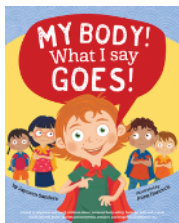


LISTEN. BELIEVE. SUPPORT.

## 5 Books to Read with Your Child

Teaching healthy boundaries, healthy relationships and mindfulness . Ages 3+.



### **My Body! What I Say Goes!** by Jayneen Sanders

This book aims to empower children by teaching them about personal body safety and how to stand up for themselves and ask for help when they feel they are being disrespected. For ages 3 to 9 years.

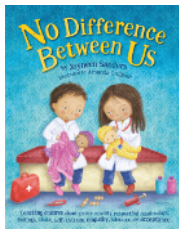
ISBN-13: 9781925089165



### **No Means No!** by Jayneen Sanders

This book about a young girl who is verbal about her personal and physical boundaries as a way to teach children to expect respect from children and adults alike. For ages 2-9 years.

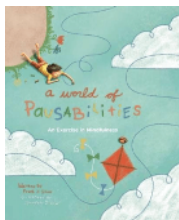
ISBN-13: 9781925089141



### **No Difference Between Us** by Jayneen Sanders

Also by Jayneen Sanders, this book explores gender equality, respect, and tolerance. It emphasizes that boys and girls can like the same things irrespective of their gender. For ages 3 to 9 years.

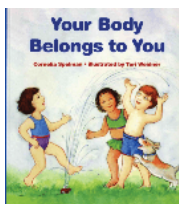
ISBN-13: 9781925089172



### **A World of Pausibilities** by Frank J. Sileo

This book encourages children to pay attention to and respect their feelings, emotions, and thoughts. It explores conscious mindfulness and being present in the world around us. For ages 4 to 8 years.

ISBN-13: 9781433823237



### **Your Body Belongs to You** by Cornelia Spelman

This book teaches children that they have the right to decline physical contact from anyone, even those they care about, and that declining physical contact does not indicate animosity. For ages 3 to 5 years.

ISBN-13: 9780807594735