

# Calm

Dr. Jillian Roberts

# Calm

Author: Dr. Jillian Roberts

February 15, 2022

A quiet board book full of soothing messages to encourage adult readers to stay calm and co-regulate with the babies and toddlers in their lives.

## FORMAT:

7 x 7

20 pages

## Board Book

9781459830974

\$10.95

## PDF

9781459830981

## EPUB

9781459830998

## KEY SELLING POINTS:

- Dr. Roberts is a child psychologist, professor and prolific author who is a regular contributor to *HuffPost*, Global News and CBC.
- This book offers a gentle reminder for adults that keeping themselves calm is important to be able to bring an upset child into a state of calm with them.
- Encourages "responsive parenting" over "reactive parenting."
- *Calm* is the first board book by the author of the bestselling Just Enough and World Around Us series.
- Photos include multigenerational families and babies of various ethnicities.

## ABOUT THE AUTHOR:



**DR. JILLIAN ROBERTS** is a child psychologist, author, professor at the University of Victoria and mother of three children. Considered a go-to child psychology expert for journalists, Dr. Roberts is a regular contributor to *HuffPost*, Global News and CBC. She is the author of two bestselling and award-winning series of children's books: the Just Enough series explains topics like birth and diversity to children ages 3–6, while the World Around Us series introduces kids ages 5–8 to issues like poverty and online safety. *Calm* is Dr. Roberts's debut board book. She lives in Victoria, British Columbia.

## PROMOTIONAL PLANS INCLUDE:

- Print and online advertising campaigns
- Promotion at national and regional school, library and trade conferences
- Extensive ARC distribution, including NetGalley
- Blog and social media promotion
- Outreach in Orca newsletters

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JNF024130 JUVENILE NONFICTION / Health & Daily Living / Mindfulness & Meditation

JNF013060 JUVENILE NONFICTION / Concepts / Senses & Sensation

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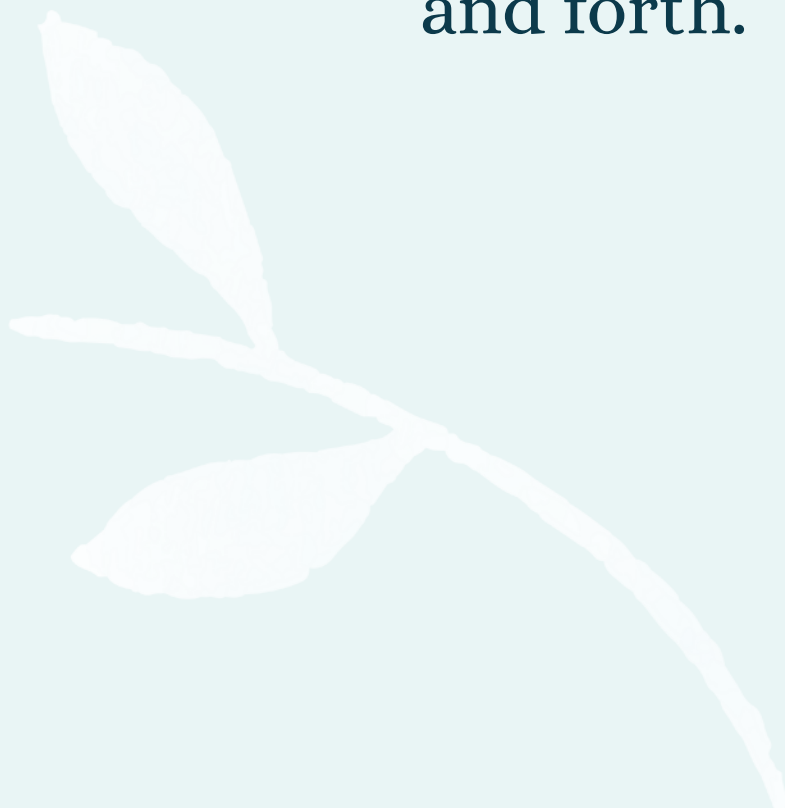
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My dear little one,  
if you are upset  
I promise to share  
my calm.

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We'll rock back  
and forth.







