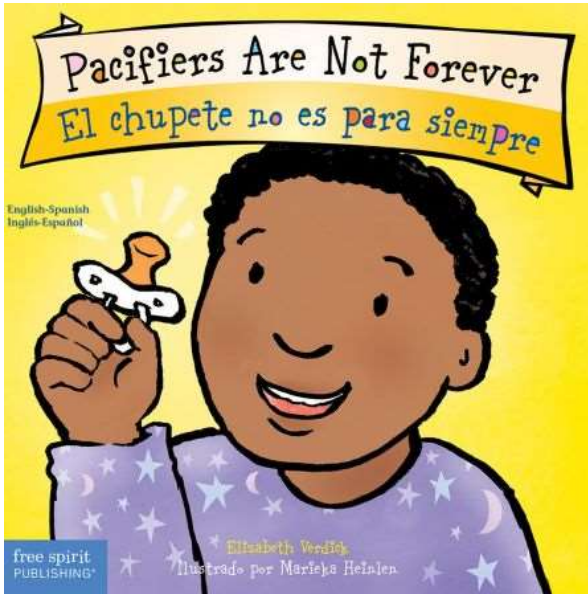
Elizabeth Verdick has been writing books since 1997, the year her daughter was born. Her two children are the inspiration for nearly everything she writes. Before becoming an author, Elizabeth edited books for children and parents. These days she writes books for babies, toddlers, teens, and every age in between. She especially loves creating new board book series-including the Happy Healthy Baby(Reg TM) series, which is designed to capture the interest of your littlest readers. Elizabeth's Toddler Tools(RegTM) series helps young children and their parents cope with those tough times and transitions that happen every day (like naptime and bedtime). In the Best Behavior(Reg TM) series, she helps toddlers reach new milestones and improve their day-to-day behavior. Elizabeth also enjoys getting the chance to look at the funny side of life in the (...)

Sales Points

The Best Behavior series has more than four million books in print. All books in the series are now available in English-Spanish bilingual editions. Helps fill the growing need for bilingual English-Spanish books.

Free Spirit Publishing
On Sale: May 23/23
7 x 7 • 24 pages
9781631988097 • \$14.95 • BH - Board book
Juvenile Nonfiction / Health / Personal Hygiene • Ages
1-4 years
Series: Best Behavior(TM) Board Book Series





Pacifiers Are Not Forever/El chupete no es para siempre

by Elizabeth Verdick, illustrated by Marieka Heinlen

Help toddlers transition to giving up the pacifier and make it a positive experience for kids and grown-ups alike.

Help toddlers transition to giving up the pacifier and make it a positive experience for kids and grown-ups alike.

For many young children, pacifier weaning is a major milestone. This English-Spanish bilingual board book offers warm, comforting words and pictures to ease the transition and make it a positive experience for kids and grown-ups alike. The focus is on minimizing stress and drama, dealing with feelings of loss and frustration, finding fun things to do without a pacifier, and finally being pacifier-free.

Author Bio

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Screen Time Is Not Forever/El tiempo de pantalla no es para siempre

by Elizabeth Verdick, illustrated by Marieka Heinlen

Help young children learn to limit screen time and fun ways to spend screens-off" time.

Help young children learn to limit screen time and fun ways to spend screens-off" time.

As important as screens are in our lives, we all need to unplug, especially children. This active, encouraging English-Spanish bilingual board book offers young children and families an easy way to set boundaries and limit screen time, and to find enjoyable ways to spend time without screens. "Together, we say, 'All done.' Now follow up with something fun."

Screen time is important for learning and can be helpful and fun, but it's important (...)

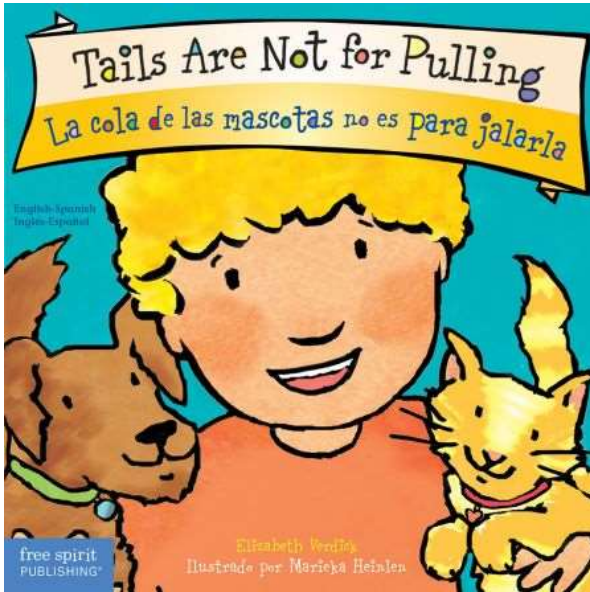
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Sales Points

