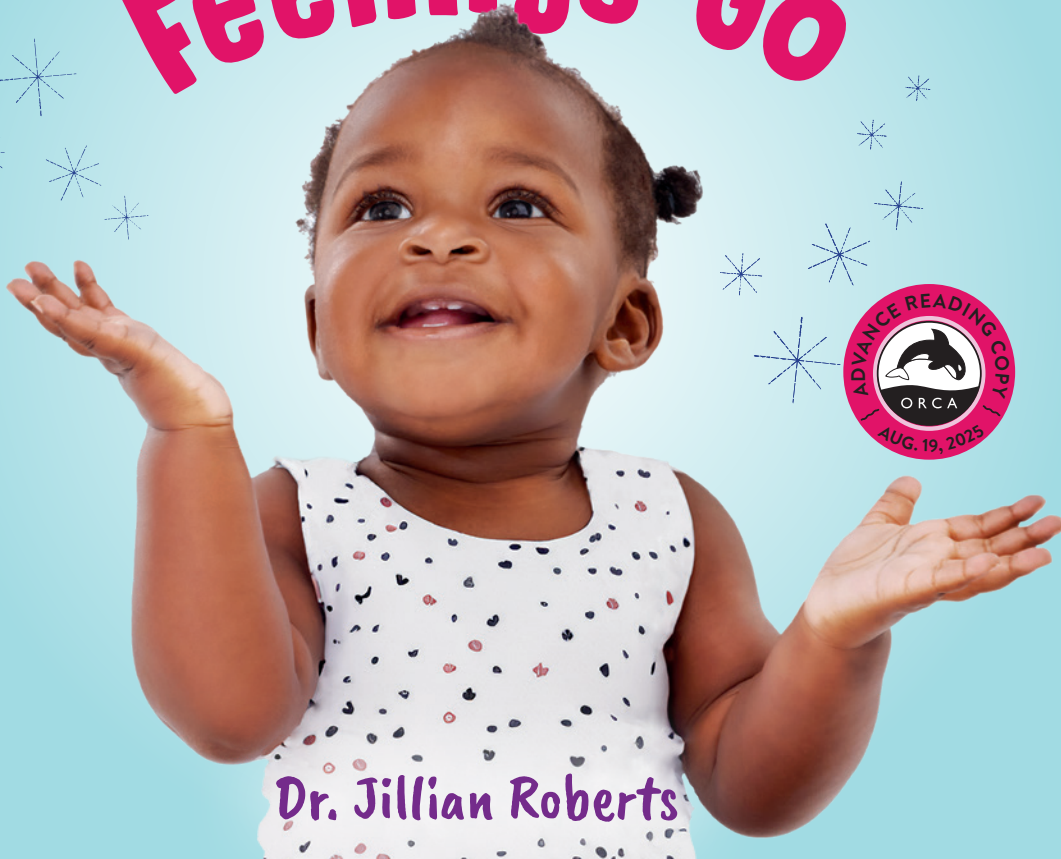


# Feelings Come, Feelings Go



Dr. Jillian Roberts

# How do you feel?

## NO MATTER HOW LITTLE YOU ARE, YOU CAN HAVE BIG FEELINGS.

When you feel sunshine on your face, you might feel happy. When a new friend wants to play, you might feel shy. When you have to say goodbye, you might feel sad. Feelings don't usually stick around for long—they rise and then they pass, like an ocean wave.

Full of adorable photographs of kids expressing each feeling in the story, *Feelings Come, Feelings Go* helps kids to recognize and name their emotions, and offers a first step on the journey toward emotional regulation.

**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, which explains topics like birth and diversity to children ages 3–6, and the World Around Us series, which introduces kids ages 5–8 to issues like poverty and online safety. Her most recent picture book, *The Friendship Guide*, outlines central ideas on how to be the best friend you can be. Jillian lives in Victoria, British Columbia.

