

I Love Myself



illustrated by
JULIA VASILEVA

**WAI MEI
WONG**



Loving yourself takes practice

“I’m still learning to love myself, but it’s okay. I know I can always keep trying.”

EVEN AN ORDINARY DAY IS FULL OF LITTLE CHALLENGES, especially when you’re a kid. Like when you’re learning to ride a bike and you still need training wheels...so the other kids ride past you. Or when you jump in a mud puddle...but you fall in and get your pants wet. Luckily you can learn to be kind to yourself with a bit of practice.

In this sweet picture book, a child goes about their day, as their inner self—portrayed as a cuddly imaginary creature—supports them in their endeavors. Some things are harder than others, but the positive message of the text highlights how you can love yourself through big feelings, try something different, say no and so much more.

Formerly an early childhood educator, **Wai Mei Wong**’s first book, *Hello, Dark*, was shortlisted for the 2022 IODE Jean Throop Book Award and was a 2022 CCBC Spring Best Books for Kids & Teens selection. She was born in Hong Kong and now lives in Toronto.

Julia Vasileva is a Vancouver, British Columbia–based children’s book illustrator whose books include *Agent Pangolin* and *How the Faeries Dance*. From an early age she had a voracious love of books and stories, which led to her getting a literature degree. After she immigrated to Canada in 2014, she found herself creating books instead of studying them. Her style combines traditional and digital techniques to build imaginative worlds for children to dive into.

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I Love Myself

Author: Wai Mei Wong

Illustrator: Julia Vasileva

February 13, 2024

In this picture book, a child who is learning about self-love meets different challenges—like learning to ride a bike and being afraid of the dark—with the help of a cuddly creature representing their inner self.

FORMAT	Hardcover	PDF	EPUB
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32 pages	\$21.95		

KEY SELLING POINTS

- In *I Love Myself* we accompany a child through their day full of ups and downs, as they learn how to love themselves through it all.
- The book focuses on self-care, compassion and self-regulation throughout the myriad complicated moments life can offer, for kids who are learning to develop that caring voice inside themselves.
- Children's mental health has been much discussed lately due to the COVID-19 pandemic. Parents, teachers and kids will all appreciate this simple, accessible and comforting story with its positive theme.
- The author was inspired to write this by her son's struggles with thinking he wasn't capable or wasn't good enough. She started sending notes with positive messages in his lunchbox to help him learn how to be kind to himself.

PHOTO CREDIT: WAI MEI WONG



ABOUT THE AUTHOR

Former early childhood educator **Wai Mei Wong**'s first book, *Hello, Dark*, was shortlisted for the 2022 IODE Jean Throop Books Award and was a 2022 CCBC Spring Best Books for Kids & Teens selection. She was born in Hong Kong and now lives in Toronto.

PHOTO CREDIT: ANGELIKA KAGAN



ABOUT THE ILLUSTRATOR

Julia Vasileva is a Vancouver, British Columbia–based children's book illustrator whose books include *Agent Pangolin* and *How the Faeries Dance*. From an early age she had a voracious love of books and stories, which led to her getting a literature degree. After she immigrated to Canada in 2014, she found herself creating books instead of studying them. Her style combines traditional and digital techniques to build imaginative worlds for children to dive into.

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I Love Myself

For Susan Matteucci and Patricia Smith,
who always tell me I am enough
—W.M.W.

For Khachulik and Sona from your “big sister”
—J.V.

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WAI MEI WONG

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JULIA VASILEVA

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I love myself when I say,
“I’m enough.”



I love myself even when
I'm not perfect.





