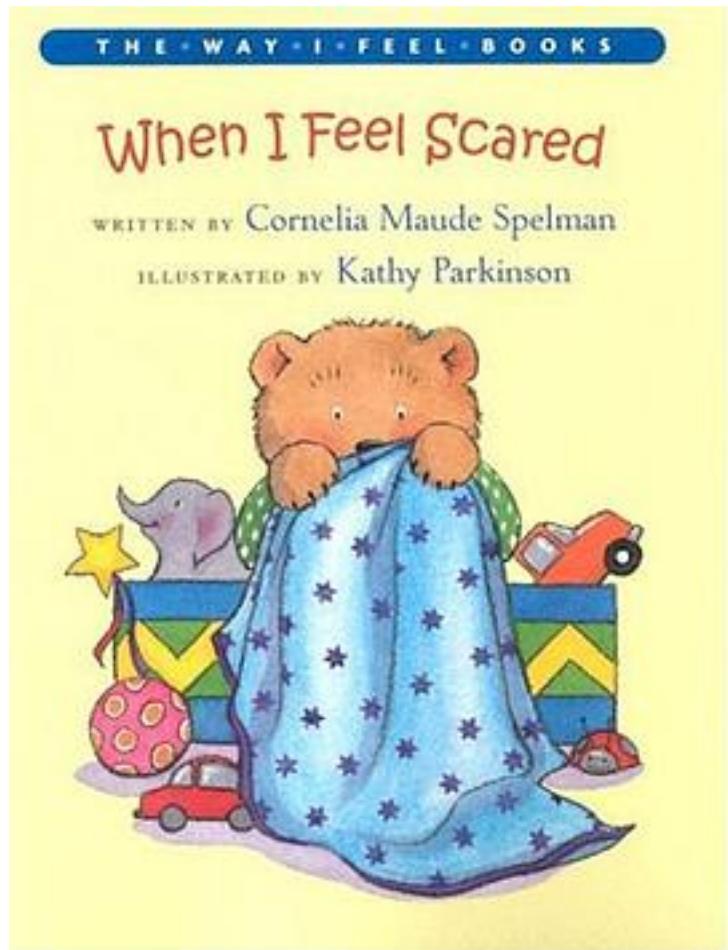


When I Feel Scared



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Children often feel afraid. This book, with its comforting words and illustrations, will help children address those fears and learn some new ways to cope with being afraid. First, a little bear describes some of the things that frighten him, like bad dreams

or big, tall slides, or when his mother goes away. Sometimes, he just feels scared and doesn't know why. But he learns there are things he can do to make himself feel better. "When I feel scared, I can talk about it. I can have someone hold me. I can cuddle with my blanket or toy, or find a cozy place. I can find out that some things aren't really scary. When I feel scared, I know what to do." A "Note to Parents and Teachers" reinforces the positive messages in the book. "The Way I Feel" series includes this title as well as When I Feel Angry and When I Care about Others.

作者介绍:

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