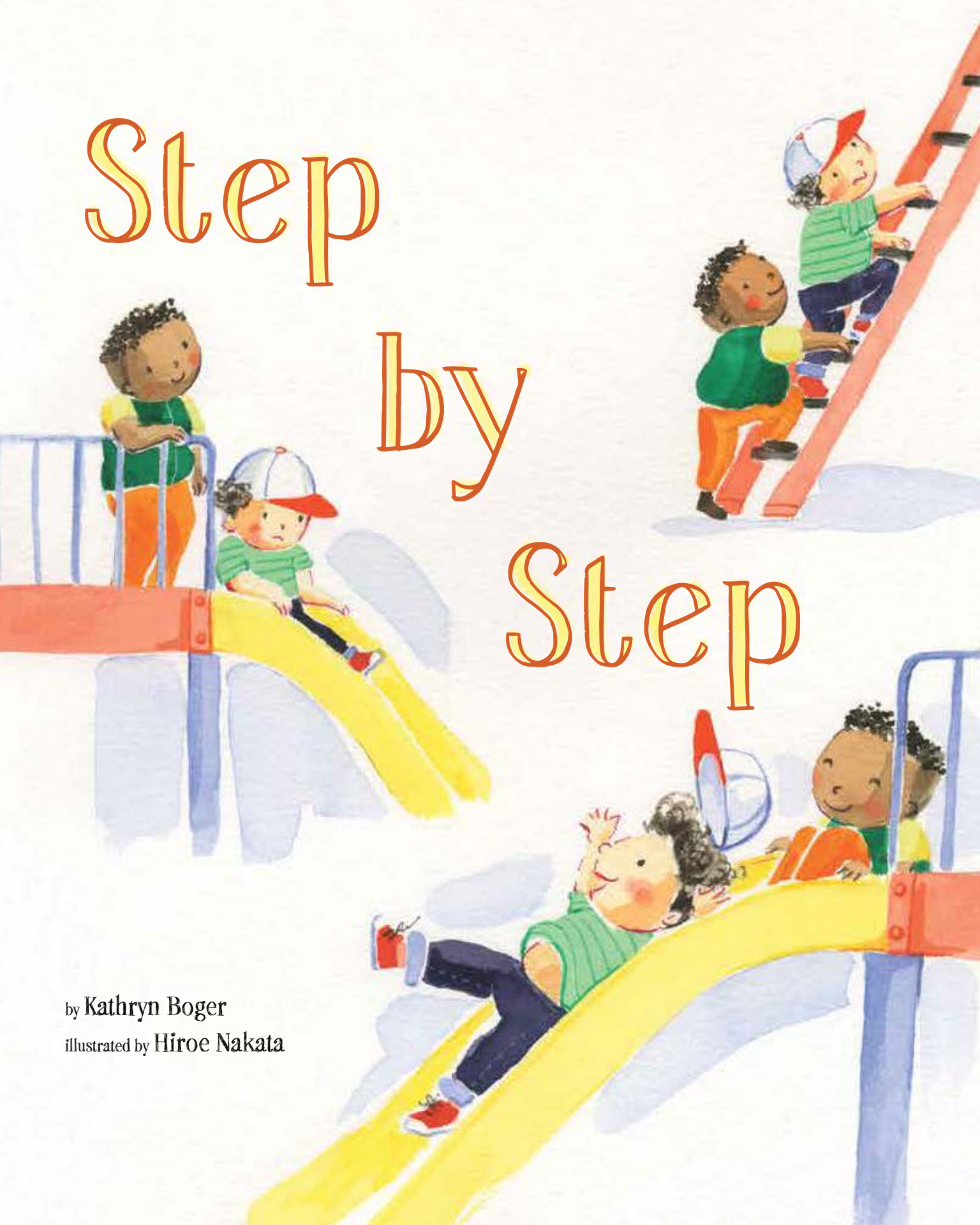


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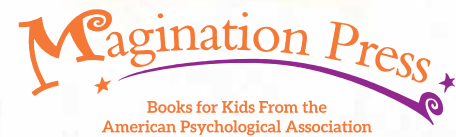
Step by Step

By Kathryn Boger, PhD, ABPP

Illustrated by Hiroe Nakata

MAGINATION PRESS • WASHINGTON, DC
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To Brady, Tommy, and Brooks, who have taught their mom
a thing or two about being brave—KB



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Every day, there are new things for Sam to try!
But new things can feel scary.





Sam gets invited to a friend's house.

"No," he says. "I can't go!
What if I don't like it there?"

Sam curls up with his animal.

Mom scoops him up.

“It makes sense that you’re feeling afraid. This is new for you.

And I know you can do this. We can take small steps together.”



Slowly, Sam gets ready
to leave the house.



In the car, he rolls down the window and feels the wind on his face.
He takes slow, slow breaths like his mom taught him.

When they arrive, they walk to the front porch and wait for a while.

Sam feels his heart beating faster. He asks Mom
if they can wait just a little longer.



When Sam feels more ready, he stands on his tippy toes to ring
the bell. It sounds like the wind chimes at his grandma's house.