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Tails Are Not for Pulling/La cola de las mascotas no es para jalarla

by Elizabeth Verdick, illustrated by Marieka Heinlen

Teach little ones why and how to be kind to animals and to ask before touching someone's pet.

Teach little ones why and how to be kind to animals and to ask before touching someone's pet.

If pets could talk, what would they say? Maybe Fur is for petting, backs are for scratching, noses are for nuzzling . . . and tails are not for pulling!" Toddlers and pets belong together-as long as toddlers don't chase, grab, squeeze, yank, and tease. In simple words and delightful illustrations, this English-Spanish bilingual board book teaches the basics of kindness to animals: careful handling, awareness, safety, and respect.

A section (...)

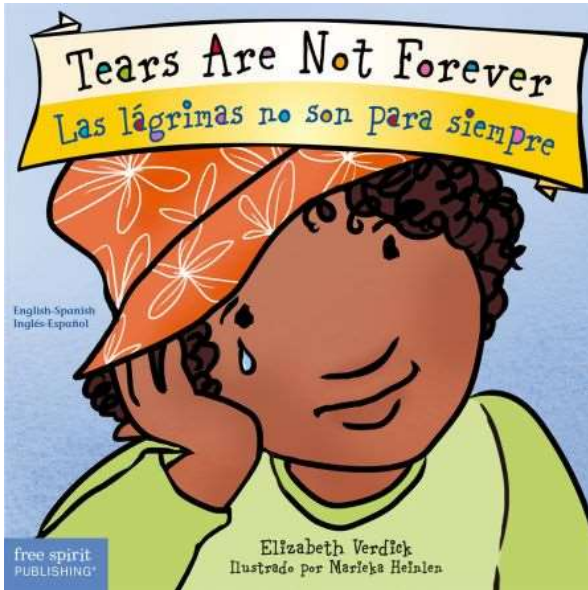
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Tears Are Not Forever/Las lágrimas no son para siempre

by Elizabeth Verdick, illustrated by Marieka Heinlen

Young children learn that everybody cries, how crying can help them, and ways they can cope with challenging feelings.

Young children learn that everybody cries, how crying can help them, and ways they can cope with challenging feelings.

You cry when you're sad or mad. Crying gets the hurt out." This English-Spanish bilingual board book reassures children that everybody cries and gives them space to cry and experience their "down" feelings.

Sadness and disappointment are common, recurring emotions that children can learn to understand, handle, and grow from. With vivid illustrations and straightforward suggestions, *Tears Are Not Forever/Las lágrimas no son para siempre* provides (...)

Author Bio

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Free Spirit Publishing

On Sale: May 23/23

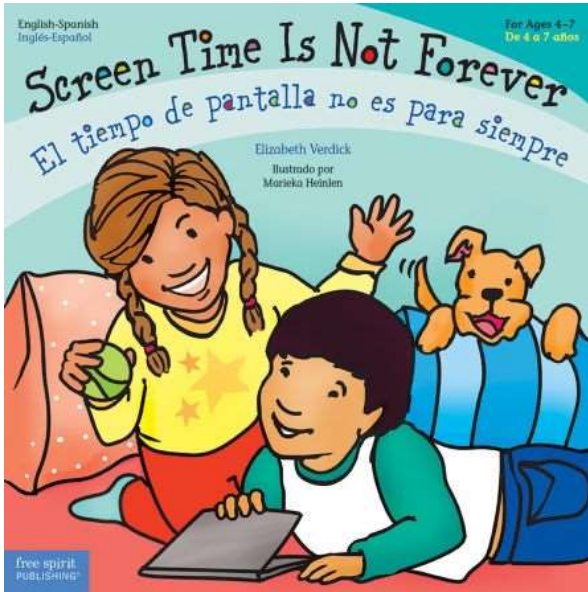
7 x 7 • 24 pages

9781631988165 • \$14.95 • BH - Board book

Juvenile Nonfiction / Social Situations / Emotions & Feelings • Ages 1-4 years

Series: Best Behavior(TM) Board Book Series





Screen Time Is Not Forever/El tiempo de pantalla no es para siempre

by Elizabeth Verdick, illustrated by Marieka Heinlen

Children learn boundaries and safety when using screens, and fun things to do when screens are off.

