



A powerful ebook
sharing 4 ways
to help kids understand big feelings.

Teaching kids
how mad affects you
and how to get calm

Parents love us

“What was fantastic about this was the direct practical approach. This ebook is not concerned with attaching labels or using empty catch phrases; it just helps parents be, and enjoy being, ‘parents’.”

The Daniels

“I think all parents can learn from an ebook like this. It’s helped me understand the effects of my yelling, and why my kids react the way they do.”

Lisa, mom of 2.