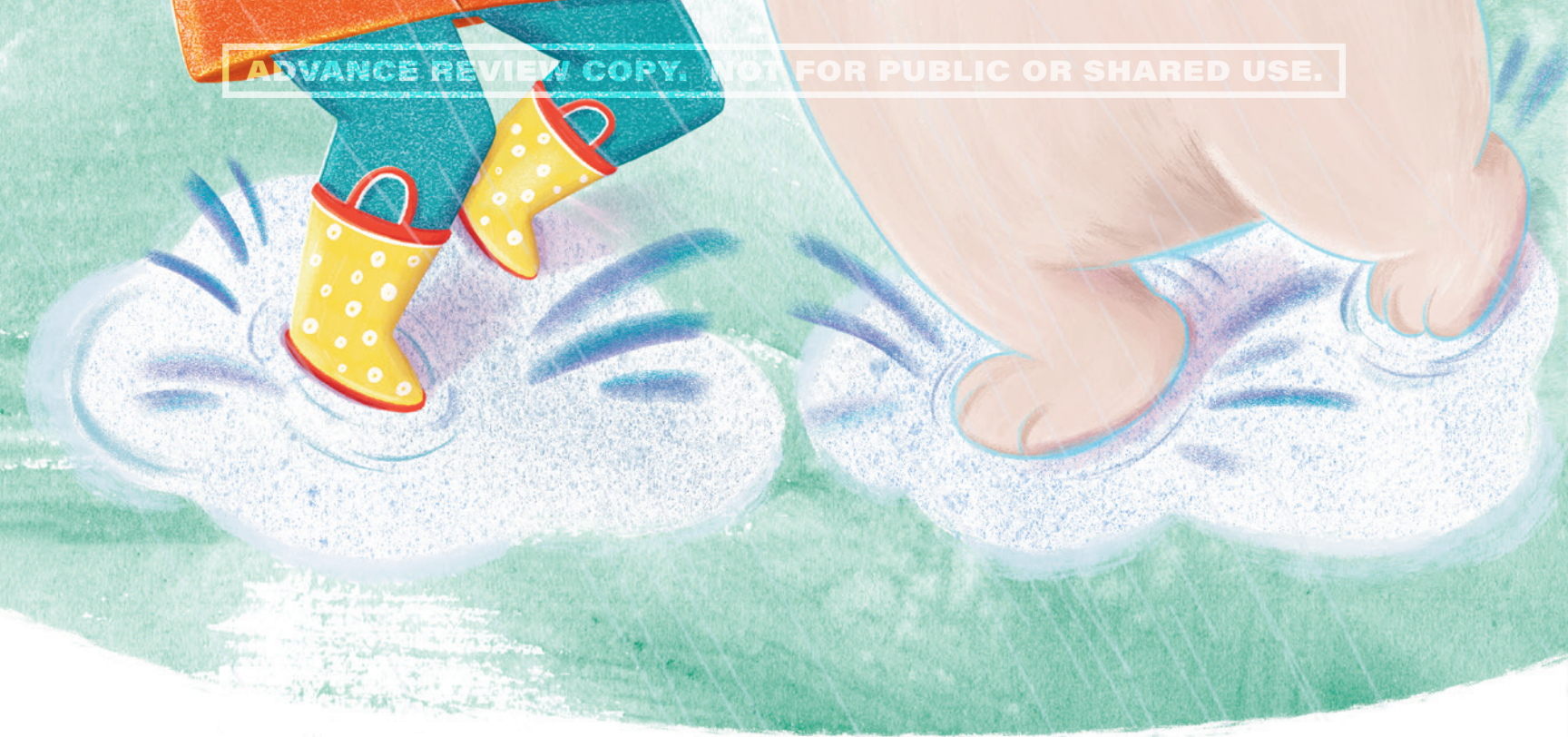
I love myself when I read a book quietly.



I love myself when I tell
my stories with crayons.



I love myself when I try something different.

