
Hands Are Not For Hitting Book

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simplicity and comfort of accessing a wide range of valuable papers at your fingertips.

Hands Are Not for Hitting *Free Spirit Pub*

Discusses why hitting and physical violence are wrong and demonstrates the many other fun things for which hands can be used, such as saying hello, playing, creating, and helping.

Hands Are Not for Hitting *Free Spirit Publishing*

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.

Hands Are Not for Hitting *Free Spirit Publishing*

Children learn that violence is never okay, that they can manage their anger and other strong feelings, and that they're capable of positive, loving actions—like playing, making music, learning, counting, helping, taking care, and much more. Includes a special

section for adults with activities and discussion starters.

Teeth Are Not for Biting *Free Spirit Publishing*

"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.

Feet Are Not for Kicking *Free 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.

Words Are Not for Hurting / Las palabras no son para lastimar *Free Spirit Publishing*

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.

Voices Are Not for Yelling *Free Spirit Publishing*

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.

No Hitting! *Grosset & Dunlap*

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

What to Do When You Feel Like Hitting

A No Hitting Book for Toddlers
Rockridge Press

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.

Germes Are Not for Sharing *Free Spirit Publishing*

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.

Kindergators: Hands Off, Harry! *Katherine Tegen Books*

"Guess what happened at school today!" Kindergators work and play happily in Miss Harmony's class. But Harry isn't being a good classmate! He's disrupting Friendly Circle, causing accidents, and upsetting the class. Can the Kindergators find a way to help Harry learn to respect personal space? Beloved picture book author-illustrator Rosemary Wells brings her signature humor and trademark knack for understanding young readers to this new series, perfect for classroom use or for

reading and sharing at home.

Diapers Are Not Forever *Free Spirit Publishing*

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.

Hitting Hurts

Mummy I Won't Hit Again a No Hitting Social Story Book for Preschoolers Toddlers and Children

hitting hurts is a unique story written for every lovely kid out there. we agree that hands are not for hitting. in this book, the author uses a story to explain why kids should not hit. when you get a copy of no hitting because hitting hurts social story book, you will find out it covers the basics of no hitting children's book. this no hitting books for preschoolers and children explains that toddlers and kindergarten should not hit their parents, father, mother, brothers and sisters. he further enlist the

activities with picture books on hitting preschoolers to take . its a fun to read story for preschoolers and toddlers out there. FROM THE AUTHOR this book is written for the child you love. i have practised at home with my children. at the end of each story from this no hitting henry book, they understood me. if you are looking for a good no hitting books for toddlers and children. Get this for that child. the easy stories and activities for kids have been tested from my years of experience handling kids who hit. GRAB A COPY TODAY CLICK THE BUY NOW BUTTON

Touch in Child Counseling and Play Therapy

An Ethical and Clinical Guide*Routledge*

Touch in Child Counseling and Play Therapy explores the professional and legal boundaries around physical contact in therapy and offers best-practice

guidelines from a variety of perspectives. Chapters address issues around appropriate and sensitive therapist-initiated touch, therapeutic approaches that use touch as an intervention in child treatment, and both positive and challenging forms of touch that are initiated by children. In these pages, professionals and students alike will find valuable information on ways to address potential

ethical dilemmas, including defining boundaries, working with parents and guardians, documentation, consent forms, cultural considerations, countertransference, and much more.

Now I'm Growing! Hands are not for Hurting (Reinforced Library Binding)*Innovative Kids*

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.

Sometimes I'm Bombaloo *Scholastic Inc.*

A warm book about losing your temper, and how to feel like yourself again. With its bright illustrations and sweet story, this title is the perfect read aloud for librarians, teachers, and parents. Five-year-old Katie is a good kid - most of the time. But sometimes...well, sometimes, say when her little brother knocks down her

beautiful castle after she told him not to touch it and she knows she'll never be able to make it look that good again...sometimes Katie gets so mad she's Bombaloo, she's just not herself. Being Bombaloo is scary. But a little time out and a lot of understanding from Mom help Bombaloo calm down. And cleaning up the mess that Bombaloo made, then sharing hugs and sorries with her family, help Katie feel like Katie again.

