

Special Memory picture book lessens children's anxiety

Special Memory is a playful, feel good story that suggests using positive memories to help in times of stress and difficulties. Positive memories can then provide strength and remind us “good” times will happen again.



Buffalo, Oct 25, 2020 (Issuewire.com) - ~ *Becky laughed and stomped in a puddle making mud squish between her toes while Mama danced.* ~

Special Memory is a playful, feel good story that suggests using positive memories to help in times of stress and difficulties. Positive memories can then provide strength and remind us “good” times will happen again.

Fiery five-year-old Emily is semi-cooperative when her mother announces the idea of making a SPECIAL MEMORY one summer morning. She doesn't want to get used to getting up early for kindergarten. Despite herself, Emily finds dancing in the warm rain with her older sister and mother while wearing pajamas fun until the storm changes. Emily's mother then pulls her daughters indoors and teaches them how special memories make a difference in our lives. Emily doesn't think a SPECIAL MEMORY will help in kindergarten until her first day when she remembers sticky wet pajamas and hair, along with warm mud squishing between her toes.

Praise for Special Memory

- Young readers learn two lessons in this charming story (Special Memory). One, special memories can

be deliberately created; and two, memories are great tools for offsetting fears and anxieties. And as a bonus, there is an activity guide at the back of the book that explores the themes therein, and, since the particular memory in the story is weather related, it also includes a great introduction to some climate essentials. —Joan Schweighardt, *No Time for Zebras*, and several novels.

5 Stars My daughter Rosa loves reading « Special Memory" She is almost two but could understand the story through pictures description and reading through Language experience Approach. This book is a gift to children libraries. ----Warda Atroun

5 Stars Readers' Favorite

<https://readersfavorite.com/book-review/special-memory> Special Memory by Christina Francine is a charming story that tells young readers how special memories help when difficult things happen. Adryelle Villamizar's illustrations are colorful and adorable and they breathe life into the story and make the concept tangible. It is a good book for parents and tutors to help children create special memories in their lives instead of dwelling on their fears. It is a good story to use for reading aloud and storytelling sessions in classrooms, school libraries, and homes to help children get past their negative thoughts and also realize that they need not go anywhere to create special memories. The exercises and activities at the end of Special Memory by Christina Francine can be used for interactive sessions in classrooms to teach children a lot of new things in an entertaining and interesting way. ----Mamta Madhavan



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