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## What can kids do when they feel too small to handle problems that seem too big?

For  
Immediate  
Release!

“A creative, calming, and affirming book for every child.”—Patty Wetterling, cofounder, Jacob Wetterling Resource Center

“If families followed the advice in *On Those Runaway Days*, fewer kids would choose to run from home.”—Maureen Blaha, Executive Director, National Runaway Switchboard

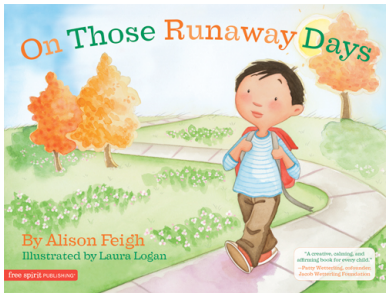
**Minneapolis, MN**—Running away from home is something that almost every child tries—or at least thinks about—at one time or another. Sadly, not all kids are simply walking off a temper tantrum. They may be trying to find a solution to a serious problem, often an adult problem that has been placed in their laps. When problems seem too big for them to solve, kids can think that the easiest solution is to run away. But kids *can* learn to make healthy choices on those “runaway days.”

*ON THOSE RUNAWAY DAYS*, by Alison Feigh and illustrated by Laura Logan (Free Spirit Publishing, \$14.95), provides kids with an important set of coping strategies to use when they feel overwhelmed, angry, or unsafe at home or in school. The book stresses the importance of finding an adult to help when the easiest solution seems to be to run from the problem.

Written by the community safety specialist for the Jacob Wetterling Resource Center, a program of the National Child Protection Training Center, *ON THOSE RUNAWAY DAYS* gives children kid-friendly tools they can use to help keep a temporary problem from growing into something bigger by encouraging them to:

- use calming breathing whenever they feel anxious or afraid
- listen to their gut feelings
- think hard about making good choices
- seek out adults they trust
- talk out the problem with caring adults
- remember they are surrounded by people who love them

When children are faced with issues of divorce, abuse, or other high stress family situations, they might see running away as the means to fix things instead of what it truly is: a dangerous way to avoid working out a problem. “It is my hope that by helping young children learn to seek out trustworthy support when things are frightening or overwhelming, we will reduce the likelihood of runaway behavior as children grow older,” says Feigh. “If we raise children who know how to ask for help, they will know the importance of seeking out quality support on those runaway days.”



### ON THOSE RUNAWAY DAYS

by Alison Feigh,  
illustrated by  
Laura Logan

## On Those Runaway Days

by Alison Feigh, illustrated by Laura Logan  
ISBN 978-1-57542-286-2 • \$14.95 • Hardcover •  
32 pp. • full-color illust. • 10" x 7½"  
• for ages 6–10, parents, teachers, counselors

A portion of all proceeds will be donated by the author to the Jacob Wetterling Resource Center, a program of the National Child Protection Training Center dedicated to educating adults and communities to prevent the exploitation of children. Visit [www.JWRC.org](http://www.JWRC.org) for more information.



### About the author

Alison Feigh is the community safety specialist at the Jacob Wetterling Resource Center. Influenced by the abduction of classmate Jacob Wetterling, she became a spokesperson on issues of justice at a very young age. As an adult, Alison has been tackling the problem of missing and exploited children for over a decade. Alison holds an M.S. in Criminal Justice from St. Cloud State University.

She is a sought-after national expert on child safety appearing on Fox National News, CNN's *NewsNight*, and many others.

Alison lives in St. Paul, Minnesota.



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

Meeting kids' social, emotional, and educational needs since 1983

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