Children learn boundaries and safety when using screens, and fun things to do when screens are off.

As important as screens are in our lives, we all need to unplug, especially children. This reassuring English-Spanish bilingual picture book offers children and families a starting point for limiting screen time and making the most of the time you have with your screens and without.

While screens are needed for learning and can be helpful and fun, they are not intended for use all the time. The American Academy of (...)

Author Bio

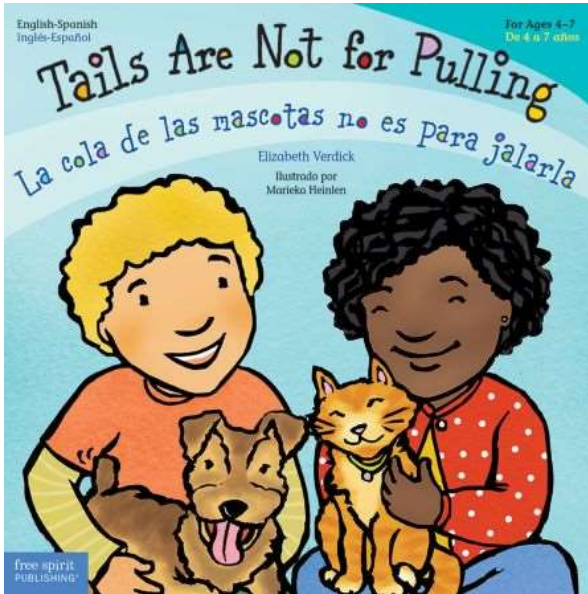
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Sales Points

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Free Spirit Publishing
On Sale: May 23/23
9 x 9 • 40 pages
9781631988110 • \$17.95 • pb
Juvenile Nonfiction / Computers / Internet • Ages 4-7 years
Series: Best Behavior(TM) Paperback Series





Tails Are Not for Pulling/La cola de las mascotas no es para jalarla

by Elizabeth Verdick, illustrated by Marieka Heinlen

Teach kids that teasing animals isn't nice, they can choose to be kind to animals, and it's important to ask before touching someone's pet.

Teach kids that teasing animals isn't nice, they can choose to be kind to animals, and it's important to ask before touching someone's pet.

Pets may not have words, but they can communicate. Paying attention to an animal's cues—a joyful bark, a scary growl, a swishing tail—can help a child understand what the animal is saying" and what an appropriate response might be. That's part of what this English-Spanish bilingual picture book is about. But mostly it's about showing (...)

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Free Spirit Publishing

On Sale: May 23/23

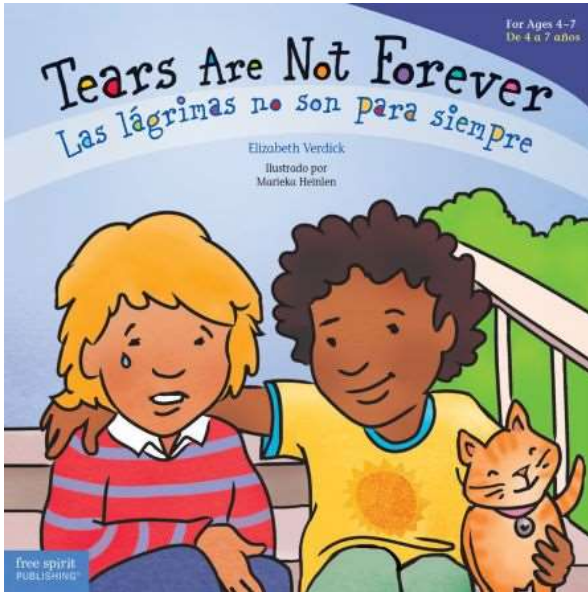
9 x 9 • 40 pages

9781631988141 • \$17.95 • pb

Juvenile Nonfiction / Animals / Pets • Ages 4-7 years

Series: Best Behavior(TM) Paperback Series





Tears Are Not Forever/Las lagrimas no son para siempre

by Elizabeth Verdick, illustrated by Marieka Heinlen

Everybody cries! In this picture book, children learn how crying can help them and ways to cope with challenging feelings.