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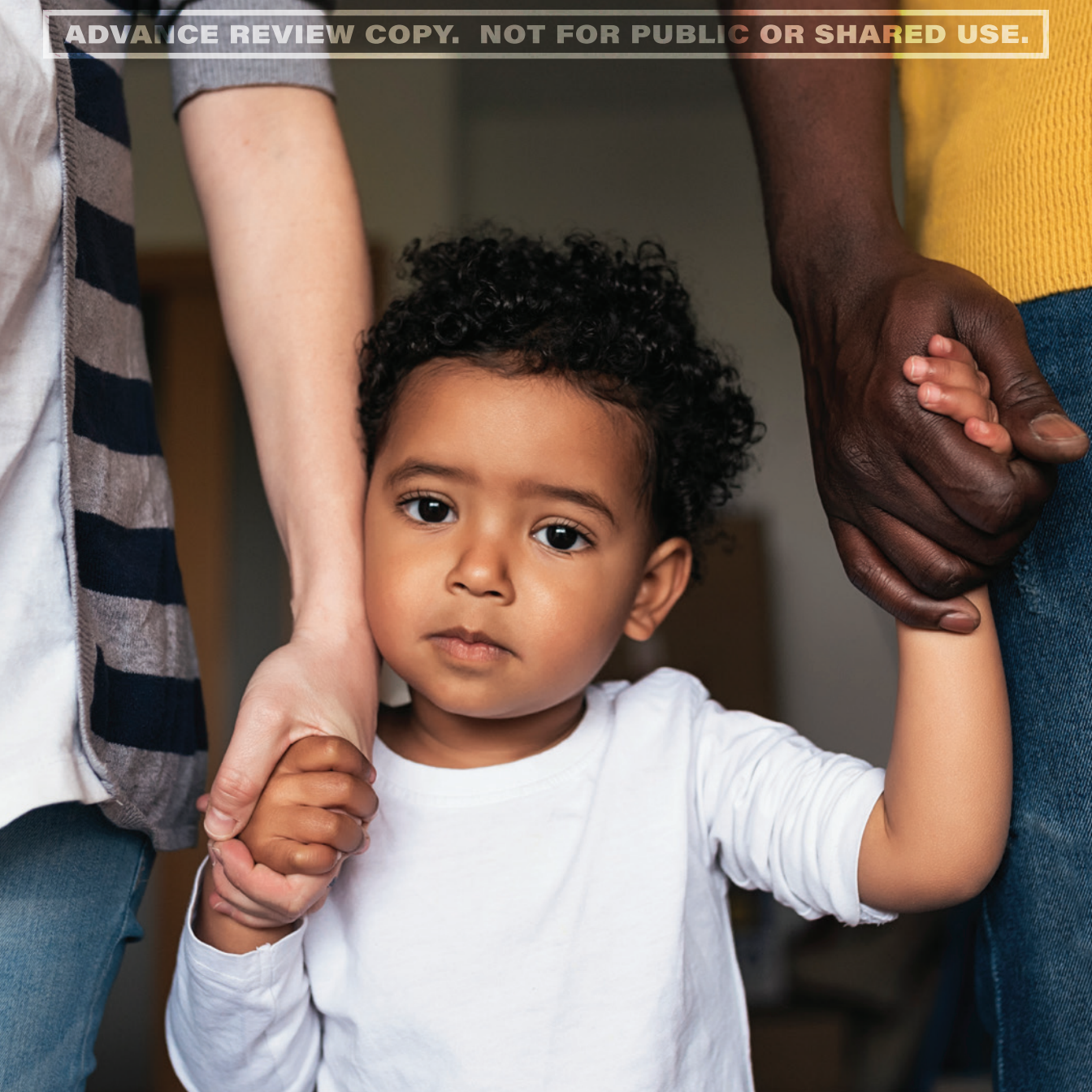




I'll hold your hand  
in my palm.



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I'll listen carefully  
and use a gentle voice.

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We'll breathe in  
deeply and slowly.






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I'll help you understand  
these big feelings  
and teach you that  
you have a choice.



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To honor your emotions  
and then let them go,



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Making yourself  
feel better.



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Because, my dear little one,  
you can always count on  
my unconditional love  
and for me to share my calm.







“When little people are overwhelmed by big emotions, it’s our job to share our calm, not to join their chaos.”

—L.R. Knost



When the children in our lives are overcome by strong feelings, it’s important to help them learn how to manage their emotions and behaviors. This is called self-regulation. We do this by responding in a calm way and taking the time to sit with them, listen fully, hold their hands and show them how to take deep, cleansing breaths. By co-regulating with the young people we love, we show them that their feelings are important and so is learning how not to be overcome by them. How we react to our children emotionally affects them physically and helps them behave appropriately. By sharing our calm, we can help them move into a relaxed state in which the big feelings are more manageable.



I dedicate this book to all caregivers trying their very best to share their *calm* with the little ones in their lives.

—Dr. Jillian Roberts



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**Summary:** A quiet board book full of soothing messages to encourage adult readers to stay calm and co-regulate with the babies and toddlers in their lives.

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# My dear little one, if you are upset, I promise to share my calm.

This soothing board book by child psychologist, professor and author Dr. Jillian Roberts was written to remind us that the little people in our lives need us to be their calm. To recognize their big feelings and teach them how to honor them and let them go. A valuable tool to help young ones learn to co-regulate, *Calm* is just as much for babies as it is the adults in their lives.

For more information,  
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This is an advance reading copy of the uncorrected proofs and is not for sale. Changes may be made to the text before publication, so **all quotes for review must be checked against the final bound book.**

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