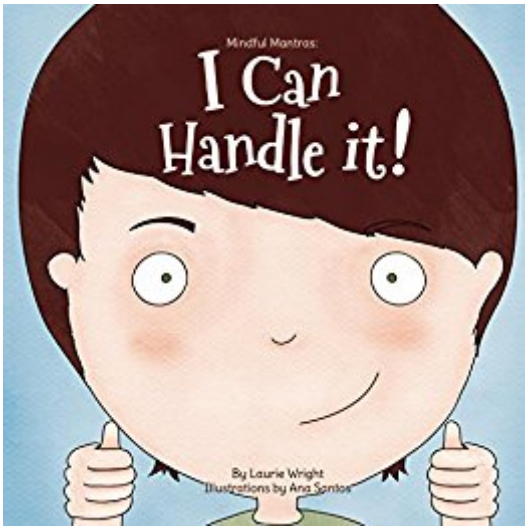
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I Can Handle It (Mindful Mantras Book 1)



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Synopsis

Can Sebastien handle his problems? Of course he can, with the help of a mindful mantra! He could try something silly, or he could try something funny! Chances are whatever his problem may be, he can handle it. Help your child learn to handle with difficult emotions along with Sebastien, and provide a tool for lifelong confidence! Depression and anxiety donÃ¢â ¬â„¢t discriminate and our kids need help. I Can Handle It equips children with a necessary skill in order to alleviate everyday anxieties that arise in their lives. And because teachers and parents have such a difficult and important job, this book includes a resource for both. Simply go to bit.ly/LaurieWright to get the free resources!

Book Information

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Customer Reviews

I got this hoping it would illustrate a bunch of useful, safe ways to handle stressful feelings for kids. For kids with a history of trauma, or mistrust of adults, or who had losses in early childhood and didn't get to develop healthy self-regulation by example and nurturing, it's a struggle to learn healthy

ways to manage strong emotion. This book has a lot of great suggestions- I liked almost every page. BUT- there is NO mention of turning to a caring parent as a way to be comforted or deal with feelings! I realize the book is called I Can Handle It, but one of the main reasons we need parents (and other safe, caring adults) is because their stability and caring help soothe a child, and model appropriate ways to calm down. I was surprised there was NO suggestion such as "I can ask for a hug" There is one HARMFUL page: "I can cry myself to sleep" I almost cried when I read that- no child should have to deal with loss or grief alone, and for children who have experienced loss or a history of trauma, how is that a healthy message? I can't use this book to comfort or coach children who need support in finding ways to deal with strong negative emotions, because of that one page. I bought multiple copies, and will consider maybe tearing that page out. I liked the idea of the book and much of the content, but am seeking something with a healthy message about turning to caring safe adults for appropriate support with anger/grief, and that one page undermines the positives, for me.

This book is such a good tool to help kids see there is always a way. Plus they loved it and laughed and felt empathy all while reading it. This is particularly good for my L who struggles with anger and frustration and can't always wade through those emotions as easily as most children.After he said " mom i kinda really love it- can we read it again?" it has become a favorite. Between my 4yr old and 7 yr old they can both relate to sebastion and I've seen my 4yr old have little light bulb moments making connections relatable to his life. It also helps label feelings and emotions and reinforces that there Will always be a solution regardless.Every house and classroom and dayhome should have this book!

Love this bookGentle encouragement for those who find it difficult to control disappointment

Brilliant. Simple and powerful book that is very empowering for young children. My 5 year old has taken to this immediately. I enthusiastically look forward to more additions to this series. Well done Ms. Wright.

There is nothing more precious than our children and their state of minds, their love of themselves, their confidence and the way they can handle the stressors in their lives. It's not often that you find a book that is written for young children that hits straight to the heart on all of the aforementioned. When my 6 year old son read this book for the first time, he loved the graphics. They really stood

out to him, especially when the porcupine is laughing at Sebastian’s elf shoes!The reality of the issues that the main character finds his young self having to deal with are so relatable: when his sister won’t stop bugging him, he’s miserable when it’s bed time, or when he’s ashamed for doing something wrong.And because of this book, "I Can Handle It’ has become a phrase that is used in our household often. This is a reference not only to the book, but the way Sebastian deals with his own issues, and my son can see himself in the main character.We love this book and the message that is delivers. My son, at 6, can now ’handle it.’Thank you Laurie Wright for writing this precious book and offering an amazing FREE resource for parent to use as well (on the back of the book)!

I downloaded this book to my IPad for $3.50 to read it before recommending it to a friend whose 6-year-old gets easily-hurt feelings. But Wow! This one is for every child (4+), and the notion of "handling it" is definitely helpful for adults too. Albert Ellis, the renowned psychologist, author of rational emotive behavioral therapy, maintained that, the now commonly used term, "awfulizing" exacerbates folks’ experience of negative events, impeding coping. So starting with young kids with a book like this is a great beginning. It addresses all the ways in which kids can manage disappointments: a friend’s rejection, a sibling’s insults, having to get out of the water, turn in for bedtime, and many more. Naturally, any progress towards understanding and accepting these events helps kids to better manage their own behavior. Once they get the gist of "I can handle it," the seed of applying it to other letdowns is planted. While reading it to my 4-year-old grandson, after hearing "I can handle it" several times, when I read "but I can...", if I paused, he began filling in the rest--"handle it." I’m not suggesting miracles or immediate results, but it’s a definite asset. The book is delightful, particularly in providing creative doable solutions, including some neat silly options. The illustrations are charming and many giggle-inducing. It’s a keeper.

After reading the book Mind in the Making by, Ellen Galinsky, and the book Rethinking Positive Thinking by, Gabrielle Oettingen, I was so excited to find this book. It fits perfectly with both Galinsky’s seven essential life skills, and Gabrielle’s WOOP goal setting, by helping children develop mantras and methods to handle challenging situations. There are many, many books targeted toward social emotional skills to use with young children, and this has become one of my new favorites! Thank you Laurie Wright!

I really like this book. It gives me a jumping off point to talk about processing different emotions with my 3 year old twins. The only thing I change is at the end when all the different emotions are listed, I

add that we can always talk to mommy, daddy, or God in prayer about those feelings when they feel too big!

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