No More Hitting for Little Hamster *Boxer Books*

None of Little Hamster's friends will let him join in any of their games. That's because when Little Hamster gets mad, he hits--and that hurts. Will he learn how to

play nicely? This gentle, endearing story in the No More! series helps toddlers understand why it's so much better--and more fun--to treat others with kindness and respect. Illustrations.

Waiting Is Not Forever *Free Spirit Publishing*

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.

Know and Follow Rules *Free Spirit Publishing*

A child who can't follow rules is a child who's always in trouble. This book starts with simple reasons why we have rules: to help us stay safe, learn, be fair, and get along. Then it presents just four basic rules: "Listen," "Best Work," "Hands and Body to Myself," and "Please and Thank You." The focus throughout is on the positive sense of pride that comes with learning to follow rules. Includes questions and activities adults can use to reinforce the ideas and skills being taught.

YOUR HANDS ARE NOT for HITTING PEOPLE Social Story No Hitting Book for Autism and Special Needs Children

GET THE PAPERBACK VERSION FOR THE KID

YOU LOVE FREELY
 hands are not for
 hitting people is a
 lovely hands book that
 helps in teaching kids
 to stop hitting. we all
 know that kids tend to
 use their teeth legs
 and hands. help them
 learn how they can
 keep hands to
 themselves. 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
 guide, the author uses
 a story to illustrate the
 need to stop hitting
 sisters and brothers. its
 an unkind thing to hit
 your parents . if you
 have read teeth are
 not for biting book then
 you will enjoy this too.
 FROM THE AUTHOR
 learn to let your
 toddlers and
 preschoolers know how

to keep hands to
 yourself. as a teacher
 and educator i go
 through the activities
 and lessons in this
 story book with my
 kids. its a fun way to
 learn as they can easily
 grab the message.
 respecting other
 peoples personal space
 is important. 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. **CLICK THE
 BUY NOW BUTTON
 ORDER A COPY TODAY**

**We Listen to Our
 Bodies** *Free Spirit
 Publishing*

Deja helps young
 children recognize their
 emotions by listening
 to their bodies Body

awareness is a key foundation of consent. *We Listen to Our Bodies* gives children a vocabulary to understand and communicate their feelings, develop personal boundaries, and build their social and emotional skills. Through body awareness and recognizing how emotions physically manifest, young children can listen to their bodies for clues about how they're feeling. Their bodies might feel shaky when worried or like one big sigh when calm and relaxed. By recognizing that physical sensations are trying to communicate something, children can understand when they feel unsafe, calm, or in need of healthy touch. *We Listen to Our*

Bodies follows Deja and her preschool classmates as they learn to build emotional self-awareness by listening to the physical cues of their bodies. Using the book as a read-aloud, educators and families can model the language *Deja's* teachers use to support children as they learn body awareness. The author, who hosts workshops and trainings on teaching consent for families and early childhood educators around the country, offers additional activities in the back of the book. Digital content includes a song from *Peaceful Schools* with downloadable MP3 files and sheet music. *We Say What's Okay Series* Centered around a

class of preschoolers, the *We Say What's Okay* series helps teach young children the social and emotional skills they need to understand the complexities of consent. Each book covers a consent theme, such as how to recognize the physical sensations that emotions create, look for body language cues, ask for and listen to choices, and know that our bodies have value. With believable, everyday situations and diverse characters, children can see themselves and others reflected in each story—and develop a vocabulary to communicate consent and feelings. Every book in the series is accompanied by a song from *Peaceful Schools* with

downloadable MP3 files and sheet music.

Just for Me *Viking Books for Young Readers*

The adorable and spunky Ruby learns a new life lesson about sharing- "just for me" isn't nearly as much fun as "just for us!" When Ruby has something special, she likes to say "just for me!" That includes everything from her dolly to the colorful candy sprinkles she uses to decorate her cookies. But when a friend comes over for playtime, Ruby takes her mantra just one step too far, and a precious toy is broken. Just when it looks like playtime has been ruined, Ruby realizes that having a friend is much more fun than having everything to

herself. "Sharing is caring" has never felt so spot-on as it does in *Just For Me*. With sparse text and bright, bold illustrations, this is the perfect story for parents to share with their little readers--and for readers to share with their friends!

Manners Time *Free Spirit Publishing*

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.