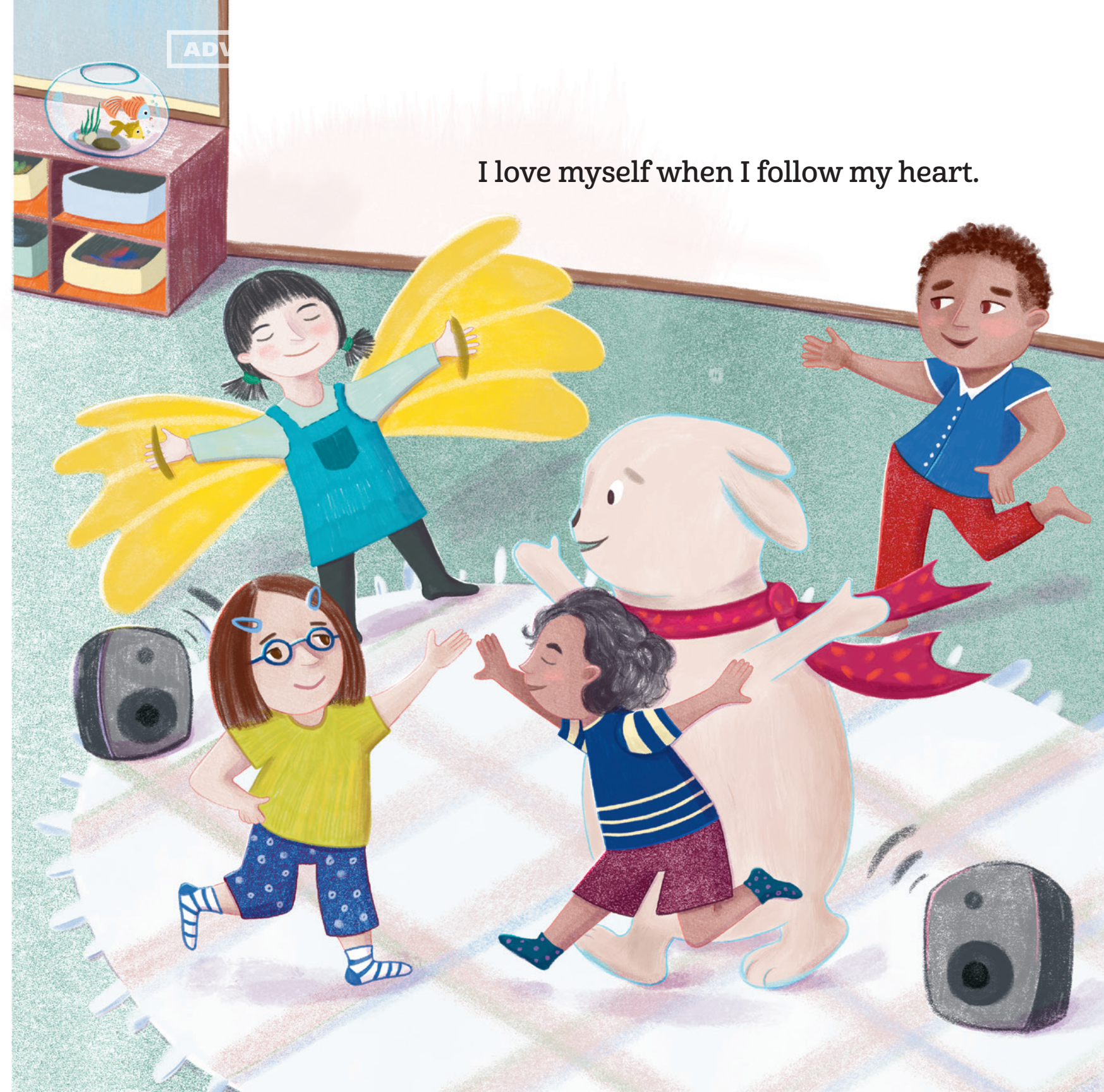


I love myself when I jump in rain puddles.

I love myself when I say “no.”



I love myself when I follow my heart.





I love myself when I try to understand my big feelings.



I love myself when I stand up after I fall.



I love myself when I'm with people who care about me.



I love myself when I don't
feel like smiling.





I'm still learning to love myself.

But it's okay. I know I can always
keep trying.

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