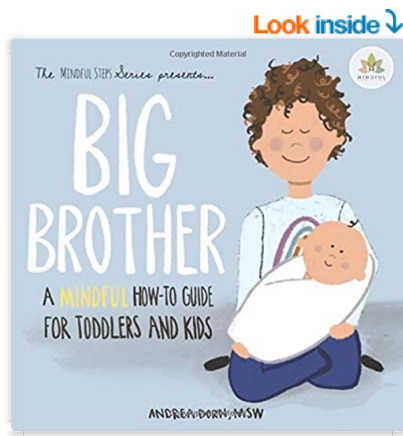


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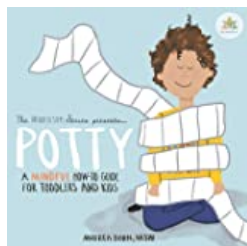
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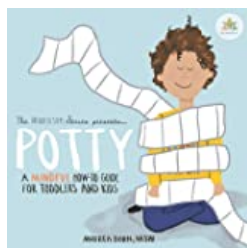
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From the Author

Big transitions (like becoming a big brother!) can be a fun, but confusing (and sometimes scary!) time for kids and parents alike. Children's developing brains (and really, human brains of all ages) benefit greatly from clear and consistent expectations and directions, and books can be a helpful tool to communicate messages that stick. The Mindful Steps book series is designed to help toddlers and children process new skills and big changes. This book and series incorporates aspects of mindfulness and intentionally uses first-person narrative to describe simple, concrete, and repetitive steps to help children to be mindful of not only WHAT to do, but HOW to do the tasks they may encounter while learning how to become a big brother. Over time, this process helps kids to become more independent and successful at connecting dots that can be difficult to connect. This book can be read well before the baby comes and up to 2 years after the baby is born as a way to successfully process this transition!

Product details

ASIN : B08BW5Y1W2

Publisher : Independently published (June 26, 2020)

Language : English

Paperback : 37 pages

ISBN-13 : 979-8648967953

Item Weight : 4.5 ounces

Dimensions : 8.5 x 0.09 x 8.5 inches

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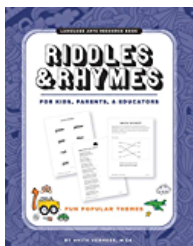
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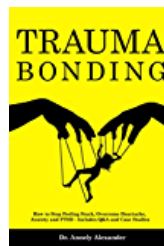
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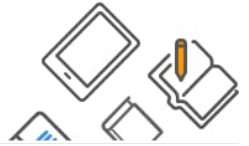
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Longterm Big Brother Resource

Reviewed in the United States on October 20, 2020

Verified Purchase

My son (19 months) is going to be a big brother in about 7 weeks. I know he doesn't fully understand what's happening, but he loves to read this book over and over again! We just started reading it a few weeks ago, and now he talks about baby all the time. This is one of his favorites to read with me or my husband. I love that the book will grow with him as he continues to develop into a great big brother with the optional questions and focus on more mindful and calm behaviors. It acknowledges both the excitement and frustration that being a big brother will surely cause as he grows into his new role.

Helpful

Report abuse

Kelly

Wonderful book!

Reviewed in the United States on August 6, 2020

This book is a beautiful way to introduce the idea of being a big brother. It respects the child's feelings and acknowledges the emotions of a young child when faced with big changes. The illustrations are soft and appealing to little ones. This is a must have for new or soon-to-be big brothers!

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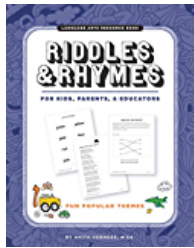
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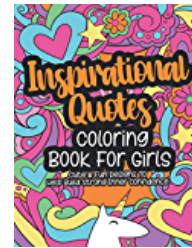
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