The truth is Frankie hates mistakes

More than carrot in mum's cakes

More than 'roaches in her shoes

Or baby sister's stinky poos

## Are there other books like this?

There are many self-help mental health books on the market for adults, but the options for such books for children are limited. There are few books on the market at present that give language to perfectionist anxiety in young children.

This book fits comfortably in the genre of psychologically attuned books such as: Dr Seuss' "My Many Coloured Days" and "Ella Kazoo Will not Brush Her Hair" (Lee Fox). It will also complement "Teenie Weenie in a Too Big World: A Story for Fearful Children" and "A Nifflenoo Called Nevermind: A Story for Children Who Bottle Up Their Feelings (both by Margot Sunderland), "Beautiful Oops" (Barney Saltzberg) and "The Girl Who Never Made Mistakes" (Mark Pett).

## What is unique about this?

Many books written by child psychologists are unimaginative and preachy. This book is engaging, with a sympathetic protagonist who is easy to relate to. Belinda's clinical experience, together with a compelling narrative, make this book both psychologically valuable and entertaining.

## Language as a tool for managing anxiety . . .

Although anxiety disorders are among the most common mental-health problems in children, many sufferers do not get the help that they need. Studies have shown that left untreated, anxiety disorders in kindergarten can lead to educational problems and an increased risk of substance abuse, employment issues, depression and other health problems in later life.

The American National Institute for Mental Health has recently reported Harvard Medical School statistics showing an alarming and a growing proportion of school students experiencing "overwhelming anxiety"[1,2]. We know that early intervention is key to addressing anxiety and preventing these children from becoming anxious teenagers and adults. Now is the time to effect change in the next generation of young adults.

Studies have shown that the "Name it to Tame it" strategy is very effective in alleviating anxiety. Importantly, there are few books on the market for young children that give language to the problem of perfectionist anxiety.

Children are often asked to use their words, but what words should they use? Creating language such as Magic Mistakes, Oopsy Lohs and Ordinary Difficulties arms them with the tools to name their anxiety and reframe their fears. This book will give children and their caregivers to language tools to take risks and welcome failure as an intrinsic part of growth.

[1] https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml

2 https://www.hcp.med.harvard.edu/ncs/index.php.

Harvard Medical School, 2005. National Comorbidity Survey (NCS). (2017, August 21). Retrieved from 2.

While Frankie is scared, Tallulah's excited

Come meet Oopsy- Loh, you'll be delighted

She's a Magic Mistake, don't be concerned

Magic Mistakes are the way that we learn!

## Who is the market for this book?

Preschools, K-2 and parents will welcome this book as a vital resource to teach resilience to children. Most parents don't have access to private therapy for their anxious children. Many teachers lack inexpensive, accessible tools to give them a framework for helping these children.

## Why now?

Childhood has never been more competitive. The pressure to be Top of the Class in an internationally connected uber-classroom is immense. We risk raising a generation of frightened Frankie Lanes who expect perfection of themselves and lack resilience.

## The gift of resilience in an ever-changing world . . .

We live in a world where "change is the only constant" [3]. It is estimated that 85 per cent of the jobs that will exist in 2030 haven't even been invented yet [4]. It is inevitable that our children will live in a world with more change than ever before.

Once we help children understand that challenges are ordinary

events, we can help shift their mindsets from a fear of failure to embrace the growth opportunities that challenges provide.

[3] Heraclitus, Greek philosopher.

[4] Institute for the Future for Dell Technologies, 2017. https://www.delltechnologies.com/content/dam/delltechnologies/assets/perspectives/2030/pdf/SR1940 _IFTFforDellTechnologies_Human-Machine_070517_readerhigh-res.pdf