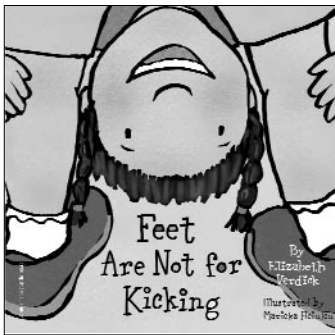


**FOR
IMMEDIATE
RELEASE**

Contact

Amy Dillahunt
612.338.2068
dillahunt@freespirit.com



**FEET ARE NOT
FOR KICKING**

BY
Elizabeth Verdick
Illustrated by Marieka Heinlen

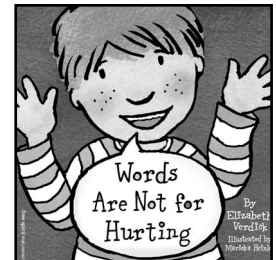
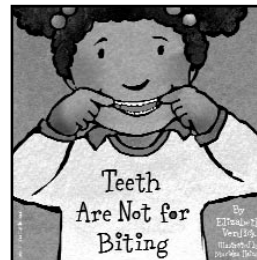
ISBN 1-57542-158-5
\$7.95
Board Book
ages baby to preschool

FEET ARE NOT FOR KICKING (BOARD BOOK)
by Elizabeth Verdick
illustrated by Marieka Heinlen

Minneapolis, Minnesota—Toddlers are bundles of energy, and they love to run, jump, tumble, and explore all the wonderful things their legs and feet help them do. However, when children this age are angry or frustrated, they tend to lash out with their voices, hands, and feet (anyone who has been kicked by a tantrum-throwing toddler knows how much it can hurt!). These explosive moments are normal and all too familiar to most parents, but when they happen, someone might get hurt. Toddlers need to understand that hurting others isn't okay.

FEET ARE NOT FOR KICKING uses simple words and charming full-color illustrations to help little ones learn to use their feet for fun, not in anger or frustration. Like Free Spirit's earlier board books, **FEET ARE NOT FOR KICKING** helps little ones learn big ideas: that they are responsible for what they do and say; that their actions and words affect others; and that they can make positive choices. Great for reading aloud one-on-one or in groups, this book emphasizes all the positive things a toddler's feet can do, like walking, standing, leaping, landing, and kicking balls or leaves (but not people).

Award-Winning Companion Books



Awards include Dr. Toy, Oppenheim Toy Portfolio, *Creative Child* Magazine Seal of Excellence, iParenting Media Award, National Parenting Center Seal of Approval, Parents' Choice, Parent Council®, and others



Elizabeth Verdick

About the Author

Elizabeth Verdick is the author of the *Teeth Are Not for Biting* and *Words Are Not for Hurting* board books for toddlers. She has edited more than 30 books for children, teens, and adults, and writes a weekly parenting column called "Family Focus" for a central Minnesota newspaper. She lives with her husband and their two children near St. Paul, Minnesota.

About the Illustrator

Marieka Heinlen is also the illustrator of the *Teeth Are Not for Biting* board book as well as the *Words Are Not for Hurting* and *Hands Are Not for Hitting* books for toddlers and preschoolers. As a Creative Director she designs and illustrates books and other materials for children, teens, parents, and teachers. She lives in St. Paul, Minnesota.



Marieka Heinlen

Four Tips to Help Toddlers Be Sweet with Their Feet

—More on back...Tips for Parents—

EXCERPT

Contact

Amy Dillahunt

612.338.2068

dillahunt@freespirit.com

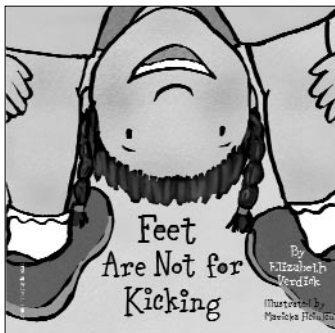
1) Watch for signs that a child may be frustrated, cranky, angry, tired, or distressed—times when kicking is more likely to occur. Step in before kicking begins.

2) Stay calm when tantrums happen. If a child is kicking and flailing, move him or her to a safe place so no one gets hurt. Holding a thrashing toddler may or may not help—it depends on the child. Do your best to speak softly and express empathy until the tantrum subsides.

3) If a child kicks someone, you can use the phrase “Feet are not for kicking people.” Say it gently and kindly, without yelling or scolding. You might add: “Ouch! Kicking hurts.”

4) Help energetic little ones stay active throughout the day so they’re less likely to use their feet to hurt someone else. Give them plenty of opportunities to run, jump, climb, dance, pedal a tricycle—and of course, kick a ball!

Reprinted by permission from *Feet Are Not for Kicking* by Elizabeth Verdick (Free Spirit Publishing, 2004). Web site: www.freespirit.com.



FEET ARE NOT FOR KICKING

BY
Elizabeth Verdick
Illustrated by Marieka Heinlen

Free Spirit Publishing
For use with permission

Contact
Amy Dillahunt
dillahunt@freespirit.com
612-338-2068



To receive the text of the Four Tips via email, contact Amy Dillahunt at dillahunt@freespirit.com



About Free Spirit Publishing (www.freespirit.com)

Helping kids help themselves™ since 1983

Headquartered in Minneapolis, MN, Free Spirit Publishing Inc. is an award-winning publisher specializing in SELF-HELP FOR KIDS® and SELF-HELP FOR TEENS®. Free Spirit's mission is to provide children and teens—and the adults who care for and about them—the tools they need to succeed in life and to make a positive difference in the world.