Worries can feel like a BIG problem to a LITTLE kid!

A Feel Better Book for Little Worriers assures kids that having some worries is normal—everyone has them, even adults!
The rhyming narration helps kids to identify a worry and where it might come from, as well as provides them with helpful tools to reduce and cope with worries.

Includes a Note to Parents and Caregivers with more information on how you can help your little worrier to stay calm.
How’s it going today, are you doing all right? Are you fantastic, and happy and bright?
Or do you feel troubled and perhaps a bit funny, like butterflies are fluttering around in your tummy?
Is your heart beating fast like it’s in a big hurry? If your answer is yes, then you might have a worry.
What is a worry?
It’s thinking a thought that something might happen or that it might not.

The thoughts that you think create feelings you feel. They’re no fun at all and you wish they weren’t real.
Worries are normal, they aren’t always so bad. Everyone has them. Even Moms! Even Dads!
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