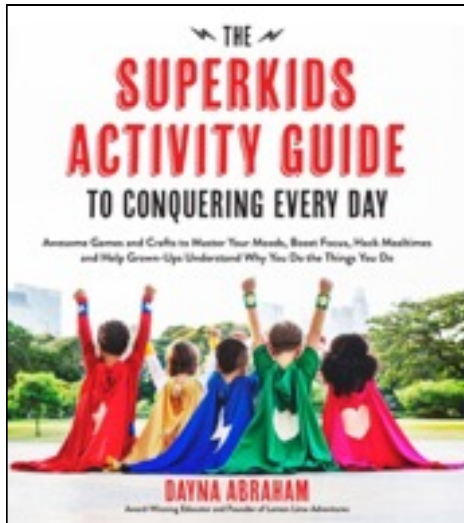


****Help Your Kids Stay Calm, Be Happy and Make Every Day Amazing!****



THE SUPERKIDS ACTIVITY GUIDE TO CONQUERING EVERY DAY

Awesome Games and Crafts to Master Your Moods, Boost Focus, Hack Mealtimes and Help Grown-Ups Understand Why You Do the Things You Do

Dayna Abraham

Do kids' behaviors leave you confused and frustrated? **Dayna Abraham** is teaching the world there's a better way.

She, too, was baffled by her son's behaviors until she realized the power of using science and child development to see him for the superkid he already was. In this revolutionary book, geared toward kids 5-12 years old, Dayna bridges the gap between kids and the adults who love them by empowering kids to be their own problem solvers and helping adults understand what kids really need to succeed. As a teacher, writer and mother, she explains that undesirable behaviors are really a cry for help. Kids have a need, but lack the tools and skills to express it. In this book, she gives kids fun projects and tools that boost their ability to control their behaviors, explain how they're feeling and gain confidence.

Each of the 75 unique sensory-rich projects in **THE SUPERKIDS ACTIVITY GUIDE TO CONQUERING EVERYDAY: *Awesome Games and Crafts to Master Your Moods, Boost Focus, Hack Mealtimes and Help Grown-Ups Understand Why You Do the Things You Do*** (Page Street Publishing Co.; August 15, 2017; \$19.99) will help kids navigate the most challenging times of day. Whether they struggle to get out the door in the morning or hate to sit for homework, this is the book for you. Kids will be begging to clean their room, their dinner plates, and more with exciting activities such as:

- Magnetic Morning Routines to help kids visualize their time and tasks to stay on track
- Race to the Finish Dinnertime Gameboard to help even the pickiest eater find foods they like
- Seated Silly Busters so even the wiggliest kid can get their work done
- Weighted Snake Lap Buddies to calm fidgety legs and minds
- Calming Glitter Slime to squash big worries
- No Sew Weighted Blanket to ensure a good night's rest
- And so much more!

THE SUPERKIDS ACTIVITY GUIDE TO CONQUERING EVERY DAY is divided into six chapters:

1. **Rockin' Morning Routines: To Start Your Day in an Awesome Mood**
2. **Magical Mealtime Solutions: Even Picky Eaters Will Love**
3. **Whizz-Bang Waiting Hacks: For Smooth and Easy Transitions**
4. **Stellar Learning Secrets: To Make You a Rock-Star Learner**
5. **Incredible Play Ideas: To Boost Independence and Friendship**
6. **Maxin' and Relaxin' Nighttime Rituals: For a Perfect End to Your Day**

THE SUPERKIDS ACTIVITY GUIDE TO CONQUERING EVERY DAY puts the power into kids' hands to understand themselves, discover their superpowers and have an awesome day, every day.

ABOUT THE AUTHOR

Dayna Abraham is a mom, teacher and writer, but before all that she was a misunderstood superkid herself. She's written *The Superkids Activity Guide to Conquering Every Day* so superkids and parents can learn to understand each other and get along better. She is the founder of the website Lemon Lime Adventures, and she's a co-author of *STEAM Kids*, *Sensory Processing 101* and *The Unofficial Guide to Learning with LEGO®*. Before she was a writer, she was an award-winning National Board Certified teacher. She lives outside Chicago, Illinois

ABOUT THE BOOK

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By Dayna Abraham

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For more information or to schedule an interview with the author, please contact
Jill Browning / Publicity & Marketing Director / jillb@pagestreetpublishing.com / 717-201-9629

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