



EK BOOKS



MENTAL HEALTH FOR KIDS

AGE-APPROPRIATE BOOKS TO NURTURE A HEALTHIER MIND

Books with Heart on Issues that Matter

Welcome to EK Books! As a boutique children's picture book imprint, we pride ourselves on publishing sensitive stories, superbly told.

EK has received global recognition for successfully publishing on topics others fear to touch. There is a driving passion at EK, and even just a quick glance at our books shows how much we care about making a difference. Our books are crafted by authors and illustrators whose backgrounds include teaching and psychology. These creators have a knack for unpacking complex issues, making them engaging and memorable for even our youngest readers. From entering the world of a relative with dementia, to a child with autism; from overcoming anxiety, to coping with the loss of a parent; from finding the courage to step outside your comfort zone, to exploring new countries; from moving house, to making friends, and much much more, EK has real life happily covered for children aged 4 to 10. Teacher's notes are also prepared for each book to provide a guided learning experience for readers, making our books especially valuable resources for use in schools and libraries, as well as at home.

Teacher's notes and classroom resources available from
www.ekbooks.org

COPING WITH CHANGE

Through the Gate

Sally Fawcett

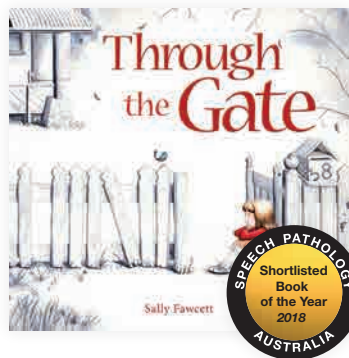
Now in paperback, this acclaimed picture book tells an empowering story of resilience and coping with change.



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9½ x 10 in | 32 Pages | Colour | USA \$17.99 |
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Ages 4–8



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Ages 4–8



Grandma Forgets

Paul Russell & Nicky Johnston

The heart-warming story of a family bound by love as they cope with their grandma's dementia.



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ANXIETY AND DEPRESSION

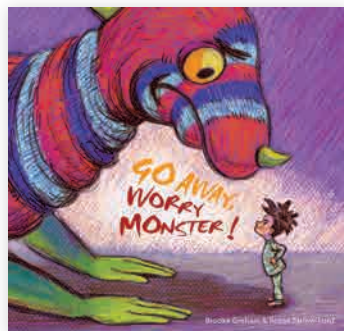
Go Away, Worry Monster!

Brooke Graham & Robin Tatlow-Lord

Learn anxiety-reducing techniques with Archie when Worry Monster climbs into his bed the night before starting school.



9781925820393 | Hardcover | Sep 2020 |
245 x 255 mm | 9½ x 10 in | 32 Pages | Colour |
USA \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 |
NZ \$24.99 | Ages 4–8



Together Things

When Her Father Feels Sad, A Little Girl Finds Ways to Keep The Bonds of Love Alive

Michelle Vasiliu & Gwynneth Jones

Her dad used to be fun, but now he is sad. When depression strikes, a girl and her dad adapt as he tries to get better.



9781925820294 | Hardcover | 245 x 255 mm |
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Ages 4–8



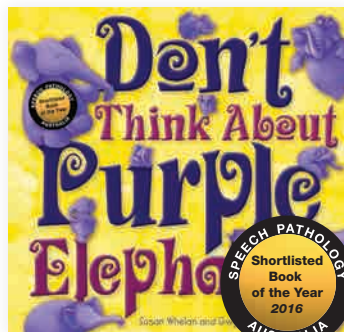
Don't Think About Purple Elephants

Susan Whelan & Gwynneth Jones

This little girl finds a way to ease her worry that will resonate with children everywhere ... involving elephants!



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Tabitha and the Raincloud

Devon Sillett & Melissa Johns

When you wake up under a raincloud you have a choice: feel soggy and miserable or dance in the rain! An empowering story of the importance of optimism.