Everybody cries! In this picture book, children learn how crying can help them and ways to cope with challenging feelings.

Everyone cries. Sometimes the tears are happy ones; often, though, they come from sadness or frustration. If you're sad or upset, the tears may come. Crying has a purpose: it lets your feelings out and shows others you might need help."

Sadness and disappointment are common, recurring emotions that children can learn to understand, handle, and grow from. With vivid illustrations and straightforward suggestions, this English (...)

Author Bio

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Sales Points

The Best Behavior series has more than four million books in print. All books in the series are now available in English-Spanish bilingual editions. Helps fill the growing need for bilingual English-Spanish books.

Free Spirit Publishing

On Sale: May 23/23

9 x 9 • 40 pages

9781631988158 • \$17.95 • pb

Juvenile Nonfiction / Social Situations / Emotions & Feelings • Ages 4-7 years

Series: Best Behavior(TM) Paperback Series





Free Spirit Publishing

On Sale: Jul 18/23

6.5 x 8 • 88 pages

9781631987229 • \$16.50 • pb

Juvenile Nonfiction / Social Situations / Self-Esteem & Self-Reliance • Ages 6-9 years

Series: Little Laugh & Learn(TM)



Rules! Rules! Rules!

by Kyra Ostendorf and Malcolm Munene, illustrated by Steve Mark

Empower kids with tools for respecting, questioning, and coping with rules.

Empower kids with tools for respecting, questioning, and coping with rules.

So many rules! Rules are part of every kid's day, from morning to night. Sometimes those rules make sense, but too often rules can be confusing or frustrating for kids. *Rules! Rules! Rules!* helps young readers understand the value of rules and how following rules can lead to more independence and freedom. A recurring "What's the Reason for the Rule?" feature provides additional information about why adults set rules, how those rules can keep kids safe and healthy, and when it's okay to question (...)

Author Bio

Malcolm Munene is in high school; he plays soccer and Xbox and loves reading manga. He lives in Minneapolis with his family and their cat, Orie.

Kyra Ostendorf, M.Ed., is a social justice advocate with a long career in early childhood education and publishing. She lives in Minneapolis with her family and their cat, Orie.

Steve Mark is a freelance illustrator and a part-time puppeteer. He lives in Minnesota and is the father of three and the husband of one. Steve has illustrated many books for children, including the Little Laugh & Learn(TM) series and all the books in the Laugh & Learn(Reg TM) series for older kids.

Sales Points

Authors are a son-mother team who bring an authentic outlook to the topic of rules

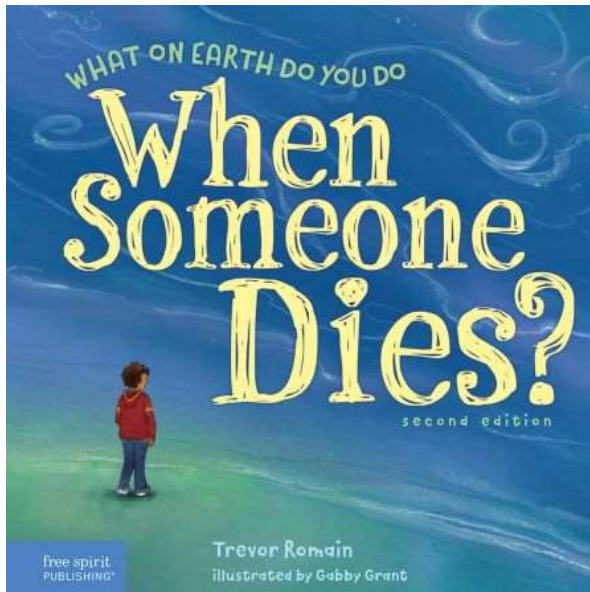
Presents lots of kid-friendly examples supported by humorous full-color art
The format is similar to fiction books to appeal to kids beginning to read independently

Builds on the popularity and success of Free Spirit's long-running Laugh & Learn® series and brings that same combination of humor and practical advice

to a younger audience



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What on Earth Do You Do When Someone Dies?

by Trevor Romain, illustrated by Gabby Grant

Help kids understand what death means and how to cope when they've lost a special person.

