



## Contact

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### TODDLER TOOLS™ SERIES:

- **CLEAN-UP TIME**
- **BYE-BYE TIME**
- **LISTENING TIME**
- **NAPTIME**

by Elizabeth Verdick

Illustrated by  
Marieka Heinlen

“Practical, positive tools for building and maintaining the supportive care environment that toddlers need.”

—Dan Gartrell, Ed.D.,  
Director of Child  
Development Training  
Program, Bemidji State  
University

## New Series Gives Toddlers and Grown-Ups the Tools They Need to Master Daily Routines

For  
Immediate  
Release!

Minneapolis, MN—Toddlers are the ultimate multitaskers, moving in several directions at once as they play, experiment, explore, and learn. When it’s time to stop for necessary daily routines, like putting away toys, saying good-bye, listening, and napping, it can be hard for toddlers to break stride and focus.

Help is here! Author Elizabeth Verdick and illustrator Marieka Heinlen, the dynamic duo who brought us the perennially popular and award-winning Best Behavior™ series, have once again collaborated to create Toddler Tools™, a new series of board books from Free Spirit Publishing.

**CLEAN-UP TIME, BYE-BYE TIME, LISTENING TIME, and NAPTIME** (\$7.95, Free Spirit Publishing) give toddlers the tools they need to grow and learn in a positive and nurturing environment, and parents and caregivers get the tools they need to help distracted toddlers focus on the task at hand.

“Establishing daily routines can be challenging for little kids and the grown-ups around them,” said author Elizabeth Verdick. “I wanted to create books to help toddlers better understand these routines and feel a sense of ‘I can do it!’”

Playfully written and whimsically illustrated, these books are meant to be shared before or during the desired “time,” or whenever little ones need positive reinforcement for new routines.

Each book also contains helpful tips for parents and caregivers, such as:

- **Have fun while you get the job done.** Play music, sing a special clean-up song, hum, tell jokes, set a timer and have a race.
- **Create a ritual.** A good-bye ritual can help instill confidence. Give each other big bear hugs and funny fish kisses; rub noses or touch foreheads. Have a special good-bye wave, high five, or handshake you save for these occasions. Choose a silly good-bye rhyme—“Toodle-oo, kangaroo”—to put a smile on a child’s face.
- **Give light-hearted reminders and praise.** You might say, “Let’s use our listening ears,” while you tug on your earlobes. Or pretend to zip and lock your lips and hide the key. To reinforce that it’s time to listen, use this chant, “I’m quiet as a mouse. I’m still as can be. Who’s ready to listen? Me!”
- **Have a familiar naptime place.** Children benefit from having a predictable place to sleep, whether a crib, a toddler bed, or a cot at the childcare center. Provide familiar comfort objects such as a blanket or favorite stuffed toy.

**The Toddler Tools™ Series Features These Four Board Books:**

**CLEAN-UP TIME**

ISBN 978-1-57542-298-5

**BYE-BYE TIME**

ISBN 978-1-57542-299-2

**LISTENING TIME**

ISBN 978-1-57542-301-2

**NAPTIME**

ISBN 978-1-57542-300-5



- \$7.95
- board book
- 24 pp.
- color illust.
- 7" x 7"
- for toddlers

Author Elizabeth Verdick, Illustrator Marieka Heinlen



**About the Author**

Elizabeth Verdick is the author of more than 30 highly acclaimed books for children and teenagers, including books in the Toddler Tools board book series, the Best Behavior series for young children, and the Laugh & Learn™ series for preteens. Her most recent titles include *Diapers Are Not Forever* and *See You Later, Procrastinator!* (with Pamela Espeland). Elizabeth lives with her husband, daughter, son, and five pets near St. Paul, Minnesota.



**About the Illustrator**

Marieka Heinlen received her BFA at the University of Wisconsin, Madison, and also studied at Central Saint Martins College of Art and Design in London. She launched her career as an award-winning children's book illustrator with the best-selling *Hands Are Not for Hitting*. As a freelance illustrator and designer, Marieka focuses her work on books and other materials for children, teens, parents, and teachers. She lives in St. Paul, Minnesota, with her husband and son.



**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 to think for themselves, succeed in life, and make a difference in the world.