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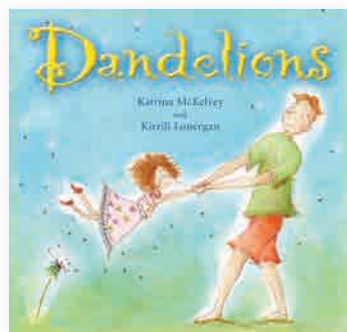
Dandelions

Katrina McKelvey & Kirrili Loneragan

A heart-warming picture book about a father's love, the resilience of nature and the importance of hope!



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Ollie's Treasure

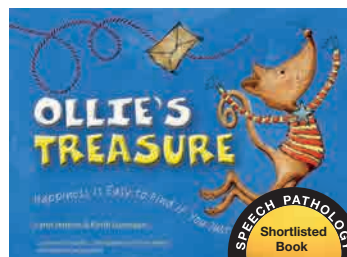
Happiness is Easy to Find if You Just Know Where to Look!

Lynn Jenkins & Kirrili Loneragan

Ollie's Treasure melds mindfulness with playfulness in a joyous exploration of the senses and emotions.



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Popular Series From An Experienced Child Psychologist

Lessons of a LAC

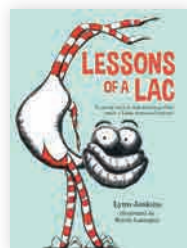
It Can Be Hard To Stop Worrying When You're A Little Anxious Creature!

Lynn Jenkins & Kirrili Lonergan

An essential resource tool, in an engaging picture-book format, to help children manage their worries and anxieties.



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Ages 4-8



Brave

Lynn Jenkins & Kirrili Lonergan

While kids are blessed with imagination, it can be a source of anxiety. However, it can also be tapped to help them to feel BRAVE!



9781925117844 | Paperback | 310 x 230 mm |
12½ x 9 in | 36 Pages | Colour |
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LITTLE STEPS PUBLISHING



Perfect Petunias

The 'Perfect' Book for Little Perfectionists Everywhere!

Lynn Jenkins & Kirrili Lonergan

The 'perfect' book for kids who find it hard to make mistakes! Sometimes 'perfect' just means trying your best.



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Ages 4-8



Grey-glasses-itis

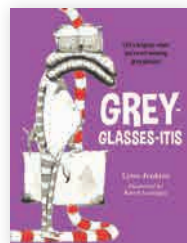
Life's Brighter When You're Not Wearing Grey Glasses!

Lynn Jenkins & Kirrili Lonergan

When Loppy takes off his grey glasses, life doesn't look so sad! A simple way to teach kids how thoughts influence mood.



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Ages 4-8



Tree

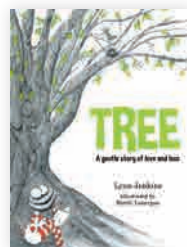
A Gentle Story of Love and Loss

Lynn Jenkins & Kirrili Lonergan

A gentle story of loss to help children learn how to say goodbye, process grief and commemorate a loved one's life.



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Ages 4-8



SELF-ESTEEM, SELF-BELIEF AND FITTING IN

The Battle

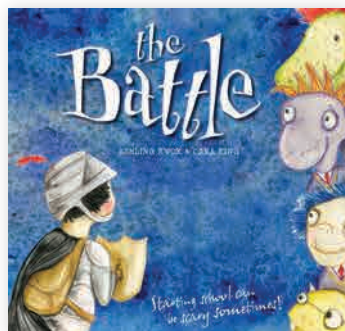
Starting School Can Be Scary Sometimes!

Ashling Kwok & Cara King

Edward prepares for battle. Starting school is scary with ogres and dragons about! But fun awaits when he realizes the ogres and dragons are actually just like him.



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The Boy in the Big Blue Glasses

Susanne Gervay & Marjorie Crosby-Fairall

For anyone who's ever felt different, this is the heart-warming story of a boy who wishes he didn't wear glasses.