Help kids understand what death means and how to cope when they've lost a special person.

What on Earth Do You Do When Someone Dies? speaks directly to kids about what death means and how to cope. The book explores the questions kids have about death-Why? How? What next? Is it my fault? What's a funeral?-in basic, straightforward terms. Also described and discussed are the overwhelming emotions involved in grieving: sadness, fear, anger, and guilt. The book offers practical strategies for coping with those emotions and suggests meaningful (...)

Author Bio

Trevor Romain describes himself as a story farmer. He is an award-winning author and illustrator as well as a sought-after public speaker. His books have sold more than a million copies and been published in twenty-two languages. For more than thirty years, Trevor has traveled the world, speaking to thousands of school-age children. Trevor is well known for his work with the Make-A-Wish Foundation, the United Nations, UNICEF, the USO, and the Comfort Crew for Military Kids, which he co-founded. Trevor is a past board-president of the American Childhood Cancer Organization. Trevor was born in South Africa but now resides on Kauai in Hawaii. Follow Trevor Romain on Facebook, Twitter, and Instagram. **Gabby Grant** had a slightly wobbly path to illustration. She studied art history, then worked in administration and marketing until returning (...)

Sales Points

Includes suggestions for meaningful ways to remember and honor the person who's died

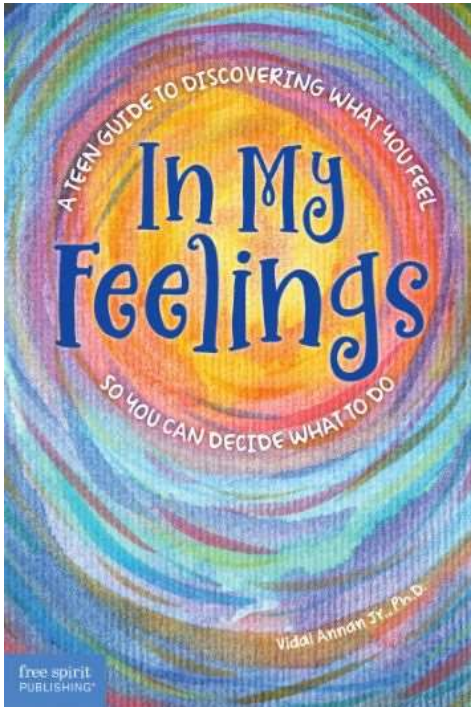
Book has more than 123,000 copies in print

Updated edition incorporates current language into an important and valuable book

Includes updated resources for additional help and support

New edition features all-new art and a larger trim size





In My Feelings

A Teen Guide to Discovering What You Feel So You Can Decide What to Do

by Vidal Annan

Give teens the tools to decipher their emotions, understand themselves, and improve their lives.

Give teens the tools to decipher their emotions, understand themselves, and improve their lives.

The simple and empowering message of *In My Feelings* is that emotions, especially unpleasant ones, are not just to be avoided, controlled, or treated. Emotions can serve as a source of information that teens can use to make decisions and help them live their best lives.

The path to emotional health for teens lies in improving their ability to recognize, understand, manage, and use emotions. Dr. Vidal Annan encourages teens to think of emotions as messengers or sources (...)

Author Bio

Vidal Annan is a clinical psychologist who has worked with children, teens, and young adults for more than fifteen years. As a clinician, Dr. Annan has extensive training in treatments that help individuals understand their thoughts and feelings better so they can make healthier choices in their personal, social, and professional lives. In addition to his clinical work, Vidal enjoys presenting to audiences on topics related to mental health and wellness. He has also worked as a college professor, program director, and scientific researcher. He enjoys drawing, reading, watching sports, superhero movies, and hanging out with friends and family. He has two teenage children and constantly reminds them to listen to their feelings and live their values.

Sales Points

Fills a need for teen books on emotional literacy

Addresses teen mental and emotional health at a critical moment and provides immediately usable information

Author's calm, no-nonsense, respectful tone will appeal to teens without trying to be trendy

Author has strong credentials and experience with teens

