



*Blooming Rose*  
children's book series

# *A Blooming Mama's Guide to Hard Conversations*

**Hello Mama! I'm Lauren, a local mom of 2, former elementary teacher, and now children's book author and podcast host who is sharing my passion of helping moms and educators spark hard conversations around emotions - the easy way!**

**In today's world, we are luckily learning (and un-learning) some of the emotional support habits we've formed throughout our lives as women, and now mothers. And I share with you this guide on how we can take a step in setting our kids up in the right direction as well!**

## *What is SEL??*

The importance of integrating SEL, or **Social-Emotional Learning**, strategies in the classroom and at home has taken a big spotlight in recent years.

"Back in my day" school was for academics, but now there's a growing consensus among educators and parents alike, that **we have to teach, practice and model kindness, respect and acceptance with our kids.**

## *Why is it important??*

We've all grown up hearing phrases like:

**"brush it off, you're fine"  
"suck it up, buttercup"  
"there's no crying in baseball!"**

And as parents, we know our kids' limits, but we also need tools and conversation starters for the moments when we really do need to pause and dive deeper into issues our kids might be experiencing, in real time.

## *How to start??*

Our goal is to be both **proactive** in planting seeds before situations arise, and **reactive** in the moment when our kids come home in tears and need some reassurance.

**One of the easiest ways to start hard topics is to first read about them** together in stories where characters and scenarios are relatable & comparable to what your kiddo is going through.

**What if you had a go-to guide for an easier way of talking to your child about topics like self-confidence, friendship building, inclusion, self-regulation and more?!**

**Well, you're in luck, because these are just some of the topics & book picks we'll dive into a little deeper on the back of this sheet, and on our new podcast, The Blooming Books Podcast.**

*for questions:* [Lauren@BloomingRoseKids.com](mailto:Lauren@BloomingRoseKids.com)



# Our Blooming Book Picks

How do we respond to hard questions or situations? Often times our kids just want to know they're not wrong or alone in feeling the intimidating or confusing things they may be feeling. Reading stories with relating themes, characters and feelings can help them reconnect, and spark meaningful conversations.

## Blooming Books on...

### Navigating Friendships

"The Not-So-Friendly Friend"  
by Christina Furnival

"What is Empathy?  
A Bullying Storybook"  
by Amanda Morin

### Self-Regulation

"I Breathe For Me"  
by Reesa Shayne

"My Magical Feelings"  
by Becky Cummings

"Find Your Happy"  
by Emily Coxhead

### Grief & Impending Loss

"The Memory Keepers"  
by Sarah Allison

"Feathers From Above"  
by Kathleen Davis

"The Perfect Shelter"  
by Clare Helen Welsh

### Celebrating Inclusion

"What Can Hayes Be?"  
by Kayce Smith

"Masterpiece"  
by Alexandra Hoffman

"Splash"  
by Claire Cashmore

### Facing Challenges

"Blooming Rose Blasts Off!"  
by Lauren Piland

"The World Needs Who You  
Were Made to Be"  
by Joanna Gaines

"Boy" by Phil Cummings

### Positive Body Image

"Spike"  
by Sarah Cullen & Carmen Ellis

"BIG"  
by Vashti Harrison

I'll be diving into each topic with special guests + links to all of the books mentioned on our new podcast,

**The Blooming Books Podcast!**

More info at [BloomingRoseKids.com/podcast](https://BloomingRoseKids.com/podcast)

