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**FOR IMMEDIATE RELEASE:**

**Local Children’s Book Author Launches *The Blooming Books Podcast* to Help Spark Hard Conversations, the Easy Way!**

**KATY, TX** — Aiming to provide book recommendations for kids surrounding emotional support situations, former elementary educator and now award-winning children’s author Lauren Piland is debuting a podcast for parents, educators and caregivers who are looking for resources and conduits for sparking meaningful conversations in their homes and classrooms.

Leaving the teaching profession in 2017, Piland felt relief, but also an unexpected wave of guilt. Guilt from a sense of abandoning struggling students, exhausted colleagues and a broken system.

With her Blooming Rose children’s book series, including 2023 debut title *Blooming Rose Blasts Off!*, she aims to provide relatable and engaging social-emotional lessons to help teachers bridge the gap between vital conversations at home and in the classroom.

Expanding upon her mission, Piland is now releasing season one of *The Blooming Books Podcast* focusing on real life conversations with special guests and recommending book picks by topic on each episode. Her goal is to help spark hard conversations with kids, the easy way - through books!

“I want this podcast to have a feel-good and relatable tone by bringing in guests who are parents, educators, therapists and those who have been, and are still in, the trenches with younger kiddos and the challenging situations we’re all facing every day,” Piland states. “This idea came about because my own kids come home from school with issues that I don’t quite know how to navigate off the top of my head, but as an author, I know there are amazing books out there on every topic under the sun, but it can seem a bit overwhelming to find and actually utilize the right fit at the right time. So, for this podcast, I’ve broken up each episode by topic, so you can quickly search and find options for what you need in that moment. One week you might be looking for support on navigating friendships, and the next on overcoming a big science project. So, I’m happy to say, hey, I know a book for that!”

For its debut season, the first three guest episodes of *The Blooming Books Podcast* are releasing this Friday, March 7, and will be available to stream on Apple Podcasts, Spotify and YouTube Podcasts platforms. \*Part two will be releasing on Friday, April 5.

### Episode Guide

#### 02. "Blooming Books About Forging Friendships"

with elementary educators Shana Boettcher & Blair Ganz

#### 03. "Blooming Books About Inclusion"

with special moms Aydee Deaton of Sugarberry Cookie Shoppe & Hayley Von Frank of Space City Snacks

#### 04. "Blooming Books About Self-Regulation"

with The Well Counseling Center's Carly Kirk

#### 05. "Blooming Books About Facing Challenges"

with mama advocate & host Kendahl Yanez of the *Mama You're Doing Great* podcast

#### 06. "Blooming Books About Grief & Loss"

with elementary educator & author Sarah Allison

#### 07. "Blooming Books About Body Image"

with local kids yoga instructor

### About the series

*Blooming Rose Blasts Off!* is the debut title which follows Rose, her best friend Brady, and little brother Rex as they navigate emotional setbacks and learning opportunities weaved within an engaging story of perseverance, hard work, and creative thinking.

The next title in the Blooming Rose collection is *Blooming Rose Finds Her Jam!* (about the power of music inspiring our moods) and is set to release later this year.



### About the author

A south Louisiana native turned Texan homesteader, Piland is a mom to two young kids, Avery Rose and Owens. When not cooking up more stories, and meeting new friends at author visits and events, she's at home on their small farm outside of the Katy/Fulshear area, wrangling horses, cows, goats, donkeys, chickens, and dogs with her husband, Stan.

Connect with Piland on Facebook, Instagram, and YouTube **@BloomingRoseKids**, or visit her website, **BloomingRoseKids.com**. To set up an interview, reading, signing, or for more information, please contact **lauren@bloomingrosekids.com**.