



*Holde Kreul*

## **Safe Child, Happy Parent – Me and My Feelings (German - Arabic) - Bilingual Edition**

Translator: Joudi Ayash

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36 Pages, 220 x 275 cm

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Hardcover

### **Me and My Feelings: Now Bilingual!**

Some days, you just want to laugh out loud and cheer with joy, while on others, you feel like screaming and throwing a tantrum. And sometimes, all you need is comfort and closeness. It's not always easy to deal with such conflicting emotions. Plus, not all feelings can be expressed openly, as they might hurt others. Recognizing one's emotions and handling them responsibly is an important learning process for children, helping them explore their boundaries. This book encourages conversation, supporting children in understanding their feelings, reflecting on their reactions, and finding themselves in its pages. At the same time, it inspires confidence in embracing all emotions.

This is the bilingual edition of Me and My Feelings, part of the Emotional Development for Children Aged 5 and Up series.

- Emotional development for children aged 5 and up, now also available in Arabic
- Perfect for reading aloud and discussing with the whole family
- Ideal for bilingual families, educators, schools, migrant associations, and organizations

## **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.

## Further volumes

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