

Feet Are Not For Kicking Board Book Best Behavior Series

Every parent, caregiver—and toddler—knows the misery that comes with meltdowns and temper tantrums. Through rhythmic text and warm illustrations, this gentle, reassuring book offers toddlers simple tools to release strong feelings, express them, and calm themselves down. Children learn to use their calm-down place—a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-up’s arms, talk about feelings, and breathe: “One, two, three . . . I’m calm as can be. I’m taking care of me.” After a break, toddlers will feel like new—and adults will, too. Books include tips for parents and caregivers.

Shows the good things that toddlers can do with their feet including walking, jumping, and climbing—but not kicking. On board pages.

With the newest paperback addition to the Best Behavior® series, children develop strategies to make waiting less frustrating and learn that patience is a virtue. Children are often waiting—for the school bus, their turn on the slide, or their birthday—and waiting can be frustrating! But learning to be patient and developing self-control will equip children with tools for success in school and in social settings. With vivid illustrations and simple strategies, this reassuring book helps children learn to delay gratification and make waiting more fun without relying on electronics. With her trademark mix of empathy and encouragement, author Elizabeth Verdick provides activities and ideas for children—like observing the world around them, inventing new games, and anticipating what’s to come—that can be adapted for any situation. In this addition to the best-selling Best Behavior series, children will learn how to avoid boredom and replace whining words with waiting words: “This will be worth the wait!” A section for adults includes tips and activities to foster patience in children. Best Behavior® Series The Best Behavior® series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby to preschool, and a longer, more in-depth paperback for ages four to seven. Bilingual board books and paperback editions are available for select titles. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children’s exposure to increased societal violence and includes discussion and examples of anger related to texting and social media. Young readers learn that cruelty and violence are not acceptable and there are safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources when they need more support.

Sharing Time

Words Are Not for Hurting / Las palabras no son para lastimar

The Magic of Me Series

Little Dinosaurs Don’t Bite

Diapers Are Not Forever

Manners start with a smile—then you add the words. There are polite words to use when you greet someone, ask for something, or (oops!) make a mistake. There’s even a nice way to say no. This book gives toddlers a head start on manners, setting the stage for social skills that will last a lifetime. Includes tips for parents and caregivers.

We’ve got ears, and so do you. We can pull them. Can you? We’ve got hands for clapping, like monkeys, feet for kicking, like zebras, and lots more too. But best of all - we’ve all got bellybuttons for tickle-tickling! Young children will love following the actions of these little animals and their families to discover all the wonderful ways their bodies can move! ‘Put away the wiggles. Put away the giggles. Listening works better when your body’s calm and still.’ When it’s time for young children to listen closely, this book sets the tone. They discover that it’s important to open their eyes and ears but to close their mouths (‘zip it, lock it, put it in your pocket’) so good listening can begin. An award-winning author/illustrator transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Part of the Toddler Tools series, Listening Time can be shared before (or during) the desired ‘time,’ or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

New English-Spanish bilingual edition gives young children strategies to ease anxieties and worries and feel better again. Everyone feels worried or anxious at times, and young children are no exception. Friendly and supportive, this bilingual English-Spanish book explains what worries are and how it feels to be worried, assuring children that lots of kids—and grown-ups—there are many ways to help their worries go away. ‘Guess what? You are bigger than your worries. You can learn to make your worries smaller and smaller and smaller.’ Talking about worries, moving around, keeping hands busy, breathing deeply, getting a big hug, and thinking good thoughts are all ways for children to cope with worries. A special section for adults offers discussion starters for home, school, and child care. Best Behavior® Bilingual Series The Best Behavior® bilingual series uses simple words in English and Spanish and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby to preschool and a longer, more in-depth paperback for ages four to seven. Bilingual board books and paperback editions are available for select titles. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Feet Are Not for Kicking

Screen Time Is Not Forever

How to Take the Grrrr Out of Anger

Teeth Are Not for Biting

Hands Are Not for Hitting

Sneezes, coughs, runny noses, spills, and messes are facts of everyday life with children. And that’s why it’s never too soon to teach little ones about germs and ways to stay clean and healthy. This book is a short course for kids on what germs are, what they do, and why it’s so important to cover them up, block them from spreading, and wash them down the drain. Simple words complement warm, inviting, full-color illustrations that show real-life situations kids can relate to. A special section for adults includes ideas for discussion and activities.

With gentle encouragement, this book teaches children that they can think before speaking, choose what to say and how to say it, and find positive ways to respond when others use unkind words. The importance of saying “I’m sorry” is reinforced. Includes tips for parents and caregivers.

Shows young readers that there is a better way to act out frustration than to bite, hit, push, or kick.