Worries Are Not Forever / Las preocupaciones no duran para siempre

Free Spirit Publishing

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 too—feel worried. Children learn that 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 in both languages offers activities and 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. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

No Hitting, Henry

Don't Hurt *Enslow Publishing, LLC*

Children will follow Henry as he deals with his feelings of anger and his bad habit of hitting through various situations involving friends and family. His big brother Ben cheats at hide-and-seek. A group of children playing in the park leave him out of their game. His father asks him to behave while they shop. Readers are given a description of the situation, three choices, the action chosen by the character, and

consequences of that choice. The interactive question-and-answer approach engages the reader in real-life situations while the charming, colorful illustrations keep the tone of the book whimsical and playful.

Johnny Got His Gun
Kensington Publishing Corp.

The Searing Portrayal Of War That Has Stunned And Galvanized Generations Of Readers An immediate bestseller upon its original publication in 1939, Dalton Trumbo's stark, profoundly troubling masterpiece about the horrors of World War I brilliantly crystallized the uncompromising brutality of war and became the most influential protest

novel of the Vietnam era. Johnny Got His Gun is an undisputed classic of antiwar literature that's as timely as ever. "A terrifying book, of an extraordinary emotional intensity."--The Washington Post "Powerful. . . an eye-opener." --Michael Moore "Mr. Trumbo sets this story down almost without pause or punctuation and with a fury amounting to eloquence."--The New York Times "A book that can never be forgotten by anyone who reads it."--Saturday Review

Tails Are Not for Pulling *Free Spirit Publishing*

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.

Calm-Down Time

Free Spirit Publishing

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.

My Body Belongs to Me / Mi cuerpo me pertenece

A book about body safety / Un libro sobre el cuidado contra el abuso sexual *Free Spirit Publishing*

Acclaimed book, now in English and Spanish, helps adults teach

children about abuse, getting help, and how to set boundaries to stay safe. Without being taught about body boundaries, a child may be too young to understand when abuse is happening—or that it's wrong. Now available in a bilingual English-Spanish edition, *My Body Belongs to Me /Mi cuerpo me pertenece* offers a tool parents, teachers, and counselors can use to sensitively share and discuss the topic of sexual abuse. Through simple language and colorful illustrations, this straightforward, gentle book guides young children to understand that their private parts belong to them alone. The overriding message is that if someone touches your private

parts, tell your mom, your dad, your teacher, or another safe adult. In a country where, according to estimates from the CDC, one in four girls and one in six boys will be sexually abused before age eighteen, this book is an essential abuse-prevention resource to help children feel, be, and stay safe. Using her experience working as a New York City prosecutor of child abuse and sex crimes, Jill Starishevsky has crafted a book that addresses body boundaries in a way that kids can understand and that doesn't seem scary or heavy-handed. Includes, in both English and Spanish, a letter to adults at the beginning and a section in the back with suggestions and

resources for discussing the book with children.

When You Reach Me

(Newbery Medal Winner) *Wendy Lamb Books*

"Like *A Wrinkle in Time* (Miranda's favorite book), *When You Reach Me* far surpasses the usual whodunit or sci-fi adventure to become an incandescent exploration of 'life, death, and the beauty of it all.'" —The Washington Post This Newbery Medal winner that has been called "smart and mesmerizing," (The New York Times) and "superb" (The Wall Street Journal) will appeal to readers of all types, especially those who are looking for a thought-provoking

mystery with a mind-blowing twist. Shortly after a fall-out with her best friend, sixth grader Miranda starts receiving mysterious notes, and she doesn't know what to do. The notes tell her that she must write a letter—a true story, and that she can't share her mission with anyone. It would be easy to ignore the strange messages, except that whoever is leaving them has an uncanny ability to predict the future. If that is the case, then Miranda has a big problem—because the notes tell her that someone is going to die, and she might be too late to stop it. Winner of the Boston Globe-Horn Book Award for Fiction A New York Times Bestseller and Notable Book Five Starred

Reviews A Junior Library Guild Selection "Absorbing." —People "Readers ... are likely to find themselves chewing over the details of this superb and intricate tale long afterward." —The Wall Street Journal "Lovely and almost impossibly clever." —The Philadelphia Inquirer "It's easy to imagine readers studying Miranda's story as many times as she's read L'Engle's, and spending hours pondering the provocative questions it raises." —Publishers Weekly, Starred review