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The Art Garden

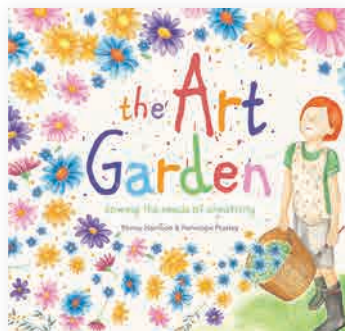
Sowing the Seeds of Creativity

Penny Harrison & Penelope Pratley

Sadie wants to be a painter but she's just not good at it! An inspiring story about finding our creative flair.



9781925335590 | Hardcover | 245 x 255 mm |
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Ages 4–8



SELF-ESTEEM, SELF-BELIEF AND FITTING IN

Scaredy Book

It's Not Always Easy to Be Brave!

Devon Sillett & Cara King

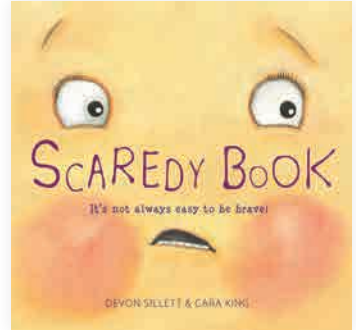
Book longs for adventure but is too scared to leave the library. Then Book meets Emma — and learns how to be brave!



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Invisible Jerry

Adam Wallace & Giuseppe Poli

A picture book with humour and heart for anyone who has ever felt like they're on the outside looking in.



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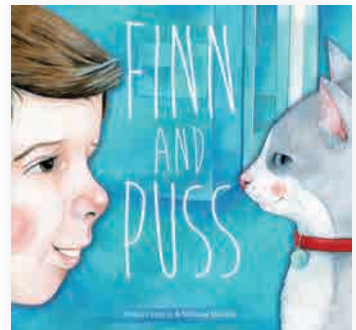
Finn and Puss

Robert Vescio & Melissa Mackie

When Finn finds Puss, he also finds a friend. But Puss's real owners miss their cat. Will Finn do the right thing?



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TRAUMA, LOSS AND GRIEF

At the End of Holyrood Lane

Dimity Powell & Nicky Johnston

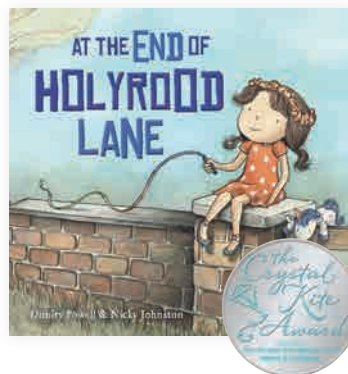
A sensitive, and ultimately uplifting, glimpse into domestic violence and how it can affect young lives.



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Ages 4–8



Saying Goodbye to Barkley

Devon Sillett & Nicky Johnston

The perfect story for any child coping with the loss of a pet. Olivia and her dog Barkley are inseparable. When he dies, how will Olivia find happiness again?



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The Fix-It Man

Dimity Powell & Nicky Johnston

A poignant picture book that explores how a child and her father rebuild their lives after the loss of her mother.



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LEARNING DIFFERENCES

My Storee

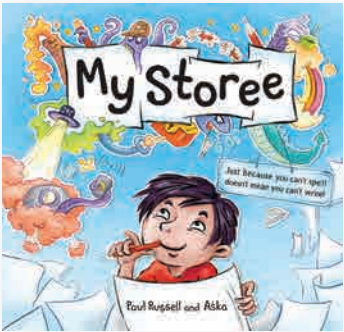
Just Because You Can't Spell, Doesn't Mean You Can't Write!

Paul Russell & Aśka

An inspiring picture book that provides hope and encouragement to kids with dyslexia.



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Deborah Kelly & Gwynneth Jones

Enter the world of a boy with autism in a story of learning to look at life through the eyes of others.



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