Book featuring rhyme, rhythm and repetition. Specially crafted for shared reading and writing. The storylines are full of humour that children will love. Age range: 4-9. Provides thorough coverage of the Literacy Strategy requirements for Foundation (P1), Year 1 (P2), and Year 2 (P3). Can also be used with Year 3 (P4). Size: 48cm tall x 34cm wide. Published 1998. 16 pages.

We’ve All Got Bellybuttons!

Clean-Up Time

How a Mixed Martial Artist Stopped Fighting for Himself and Started Fighting for Others

Fight for the Forgotten

Jingle Balls, Something Smells!

As parents and teachers know, yelling comes naturally to children. This friendly, encouraging book, geared to preschool and primary children, introduces and reinforces where and when to use an “indoor voice” or an “outdoor voice.” In classic Best Behavior style the author tells young readers, “Your voice is a powerful tool. How you use it is up to you.” Vivid illustrations show the times and places for an indoor voice, the ways people ask us to quiet our voices, and times when yelling might occur. “What happens if you’re mad or frustrated or really, really excited? Your voice gets louder and LOUDER.” But yelling hurts people’s ears and feelings. Children learn that they can quiet their voice and use their words to talk about a problem. “Think before you yell, and use your words well!” Includes a special section for parents and caregivers with activities and discussion starters. The Best Behavior series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby–preschool, and a longer, more in-depth paperback for ages 4–7. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Sometimes it’s fun to share, and sometimes it’s hard. This book offers toddlers simple choices (take turns, use the toy together, wait for another time) to make sharing easier, and shows them where to turn for help when sharing is difficult. Little ones learn that sharing can mean double the fun—and sharing a while can make someone smile! Includes tips for parents and caregivers.

Gives examples of how young readers may channel their anger away from hitting people.

*From notable mixed martial artist and UFC fighter, Justin Wren, comes a personal account of faith, redemption, empowerment, and overwhelming love as one man sets out on an international mission to fight for those who can’t fight for themselves. Justin Wren knows what it’s like to feel like the world is against you. Like many kids, Justin was bullied as a child, but had a dream that kept him going. Fueled by the anger he felt toward his tormenters, Justin trained hard and propelled his dream of becoming a UFC fighter into reality. But the pain from his childhood didn’t dissipate and Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. After getting kicked out of his training community, his career was in shambles and he had nowhere else to go, so Justin attended a men’s retreat, and it was there he found God. As Justin began piecing his life back together, he joined several international mission trips that opened his eyes and his heart to a world filled with suffering deep in the jungle of the Democratic Republic of Congo. There he came across the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and forced into slavery. His encounter with the Pygmy tribe left him wondering who was there to help them and in that moment Justin stepped out of the ring and into a fight for the forgotten. From cage fighter to freedom fighter, Justin’s story is a deeply personal memoir with a bigger message about a quest, justice, and the amazing things that can happen when we relinquish our lives to God--

Do Not Open This Book!

The Ultimate Guide to Kicks for Martial Arts Self-defense and Combat Sports

I Feel Angry

Naptime

Try-Again Time

This is a comprehensive guide to the kicks of Taekwondo from white belt to black belt and beyond. Sang H. Kim shares his expert knowledge of fundamental, jumping, spinning and multiple kicks. You will get in-depth instruction for over 40 kicks, including the purpose of the kick, key points to pay attention to when practicing, step-by-step execution of the kick, the best targets for each kick, applications for sport fighting and self-defence, plus the most common kicking mistakes and how to fix them. As you progress, you’ll also learn exercises designed to improve your kicking flexibility, power, speed and balance. This book goes beyond the basics and explains the concepts behind awesome kicks including how to generate power using your whole body in every kick, how to generate maximum impact, how to use body mechanics to kick higher, and how to get the most out of every practice session. This is the ultimate reference for martial artists of all styles who want to master the art of kicking. Kicks included: Front Kick; Roundhouse Kick; Side Kick; Knee Kick; Raising Kick; Outside Crescent Kick; Inside Crescent Kick; Axe Kick; Whip Kick; Twist Kick; Pushing Kick; Flying Side Kick; Back Kick; Turn Kick; Spin Whip Kick; Hopping Kicks; Jumping Kicks; Jumping Spin Kicks; Multiple Kicks; Combination Kicks.

Young children learn that they get lots of chances to try again every day.

Here’s the Perfect Book to Help Kids Ages 3-5 Manage Their Anger! Your Children Will Learn How to Deal with Their Emotions in a Fun Way! Are you looking for a book that will help your kids manage their emotions better, pick up essential social skills and recognize anger in a healthy and positive way? Anger is one of the most difficult emotions for children to manage.

