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**READY FOR THE DAY!**  
and  
**READY FOR BED!**  
by  
Stacey R. Kaye, MMR

“ParentSmart/KidHappy is a life saver for any stressed parent (do you know one who isn’t?) who wants to ease daily battles and raise an emotionally healthy child.”

—Dr. Michele Borba,  
Author, *No More Misbehavin’* and *Parents Do Make a Difference*

## Say Bye-Bye to Time-Outs, Bartering, and Bribes

For Immediate Release!

Minneapolis, MN—Every parent knows the frustration of struggling with a toddler at morning time and bedtime. The battle of wills can be enough to drive even the strongest parent to give time-outs, take away toys, or bribe with rewards.

But there’s hope. **READY FOR THE DAY!** and **READY FOR BED!** by Stacey R. Kaye, MMR (\$12.95, Free Spirit Publishing), the first in the new ParentSmart/KidHappy™ series, use colorful drawings and the language of positive parenting to ease grown-ups and children through the most stressful parenting moments.

**READY FOR THE DAY!** and **READY FOR BED!** show parents how to handle bedtime and morningtime by giving encouragement, offering choices, and validating feelings. These positive, healthy techniques not only help parents get through everyday challenges with less stress and struggle, they build children’s confidence, self-esteem, and emotional intelligence—keys to raising strong, happy kids and helping them succeed in life.

“Parents can avoid so many tantrums—or shorten their duration—simply by repeating what your child says to you,” according to Kaye. “When parents say to a child, ‘You’re upset because there’s no more apple juice and you’re thirsty. Yes, that is disappointing,’ they reassure and validate the child and make him or her feel understood. That goes a long way toward creating a more harmonious environment.”

Like many parents, Kaye experienced daily battles with her own children, until she read dozens of parenting tomes and attended every parenting lecture offered within a two-hour drive of her home. When she started developing a language that validated her feisty toddler’s feelings and offered choices that fell within acceptable parenting boundaries, the change in her daughter’s behavior was remarkable. “Her eyes lit up when I first started to offer her choices. She felt empowered and in control,” Kaye explains. “And when I started validating our daughter’s feelings, I experienced another turning point. Tantrums abated. Tears evaporated. And clenched fists relaxed.”

**READY FOR THE DAY!** and **READY FOR BED!** are the only parenting books designed for adults and children to share. With full-color illustrations and tender stories, they offer relatable scenarios and color-coded text that makes learning the language of positive parenting easy. What better way to learn positive parenting techniques than by sharing a story with your child?

With these books, Kaye hopes parents will “develop a way of speaking positively to their children so that when times get tough, the relationship they have cultivated with their child will triumph.”

To set up an interview or to request a review copy, contact Jenni Bowring at 612.746.6848 or [bowring@freespirit.com](mailto:bowring@freespirit.com).

### **READY FOR THE DAY!**

by Stacey R. Kaye, MMR

ISBN-13 978-1-57542-268-8 = \$12.95 = H/C = 32 pp. = color illust. = 8¼ " x 8¼ "  
= ages 3–6

### **READY FOR BED!**

by Stacey R. Kaye, MMR

ISBN-13 978-1-57542-269-5 = \$12.95 = H/C = 32 pp. = color illust. = 8¼ " x 8¼ "  
= ages 3–6



#### **About the Author**

**Stacey R. Kaye, MMR**, is the mother of two girls, ages 4 and 7, and a self-described “Parenting Lecture Groupie.” As her first daughter grew into a feisty toddler, Stacey searched for language that would discourage tantrums and meltdowns while still encouraging her daughter to explore, grow confidence, and gain emotional intelligence. Dozens of parenting tomes, lectures, and courses provided great theory, but not the language. That’s when Stacey began writing ParentSmart/KidHappy™ books.



#### **About Free Spirit Publishing ([www.freespirit.com](http://www.freespirit.com))**

Meeting kids’ social & emotional needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people’s social and emotional health. Free Spirit’s mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.