

free spirit

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**FOR  
IMMEDIATE  
RELEASE!**

## Words Are Not for Hurting

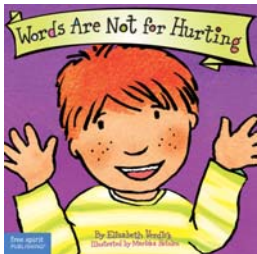
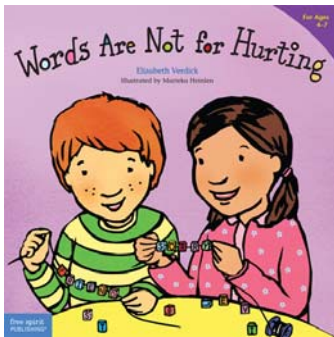
Free Spirit's Best Behavior series

**Praise and awards for *Words Are Not for Hurting* board book:**

- *Creative Child* Magazine Seal of Excellence
- iParenting Media Awards "Hottest Products" Winner
- The National Parenting Center's Seal of Approval Winner
- Oppenheim Toy Portfolio Gold Book Award Winner
- Dr. Toy's Smart Play/Smart Toy Products Winner

"This is a must-have for every home and classroom. The author shares some excellent tips and ideas of how to further educate your child about the power of their words."—**Chasing Supermom blog**

"This cheerful, instructive title highlights the power of words."—**School Library Journal**



**WORDS ARE NOT FOR HURTING**

by **Elizabeth Verdick,**  
illustrated by **Marieka  
Heinlen**

Minneapolis, Minnesota—Even young children can learn that their words affect other people in powerful ways. In child-friendly language and delightful full-color illustrations, **WORDS ARE NOT FOR HURTING** guides them to understand this concept and to choose words that are helpful instead of hurtful. It also teaches the importance of saying "I'm sorry" when hurtful words come out before kids can stop them. Children learn that they are responsible for what they do and say, and they can make positive choices. Ideal for reading aloud one-on-one or in small groups, the book also includes helpful tips for parents and caregivers, such as:

- Notice when your child uses words in kind or helpful ways. You could say, "I sure liked it when you said 'please' just now." Or, "Thank you for asking for that toy so nicely."
- Gently intervene when you hear hurtful words. You could take your child aside and say, "See how sad your friend is because you called him that name? You know how it feels to be sad, too. Let's think of what you can say to help him feel better." You might add, "Words are not for hurting."
- Teach the importance of "I'm sorry." Help your little one understand that everyone makes mistakes, including adults. Encourage your child to offer an apology when needed. When it's you who slips up, show that you know how to say "I'm sorry," too. Your child is always learning from your example!

**WORDS ARE NOT FOR HURTING** is available in a board book for toddlers and a longer, more in-depth version for kids ages 4–7.

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## WORDS ARE NOT FOR HURTING

By Elizabeth Verdick, illustrated by Marieka Heinlen

Board book:

ISBN 978-1-57542-155-1 • US \$7.95/CAN \$8.95 • 24 pp.  
• color illust. • 7" x 7" • Ages baby–preschool

Paperback:

ISBN 978-1-57542-156-8 • US \$11.95/CAN \$13.50 • Softcover • 40 pp.  
• color illust. • 9" x 9" • Ages 4–7



### About the Author

Elizabeth Verdick is the author of more than 30 highly acclaimed books for children and teenagers, including books in the Toddler Tools series, the Best Behavior™ series for young children, and the Laugh & Learn™ series for preteens. Her most recent titles include *Don't Behave Like You Live in a Cave* and a bilingual version of *Germs Are Not for Sharing / Los gérmenes no son para compartir*. Elizabeth lives with her husband, daughter, son, and five pets near St. Paul, Minnesota.



### About the Illustrator

Marieka Heinlen received her BFA at the University of Wisconsin, Madison, and also studied at Central Saint Martins College of Art and Design in London. She launched her career as an award-winning children's book illustrator with the best-selling *Hands Are Not for Hitting*, part of the Best Behavior series. As a freelance illustrator and designer, Marieka focuses her work on books and other materials for children, teens, parents, and teachers. She lives in St. Paul, Minnesota, with her husband and two children.



### About Free Spirit Publishing ([www.freespirit.com](http://www.freespirit.com)) Meeting kids' social, emotional, & 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.