



Holde Kreul

Safe Child, Happy Parent – My Feelings and I

ab 5 years

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Hardcover

Children often don't know how to handle their feelings. Since emotions are judged quickly by other people, children experience that it might be problematic to show them openly. This vibrantly and expressively illustrated book invites children and parents to talk about feelings. It takes them through a range of emotions without calling them "good" or "bad," allowing children to examine their own emotional world.

Sometimes, we're happy, so we laugh and shout with glee. Other times, we're angry, and want to rage and roar. It is not easy to deal with our many contradictory emotions. To recognize our own feelings and deal with them responsibly is an important learning process for children, and a trial of limits.

My Feelings and Me was written to help parents teach children about a difficult subject in a fun, easy-to-understand way. Parents will be grateful for the help!

- great title of our successful **educational series for children** with new **illustrations by Dagmar Geisler**
- good read for parents and pedagogues in order to encourage the children to deal with their own feelings
- due to the big success of this series in Germany and abroad, the titles will be relaunched with new and modern illustrations

Holde Kreul

Holde Kreul was born in 1944 in Stettin. She studied psychology and has since focused primarily on children with challenges. For many years, she ran a daycare center for children with emotional disorders. Today, she has her own psychotherapy practice, working with both children and adults.

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