More often than not, a book is the best way if you want to teach kids how to handle their emotions and manage anger. This book is a practical guide for parents who want their kids to have better emotional health. Here’s what you get in this book: Effective strategies that will help your child regulate their emotions and manage anger in a healthy way A fun and an educational story with original drawings and creative design, perfectly suited for toddlers Tips and tricks to teach children better anger management skills and emotional self-regulation 3 anger management strategies to help parents prevent and manage their kids’ emotional outbursts AND SO MUCH MORE! This fun picture book will become your best friend as you teach your kids emotion control and anger management! So Scroll up, Click on ‘Buy Now’, and Get Your Copy!

A funny Christmas board book with a poop-shaped touch.

Voices Are Not for Yelling

Busy Toes

Listening Time

Waiting Is Not Forever

Eyes, Nose, Fingers, and Toes

It ’ s never too soon for children to learn that violence is never okay, hands can do many good things, and everyone is capable of positive, loving actions. In this bright, inviting, durable board book, simple words and full-color illustrations teach these important concepts in ways even very young children can understand. Created in response to requests from parents, preschool teachers, and childcare providers, this book belongs everywhere young children are. Includes tips for parents and caregivers.

Learning to use the potty takes patience and practice, and this charming, straightforward book helps pave the way. Young children learn how to use the potty and why it ’ s time to do so, while gaining the courage and confidence to face this important milestone in their lives. When little ones learn to “ do what the big kids do ” (go, wipe, flush, wash their hands), they won ’ t need a diaper anymore—they ’ ll have underwear under there! Includes tips for parents and caregivers from a children ’ s health specialist.

Teach toddlers safe ways to express big feelings Toddlers are still learning how to speak, socialize, and understand their emotions. It’s common for them to react with their hands when they get frustrated—but hitting is never okay. What to Do When You Feel Like Hitting helps toddlers understand why hitting is not allowed and shows them how to react to their feelings with actions that are safe and kind. This illustrated entry into no hitting books for toddlers features: Alternatives to hitting–Kids will learn how to use “gentle hands” to squeeze a stuffed animal when they feel upset, scribble a picture to get out their frustration, and practice taking deep breaths to calm down. A light touch–The language is kid-friendly and positive, encouraging toddlers to understand and communicate their feelings, not just keep their hands to themselves. Engaging illustrations–Big, beautiful pictures help kids see the ideas in action and keep their attention on the page. Get the best in no hitting books for toddlers with a storybook that helps them learn empathy and compassion.

“ Crunch crunch crunch. Teeth are strong and sharp. Crunch crunch crunch. Teeth can help you chew. But teeth are not for biting. Ouch! Biting hurts.” Sooner or later, almost all young children will bite someone—a friend, a parent, a sibling. This upbeat, colorful, virtually indestructible book helps prevent biting and teaches positive alternatives. The companion to our best-selling Hands Are Not for Hitting Board Book, Teeth Are Not for Biting gives reasons why children might want to bite. Little mouths feel sore when new teeth come in; sometimes kids bite when they ’ re hungry, tired, cranky, frustrated, angry, bored, distressed, or seeking attention. Author Elizabeth Verdick suggests positive things children can do instead of biting: chew a chewy toy, drink a cold drink, get a hug, tell a grown-up. This book also includes helpful tips for parents and caregivers.

A No Hitting Book for Toddlers

No Hitting!

A First Book about You

No Biting!

An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Toddlers will look forward to clean-up time with this simple rhyming book that encourages them to chant along as they tidy up. Young children to work together to put items in their place, make a neater space, keep a smile on their face—and make room for more fun. Delightful illustrations enhance the text. Part of the Toddler Tools series, Clean-Up Time can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

A group of toddlers demonstrates all the fun things that they can do with their eyes, ears, mouths, hands, legs, feet--and everything in between, in a clever introduction for little ones who are just beginning to learn about the joy of movement and wonder of their bodies. Reprint.

For many young children, giving up the pacifier is a major milestone. This 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. Includes helpful tips for parents.

Naps are just a little break—but when it’s naptime, many toddlers have trouble settling into sleep. This calming, encouraging book helps young children quiet down so they can get the rest they need. Eyes are closed, lights are dimmed...and (yawn, s-t-r-e-t-c-h) before little ones know it, it’s time to wake up. Cozy illustrations enhance the text.