For more information,  
contact  
1-800-210-5277  
[media@orcabook.com](mailto:media@orcabook.com)

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# Feelings Come, Feelings Go

**Author:** Dr. Jillian Roberts

August 19, 2025

In this sweet board book with photos, well-known child psychologist Dr. Jillian Roberts helps little readers to name their big feelings and reassures them that like the ocean waves that crest and disappear, all emotions will pass.

**FORMAT**

6 x 6"  
20 pages

**Board Book**

9781459841352  
\$10.95

**PDF**

9781459841369

**EPUB**

9781459841376

## KEY SELLING POINTS

- A sweet, simple board book about the big feelings kids have, from anger to shyness to sadness, to help readers learn to recognize their feelings and realize that overwhelming as they may be, all emotions do pass.
- Delightful photos accompanying the text show each feeling, so that the youngest readers can identify how feelings look and what the words mean.
- Simple text gives relatable, age-appropriate examples of what might bring out each emotion, such as meeting a new friend (shyness) or having your blocks fall down (frustration).
- Besides recognizing feelings, the text reassures kids that all emotions will pass and offers a starting point in understanding emotional regulation and accepting, rather than fighting, feelings as they come.
- An author's note expresses how just as adults teach kids skills like brushing their teeth, guiding children through their emotions is also key—and this book can be a tool in that conversation.
- Jillian Roberts is a highly respected child psychologist, professor at the University of Victoria, writer and mother of three. She is the author of the *Just Enough* series, *The World Around Us* series and *The Friendship Guide*.



JOSHUA LAWRENCE

## 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, which explains topics like birth and diversity to children ages 3–6, and the *World Around Us* series, which introduces kids ages 5–8 to issues like poverty and online safety. Her most recent picture book, *The Friendship Guide*, outlines central ideas on how to be the best friend you can be. Jillian lives in Victoria, British Columbia.

### REVIEWS/ENDORSEMENTS

“Crisp, heartwarming photos in warm tones that depict racially diverse caregivers holding and comforting tots.”—*Kirkus Reviews*, on *Calm*

“Gentle and quietly reassuring, this is recommended for board book collections aimed at new parents or caregivers.”—*School Library Journal*, on *My Promise*

### PROMOTIONAL PLANS INCLUDE

- Print and online advertising campaigns
- Promotion at national and regional school, library and trade conferences
- Extensive ARC distribution, including Edelweiss
- Blog and social media promotion
- Outreach in Orca's enewsletter program, including targeted emails to educators, librarians and booksellers in Canada and the United States

### BISACS

JNF053050 JUVENILE FICTION / Social Themes / Emotions & Feelings  
JNF053060 JUVENILE NONFICTION / Social Topics / Friendship  
JNF019000 JUVENILE NONFICTION / Family / General

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DR. JILLIAN ROBERTS

FEELINGS COME,  
Feelings Go

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Little one,  
you have big feelings.

Some are easier  
than others.  
But all of them matter.



When the sun shines  
on your face,  
you may feel happy.





When a new friend  
wants to play,  
you may feel shy.



When your blocks  
fall down,  
you may feel  
frustrated.

When your friend  
doesn't share,  
you may feel angry.





When playtime is over,  
you may feel sad.

Feelings don't usually  
stay for long.  
Just like the waves,  
they rise and then  
they drift away.



Can you tell how you  
are feeling right now?  
And can you tell how  
I feel when I look at you?  
That's right, wee one—  
I love you more than  
words can say.





**This collection of words and pictures isn't just a book.**

It's a tool designed to help children navigate the intricate world of emotions. Understanding and expressing emotions is a vital skill for children's development, laying the foundation for healthy emotional regulation later in life.

As adults, we sometimes forget that emotional regulation is a learned skill—one that requires patience, guidance and care. Just as we teach our children to tie their shoes or brush their teeth, we must also gently guide them in understanding and managing their emotions.

Remember, as you read together, that you're not just sharing a story—you're fostering essential skills that will serve your child throughout their lifetime. So take your time, linger on each page and engage in conversations about feelings. Let this book spark countless moments of connection, understanding, joy and growth.