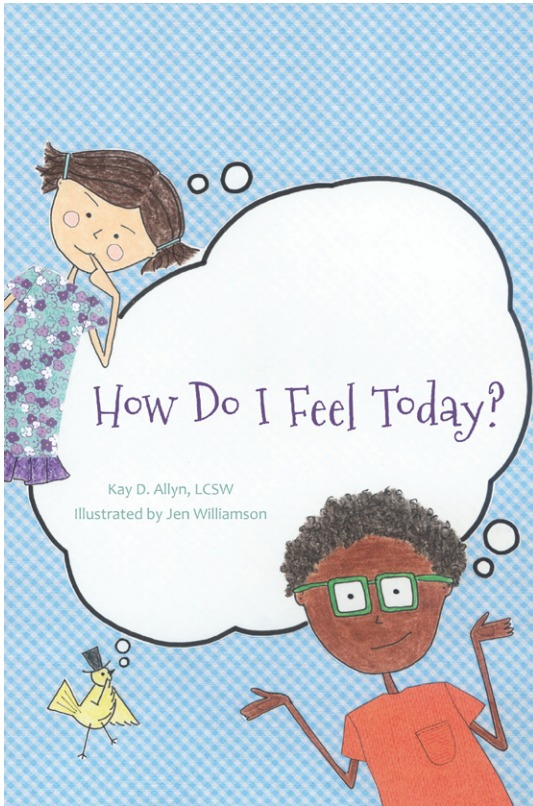


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How Do I Feel Today?

by Kay D. Allyn, LCSW
Illustrated by Jen Williamson

Children often struggle to fully understand their feelings. Anger, sadness, fear, embarrassment, nervousness are complicated, and for many children these emotions are new and unfamiliar. Often, behavioral and emotional challenges occur when children simply do not know how to appropriately respond to these new feelings. Written in a rhyming and fun tone for young readers, *How Do I Feel Today?* is designed to help adults talk with the special children in their lives to help them understand, identify, and appropriately respond to their feelings. This furthers a child's ability to self regulate their emotions and actions, and deal with their feelings in the best way.

Childrens Book, 6 x 9", \$14.95

Paperback, 32 Pages

ISBN: 978-1-9399307-7-4

Distributors: Baker & Taylor and Belle Isle Books

ABOUT THE AUTHOR



Kay D. Allyn, LCSW, is a school social worker in Virginia. She works with children and families in the school setting and in private practice. She has very much loved writing this, her first book, for kids of all ages. Kay loves spending time with her family and friends, enjoying the outdoors, and narratively singing about her everyday activities.

ABOUT THE ILLUSTRATOR



Jen Williamson is from Virginia and now lives on the Mississippi Gulf Coast. She has a degree in fine arts and a passion for creativity in many forms. Jen enjoys cooking for family and friends, the natural beauty of being on the water, and traveling to new places.

To Order

How Do I Feel Today? is available from the publisher at www.belleislebooks.com, from amazon.com, bn.com and from fine booksellers. \$14.95 plus shipping/handling.

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Belle Isle Books, an imprint of *Brandylane Publishers, Inc.*

5 South First Street, Richmond, VA 23219

