

Product Update

Big Feelings: A Book Filled with Emotions

*Parenting Counts announces the release of **Big Feelings**, a new children's book focused on emotions*

Seattle, WA, December 15, 2009—Parenting Counts is pleased to announce one of the newest additions to its product line designed for parents and caregivers: ***Big Feelings: A Book Filled with Emotions.***

Big Feelings is a beautifully illustrated picture book filled with ten lovable animals in emotional situations just like the ones toddlers and preschoolers might face each day. With the help of animals like Ellie the Elephant and Mikey the Monkey, parents can talk with their children about how they feel and act when they experience a particular emotion. Whether frustrated, proud, lonely or excited, this delightful story will help children name and share their experiences.

"Learning about feelings is an essential part of a child's healthy social and emotional development. Starting at a very young age, children experience a wide range of emotions but may not always understand them," explained Carolyn Pirak at the Talaris Institute. "***Big Feelings*** is designed to help parents explore these emotions with their young children to help them begin to identify their feelings and respond to the emotions of others in age appropriate ways."

Ideal for use with toddlers and preschoolers, ***Big Feelings*** is sure to be a favorite that children will want to read again and again.

Big Feelings is available for purchase exclusively via Parenting Counts. For more information or to place an order, visit www.marketplace.parentingcounts.org/BigFeelings.

About Parenting Counts

Parenting Counts products are based on research and developed by Talaris Institute to support parents and caregivers in raising socially and emotionally healthy children.

For more information about Parenting Counts, please visit www.ParentingCounts.org.

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