Your Mind is Like the Sky

A First Book of Mindfulness *Lincoln Children's Books*

Your mind is like the sky. Sometimes it's

clear and blue - but sometimes a raincloud thought comes along and makes everything seem dark. So what can we do about rainclouds? This beautiful picture book, written by psychologist Bronwen Ballard and illustrated by award-winning artist Laura Carlin, shows children that worries and negative thoughts are normal and helps them develop healthy thinking habits. Tips on mindfulness and extra resources for parents are included at the back of the book.

The Berenstain Bears Get in a Fight
Random House Books for Young Readers

Come for a visit in Bear Country with this classic First Time Book® from Stan and Jan Berenstain. When

Brother and Sister start fighting, it's up to Mama and Papa to help them remember that being kind to one another is the most important thing. This beloved story is the perfect way to teach children about the unique and special bond between siblings.

Hands Are Not for Hitting / Las manos no son para pegar
Free Spirit Publishing

Little ones learn that hitting is never okay, hands can do many good things, and everyone is capable of positive, loving actions. Includes tips for parents and caregivers.

Little Dinos Don't Bite
Capstone

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

course.

Gentle Hands and Other Sing-Along Songs for Social-Emotional Learning
Free Spirit Publishing

Engage children with familiar songs featuring new, colorful lyrics that teach valuable social-emotional skills. La, la, la! Shake up your story time with these twelve sing-along songs based on classic tunes kids already know and love. This beautifully illustrated songbook teaches important social-emotional skills for everyday life. Favorite songs like "Frère Jacques" and "B-I-N-G-O" get turned on their heads with new, easy-to-remember lyrics offering lessons on how to manage anger, asking for help, what to

do when you're afraid, being a good friend, when to use a quiet voice, and many others! Digital content includes downloadable sheet music for all songs.

Hands are Not for Hitting

Demonstrates that "hands are not for hitting" by suggesting many positive uses for them, such as saying hello, playing, creating, and helping.

Why Should I? *Free Spirit Publishing*

A book about respect. Arin acts careless and rude--and other people are angry and upset. His parents and teacher tell him he needs to show respect. Confused and unhappy, Arin asks Grandma for help. They talk about how he

would feel if someone broke his things or laughed at what he likes. Arin makes an effort to show respect to others and learns that everyone treats him better when he does. Our Emotions and Behavior Series Small children have big feelings. The Our Emotions and Behavior series uses cheerful, vividly illustrated stories to help kids understand how their feelings and actions are related--and how they can get better at managing both. At the end of each book, a two-page series of pictures invites kids to tell a story in their own words. A special section for adults suggests discussion questions and ideas for guiding children to talk about their feelings.

Kind Hands Don't Hurt

Touch and sight are the most influential way a child absorbs the environment and learns to interact with others. Behaviours of parents, carers and family members can sometimes reinforce unkind traits that a child will often model or may be affected by. Created by an experienced social worker as a tool to aid families dealing with physical abuse and as a deterrent for others. This beautiful picture book for young and first readers is a perfect way to share the message that "Kind Hands Don't Hurt", and will instil reassurance to a child who has experienced "unkind hands." This book can also be used as an interactive session on

all the wonderful things your kind hands can do.

Feeling Angry *Free Spirit Publishing*

Harry is great at helping others deal with anger. He helps his dad keep cool when his dad is running late for work, soothes his sister's tantrums, and calms down his angry friend using strategies such as taking deep breaths, slowing down, counting to ten, and thinking about something else. But when Harry has to turn off his computer game, it's his turn to be angry. Join Harry and his friends and family to see how he decides to handle his own angry feelings. *Everyday Feelings Series: Young children face many strong feelings, some of which*

can be difficult to handle. This series uses humor and compassion to show children how to help others--and themselves--feel better when dealing with challenging emotions. Lively art illustrates the stories with charm and energy. At the end of each book, a special section for adults presents ideas for helping children deal with feelings in healthy ways, as well as a list of recommended books for further reading. Also available is a free downloadable leader's guide for this series with additional information, discussion questions, and activities.

Once I Was Very Very Scared

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.