An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Part of the Toddler Tools series, Naptime can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

Now I’m Growing! Hands are not for Hurting (Reinforced Library Binding)

Mealtime

Complete Kicking

Feet are Not for Kicking

Worries Are Not Forever / Las preocupaciones no duran para siempre

Now I’m Growing?: Helps both parents and children as they take on the many steps, challenges and changes that go hand in hand with little kids becoming bigger kids. With contemporary art and child friendly stories, these books provide a fresh approach to growing up! This endearing story will help children understand that it is never okay to hurt others and will encourage them to make good decisions for themselves. As they read along, children will discover how to appropriately respond to their emotions so that they can learn to use their hands in helpful not hurtful, ways.

Mealtime–“Yummy-in-the-tummy time”–is an opportunity to teach young children two major life skills: nutrition and table manners. Simple but important mealtime routines come to life as the toddlers in this book remember to wash their hands, use a napkin and fork or spoon, stay at the table, and eat healthy foods. Toddlers also learn the one big rule for mealtime: Always try one bite (“You just might like it!”). Parents and caregivers want toddlers to develop healthy eating habits and positive mealtime routines. This book helps them do so with Verdick’s keen ability to speak directly to little ones and Heinlen’s delightful, appealing illustrations. Includes tips for parents and caregivers. Part of the award-winning Toddler Tools series.

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 book teaches the basics of kindness to animals: careful handling, awareness, safety, and respect. It also includes helpful tips for parents and caregivers.

Little Dino learns that he should not bite--except for food, of course.

What to Do When You Feel Like Hitting

My Magical Choices

Stress Can Really Get on Your Nerves

Tails Are Not for Pulling

Children’s Picture Book about Anger Management for Kids Age 3-5

Revised classic provides a humorous take on a nerve-wracking topic—STRESS!—updated to include modern stressors such as technology and social media.? Stress can make you feel anxious, awful, and afraid. It can leave you jumpy and jittery, upset and uptight. When kids show signs of stress, they need stress management tools that work. With jokes, fun illustrations, and plenty of authentic examples, this book helps kids understand what stress is—and gives tons of tips to cope. Refreshed to address modern stressors like electronic devices and social media, this updated classic helps kids deal with stress like a seasoned panic mechanic. The Free Spirit Laugh & Learn® Series Realistic topics, practical advice, silly jokes, fun illustrations, and a kid-centric point of view all add up to one of the most popular series among people turn to for help with school, families, siblings, and more. Kids ages 8–13 can tote these pocket-size guides anywhere and learn to slash stress, give cliques and rude people the boot, get organized, behave becomingly, and, in general, hugely boost their coping skills.

Feet are Not for KickingFree Spirit Publishing

“Look at those feet! Aren’t they sweet?” Yes—when they’re walking, standing, leaping and landing. And when they’re kicking balls or leaves. But not when they’re kicking people! In simple words and charming full-color illustrations, this book helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

A collection of brand-new urban fantasy stories featuring tales of vampires, Tricksters, witches and magic shoes from some of today’s most popular and prolific authors in the genre, including Shannon K. Butcher, Rachel Caine and Chloe Neill. Original. 35,000 first printing.

Noses Are Not for Picking

Kicking It

Kicking with Both Feet

Calm-Down Time

Pacifiers Are Not Forever

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 or boredom. This board book for toddlers and preschoolers helps guide little ones away from nose picking toward healthier habits, like using a tissue and washing their hands. Catchy words help children remember what to do; vibrant full-color illustrations bring the words to life. Throughout, the positive message shines through: noses are for breathing, sniffing, smelling . . . but not for picking!

Tip-toe into the pages of this exquisitely illustrated book as we dig, squish, and splash our way to discover the many secrets and delights of our toes. A wonderful read-aloud book to be shared by the whole family

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 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 can be helpful and fun, they are not intended for use all the time. The American Academy of Pediatrics recommends consistent limits on screen time for children, and adults should take steps to ensure online safety for kids. With straightforward suggestions, children will learn valuable information about online safety, setting healthy screen-time boundaries, and the importance of screen-free time. With her trademark mix of empathy and encouragement, author Elizabeth Verdick offers appealing and healthy alternatives to using screens, as well as ways to stay safe and happy when online. Illustrator Marielka Heinlen’s active and vibrant illustrations of young children interacting with their caregivers and families bring the activities and suggestions for screen-free fun to life. A section for adults at the end of the book includes information on the effects of too much screen time and suggestions for establishing screen-time boundaries. Best Behavior® Series Simple words and lively full-color illustrations guide children to choose positive behaviors. Select titles are available in two versions: a durable board book for ages 1-4 and an expanded paperback for ages 4-7. Bilingual board book and paperback editions of select titles also are available. Kids, parents, and teachers love these award-winning books. All include helpful tips for teachers, caregivers, and parents.

Germs Are Not for Sharing

Manners Time