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READY TO PLAY!

A TALE OF TOYS AND FRIENDS, AND BARELY ANY BICKERING

by

Stacey R. Kaye, MMR

Cooperation Is Key to Happy Playdates

For
Immediate
Release!

Minneapolis, MN—Every parent knows the frustration of struggling with a defiant child during a playdate: trouble sharing, haggles over what to play. The battle of wills between playmates can be enough to drive even the strongest parent to give time-outs, take away toys, or make unilateral judgment calls.

READY TO PLAY! by Stacey R. Kaye, MMR (\$12.99, Free Spirit Publishing) is the third book in the award-winning ParentSmart/KidHappy™ series, which uses colorful drawings and the language of positive parenting to ease grown-ups and children through the most stressful parenting moments.

READY TO PLAY! shows parents how to turn around a playdate fraught with quarreling by giving encouragement, validating feelings, and inviting kids to suggest solutions and imagine outcomes. These positive, healthy techniques not only help parents get through everyday challenges with less stress and struggle, but they build children's confidence and emotional intelligence—keys to raising strong, happy kids and helping them succeed in life.

“Parents can teach their children how to solve problems on their own by not stepping in the moment a conflict arises,” according to Kaye. “When kids begin to disagree and argue, let them try to work it out themselves before intervening. Children who learn to consider the feelings of others and find their own solutions are more likely to develop self-esteem and independence. With plenty of easy-to-understand color-coded examples, **READY TO PLAY!** shows parents and kids how to do this.”

Like many parents, Kaye experienced daily battles with her own children. She read dozens of parenting tomes and attended every parenting lecture offered near her home. When she started validating her feisty toddler's feelings, the change in her daughter's behavior was remarkable. “I realized that playdates are an opportunity for my child to practice social skills and for me to practice some parenting techniques,” Kaye explains. “For example, when my child is upset during a playdate, I acknowledge her feelings instead of trying to figure out who did what. It helps calm down my daughter and it shifts the focus to solving the problem versus escalating emotions and getting caught up in how the problem started.”

The ParentSmart/KidHappy series, winner of the Mom's Choice Award and the iParenting Media Award, is the only one designed for adults and children to share. With full-color illustrations and tender stories, they offer familiar scenarios and color-coded text that makes learning the language of positive parenting easy. What better way to learn positive parenting techniques than by sharing a story with your child?

“A must-have series that will make life easier for parents and their children. In a delightfully entertaining way, kids will learn at a very young age the skills to resolve typical, everyday struggles.”

—Myrna B. Shure, Ph.D.,
author of *Raising a Thinking Child* and
Thinking Parent, Thinking Child

To set up an interview or to request a review copy, contact Jenni Bowring at 612.746.6848 or bowring@freespirit.com.

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ISBN-13 978-1-57542-318-0 ● \$12.99 ● H/C ● 32 pp. ● color illust. ● 8¼" x 8¼"
● ages 3–6



About the Author

Stacey R. Kaye, MMR, is the mother of two girls, ages 4 and 7, and a self-described “Parenting Lecture Groupie.” As her first daughter grew into a feisty toddler, Stacey searched for language that would discourage tantrums and meltdowns while still encouraging her daughter to explore, grow confidence, and gain emotional intelligence. Dozens of parenting tomes, lectures, and courses provided great theory, but not the language. That’s when Stacey began writing ParentSmart/KidHappy™ books, including the first two books in the series, **READY FOR THE DAY!** and **READY FOR BED!**



About Free Spirit Publishing (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 think for themselves, succeed in life, and make a difference in the world.