

Finding Your Fit

a kid-to-kid guide to fitness, food, and feelings



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Finding Your Fit: A Kid-To-Kid Guide to Fitness, Food, and Feelings



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Finding Your Fit is a valuable resource for family members, therapists, school personnel, and other professionals exactly who work with children on the topics of fitness, nutrition, and development of positive self-esteem and acceptance. Children identify with the primary character Gabby, as she learns to live a wholesome way of living and develop positive self-esteem. Bibliotherapy (using books to assist in problem solving highly relevant to the therapeutic process) is a valuable intervention for helping kids cope with stressors and may provide structured communication between caregivers and kids. Finding Your Suit opens the lines of conversation and support that kids tend to be lacking as they begin to develop self-esteem and identification. Woven through the story are talking points and reflective journaling writing opportunities where kids can communicate their thoughts and feelings, while parents will keep gather valuable info through this form of communication. The story line of Finding Your Fit is engaging and defines basic terminology in a way that is easy to comprehend for children.



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. This book is so important This book supplies the perfect framework for parent and child to go over body image and self-confidence topics.. This is a great book to inspire and educate children on the significance . It enables me to discuss these important things in a gentle way. I love the component about self-esteem and feeling good about yourself. This reserve is so great to greatly help obtain positive, health-focused discussion going with kids. I can't wait to talk about it with my nieces. Great Child Health Guide Finding Your Fit can be a mindful, non threatening conversation starter. What a great book!. A must have for parents, caregivers, social workers..Great way to gently get kids thinking about their health.for all professionals who serve children in their quest for a healthy lifestyle. What a great publication! Gabby King for . Thank you Kimberly &.. It creates opportunities to explore multiple topics that impact a child's self esteem. Thank you Kimberly & I have handled obesity my very existence, I . A genuine treasure to talk about with children that opens up discussions and enables thoughtful contemplation of the main topic of fitness. This reserve helps take up a conversation on healthy habits in a non-threatening and entertaining way. I especially loved the kid-level explanations in order that children can understand. Done well! Kimberly King created an excellent children's book to inspire children to improve their .. These topics are delicate and a kid can use this tool and maintain their integrity as she or he records thoughts and queries. Once again, Kimberly King created a wonderful children's reserve to inspire children to improve their self-picture. Within the colorful web pages, children will recognize with Gabby and together will learn what this means to live healthful and how it can help to create a positive outlook on life. An absolute must have for all kids and parents. Gabby King for a thoroughly written and engaging reserve. I have many nieces who are overweight and it's really awkward to just talk about diet and health stuff. I read all of Kimberly King's books with my daughters and we like them! I have handled obesity my very existence, I wish We was taught young "how to find my fit" essential message. Get yourself a copy now! Every mother or father and grandparent should read this publication then pass it to their kids and grandchildren. Great guidance about children being empowered! This is a great way to do it... This is an excellent book to inspire and educate children on the importance of healthy living!.Thanks for another wonderful publication Kimberly!Keep them arriving! It would also be considered a great addition to college libraries and therapy settings. I really like this book.!



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